



Digestive Disease Consultants

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GLUTEN-FREE DIET

A gluten-free diet is most commonly used as a treatment for celiac disease, also known as celiac sprue or gluten-sensitive enteropathy. For more information on celiac disease, please visit our health library.

Gluten is a protein found in wheat, barley, rye and certain oats (WBRO). Below is a list of foods and guidelines to help ensure you are adhering to a gluten-free diet. Read food labels carefully.

Do not eat anything that contains the following grains:

Wheat

Rye

Barley

The following can be eaten in any amount:

Corn

Amaranth

Potato

Quinoa

Rice

Distilled white vinegar (Does not contain gluten. Malt vinegar is also gluten free)

Soybeans

Tapioca

Arrowroot

Carob

Buckwheat

Millet



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GLUTEN-FREE DIET (continued)

Grains are used in the processing of many ingredients, so it will be necessary to seek out hidden gluten. In addition, although some grains are able to be eaten by patients with celiac disease, it is important to realize that some foods may be processed in factories that may also process gluten and therefore cross-contamination may occur. The following terms found in food labels may mean that there is gluten in the product:

- Hydrolyzed Vegetable Protein (HVP) (unless made from soy or corn)
- Flour or Cereal products (unless made with pure rice flour, corn flour, potato flour, or soy flour)
- Vegetable Protein (unless made from soy or corn)
- Malt or Malt Flavoring (unless derived from corn)
- Modified Starch or Modified Food Starch (unless arrowroot, corn, potato, tapioca, waxy maize, or maize is used)
- Vegetable Gum (unless vegetable gums are carob bean gum, locust bean gum, cellulose gum, guar gum, gum arabic, gum aracia, gum tragacanth, xanthan gum, or vegetable starch)
- Soy Sauce or Soy Sauce Solids (unless you know they do not contain wheat)

Any of the following words on food labels usually means that a grain containing gluten has been used:

Stabilizer	Emulsifier
Starch	Hydrolyzed plant protein
Flavoring	



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GLUTEN-FREE DIET (continued)

There are now several companies that produce gluten-free products, both at local grocers as well as online, as well as several support groups which provide recipes and help patients adapt to the gluten-free diet.

Below is a table that lists common foods that do not contain gluten, separated by food group.

Food Group	Do Not Contain Gluten	Contains Gluten
Milk and Milk Products	whole, low fat, skim, dry, evaporated, or condensed milk; buttermilk; cream; whipping cream; Velveeta cheese food; American cheese; all aged cheeses, such as Cheddar, Swiss, Edam, and Parmesan malted drinks	Malted Drinks
Meat or meat substitutes	100% meat (no grain additives); seafood; poultry (breaded with pure cornmeal, potato flour, or rice flour); peanut butter; eggs; dried beans or peas; pork	croquettes, breaded fish, chicken loaves made with bread or bread crumbs, breaded or floured meats, meatloaf, meatballs, pizza, ravioli, any meat or meat substitute, rye, barley, oats, gluten stabilizers

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Food Group	Do Not Contain Gluten	Contains Gluten
Breads & grains	cream of rice; cornmeal; hominy; rice; wild rice; gluten-free noodles; rice wafers; pure corn tortillas; specially prepared breads made with corn, rice, potato, soybean, tapioca arrowroot, carob, buckwheat, millet, amaranth and quinoa flour	breads, buns, rolls, biscuits, muffins, crackers, and cereals containing wheat, wheat germ, oats, barley, rye, bran, graham flour, malt; kasha; bulgur; Melba toast; matzo; bread crumbs; pastry; pizza dough; regular noodles, spaghetti, macaroni, and other pasta; rusks; dumplings; zwieback; pretzels; prepared mixes for waffles and pancakes; bread stuffing or filling
Fats & oils	butter, margarine, vegetable oil, shortening, lard	gravy and cream sauces thickened with flour
Fruits	plain, fresh, frozen, canned, or dried fruit; all fruit juices	none
Vegetables	fresh, frozen, or canned vegetables; white and sweet potatoes; yams	creamed or breaded vegetables; those prepared with wheat, rye, oats, barley, or gluten stabilizers
Snacks & desserts	brown and white sugar, rennet, fruit whips, gelatin, jelly, jam, honey, molasses, pure cocoa, fruit ice, carob potatoes; yams	cakes, cookies, doughnuts, pastries, dumplings, ice cream cones, pies, prepared cake and cookie mixes, pretzels, bread pudding
Beverages	tea, carbonated beverages (except root beer), fruit juices, mineral and carbonated waters, wines, instant or ground coffee	tea, carbonated beverages (except root beer), fruit juices, mineral and carbonated waters, wines, instant or ground coffee

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Food Group	Do Not Contain Gluten	Contains Gluten
Soups	those made with allowed ingredients	soups thickened with wheat flour or gluten-containing grains; soup containing barley, pasta, or noodles
Thickening agents	gelatin, arrowroot starch; corn flour, germ, or bran; potato flour; potato starch	wheat starch; all flours containing wheat, oats, rye, malt, barley, or graham flour; all-purpose flour; white flour; wheat flour; bran; cracker meal; durham flour; wheat germ
Condiments	gluten-free soy sauce, distilled white vinegar, olives, pickles, relish, ketchup	
Seasonings	salt, pepper, herbs, flavored extracts, food coloring, cloves, ginger, nutmeg, cinnamon, bicarbonate of soda, baking powder, cream of tartar, monosodium glutamate	synthetic pepper, brewer's yeast (unless prepared with a sugar molasses base), yeast extract (contains barley)
Prescription products	all medicines: check with pharmacist or pharmaceutical company	



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