

# Gluten-Free Diet



a family of healing partners  
A Division of Heartland Clinic, LLC

Grains, including wheat products, are a major source of nutrients in the basic American diet. The U.S. Department of Agriculture recommends individuals eat between 3 and 8 ounces of grains a day depending on age and activity level. For instance, this is one slice of bread, 1 cup of ready-to-eat cereal, or a half a cup of cooked rice, cooked pasta or cooked cereal.

Once you are diagnosed with celiac disease or gluten sensitivity, you should consult with a registered dietician who will work with you to help develop a diet program that will be free of gluten-containing products, but still ensure you are receiving the correct balance of nutrients. You will need to learn how to read nutrition labels to ensure that the products do not contain gluten or other ingredients that may affect you. While the introduction of a gluten-free diet can seem overwhelming, especially for a child, there are many foods that can be substituted for traditional wheat-based foods.

## Some foods you will be allowed to eat include:

- Amaranth
- Arrowroot
- Brown rice
- Buckwheat
- Corn
- Flax
- Legumes
- Millet
- Nuts
- Potatoes
- Quinoa
- Seeds
- Soy
- Tapioca
- Wild Rice

## Foods to avoid include:

- Wheat, including durum, graham, spelt, kamut, semolina
- Wheat starch, wheat bran, wheat germ, cracked wheat, hydrolyzed wheat protein
- Barley
- Rye
- Triticale (a cross between wheat and rye)

Many products thought to be gluten-free are often contaminated with gluten, such as oat products. For this reason oats are not allowed in the initial diets of those with celiac disease.

There are many processed food products that are made using wheat, barley and rye. While many of these products are available gluten-free, read the nutrition label or contact the manufacturer to learn more.

- Bouillon cubes
- Chips/potato chips
- Candy
- Cold cuts, hot dogs, salami, sausage
- Communion wafer
- French fries
- Gravy
- Matzo
- Rice mixes
- Sauces
- Seasoned tortilla chips
- Self-basting turkey
- Soups
- Soy sauce

## Dietician

A gluten-free diet can be difficult to understand; therefore at Gastroenterology Consultants we offer consultation and education from an in-house Registered Dietician.

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