

## Gluten- Sensitive Diet

Gluten is a general term for the proteins found in wheat, rye and barley. In baked goods, gluten is the substance in the flour that forms the structure of the dough, holding it together.

When these proteins are present in the diet of an individual with gluten sensitivity or celiac disease, they become toxic and cause damage to the small intestine by triggering an immune response. This damage results in decreased absorption of essential nutrients as well as various gastrointestinal symptoms such as bloating, gas, constipation and/or diarrhea. Nutrient deficiencies due to poor absorption may lead to subsequent diseases such as iron deficiency anemia, decreased bone density, unintentional weight loss and folate and B12 deficiencies.

### Common gluten-containing grains include:

Barley	Faro	Spelt
Barley malt and extract	Graham flour	Triticale
Bran	Kamut	Udon
Bulgur	Matzo flour or meal	Wheat
Couscous	Orzo	Wheat bran
Durum	Panko	Wheat germ
Einkorn	Rye	Wheat starch
Emmer	Seitan	
Farina	Semolina	

### Common gluten-containing food sources to avoid:

Baked goods  
Breads  
Cakes  
Pies Cookies  
Crackers  
Pasta  
Processed food items

## Sources of gluten that are often overlooked include:

Ales	Candy	Imitation baking and seafood
Beer and other lagers	Luncheon meats	Soy sauce
Breading	Broth	Prepared marinades
Brown rice syrup	Pasta	Supplements
Coating mix	Prepared sauces	Prescription medications
Communion wafers (at church)	Soups	Cosmetics such as lip glosses, balms and lipstick
Croutons	Stuffing	

## Gluten-free grains and starches include:

Amaranth	Millet	Rice bran
Arrowroot	Montina	Sago
Buckwheat	Potato starch	Sorghum
Corn	Potato flour	Soy
Flax	Quinoa	Tapioca
Flours made from seeds	Rice	Teff

## Dietary suggestions:

For baked goods, equal parts brown rice flour, potato flour and tapioca starch simulate the consistency of flour.

Many supermarkets now offer a wide variety of gluten-free foods. Save on Foods and PriceSmart Foods have special sections within each aisle dedicated to carrying food products for those with specialized dietary needs.

Whole foods, Caper's and Choices carry many products that are gluten-free. There is a gluten-free alternative to nearly every product carried in store.

The following foods can be consumed on a gluten-restricted diet:

**Produce:** All fruit and vegetables are gluten free and can be consumed without worry.

White potatoes, sweet potatoes, yams and corn are all good choice starches. Tofu is an excellent source of protein that is gluten-free.

**Meat, fish and poultry:** Emphasize organic protein sources.

Organic beef, pork and poultry (NOT self-basting)

Fresh seafood and fish; ensure that seafood is wild and NOT farmed

## **Dairy:** Emphasize organic dairy products.

Unflavoured milk and cream

Aged cheeses

Most yogurts (except muesli yogurt)

Butter

Cream cheese

Sour cream

## **Dairy substitutes:**

Soy milk

Almond milk

Hemp milk

## **Cereals and grains:**

Cream of rice

Grits

Puffed rice

Plain brown, white or basamati rice

Corn tacos/tortillas

## **Packaged and canned foods:**

Beans and legumes

Lentils

Baked beans

Canned wild tuna

Canned chicken and turkey

Plain fruit and vegetables

## **Frozen Foods:**

Plain fruits and vegetables

Most ice creams, sherbets, soy-based frozen desserts and rice-based frozen desserts

Gluten free frozen waffles and breads

Amy's pizza- gluten and casein free

## **Condiments:**

Jams, jellies, marmalades

Honey

Peanut butter

Corn or potato starch

Corn and maple syrup

Molasses

Brown, white and  
confectioners sugar

Spices and herbs

Salt and pepper

Relish, mustard, ketchup

Pickles, olives

Distilled vinegars

Most salad dressings-  
especially vinaigrettes and  
oil and vinegar

## **Fats and Oils:**

Vegetable, canola and olive  
oils

Grapeseed oil

Safflower oil

Macadamia oil

Coconut oil

Avocado oil