

## Gluten-Free Diet

- Gluten is a protein found in wheat, barley, and rye. A gluten-free diet involves excluding foods that contain gluten. This type of diet is recommended for those diagnosed with Celiac Disease (a genetic, autoimmune disorder) because ingestion of gluten can cause damage to the small intestines and nutritional deficiencies.
- A gluten-free diet may also be recommended for those with a wheat allergy or those with a non-celiac gluten sensitivity. Symptoms of a gluten sensitivity include abdominal pain, bloating, or diarrhea after consuming gluten.
- Following a gluten-free diet involves reading food labels carefully. Also, be mindful at restaurants that offer gluten-free options. There is still a risk of cross-contamination.
- Talk with your health care provider or pharmacist about medications you're taking, including over-the-counter medications, because some may contain wheat.



### Avoid Foods with Gluten

Wheat (including  
 durum, einkorn, faro,  
 graham, kamut, spelt)  
 Enriched Flour  
 Barley  
 Rye  
 Self-rising Flour  
 Triticale  
 Beer, Ale, Lagers  
 Bread Crumbs  
 Licorice  
 Wheat Pastas  
 Malt  
 Matzo



### Check Labels for Gluten

Condiments  
 Candy  
 Drink Mixes  
 Broth  
 Baked Goods  
 Cake Frosting  
 Energy Bars  
 Snacks



### Eat Gluten-Free Foods

Rice  
 Fruits  
 Vegetables  
 Amaranth  
 Unprocessed bean and nuts  
 Lean and unprocessed meats  
 Unprocessed fish and poultry  
 Plain milk, yogurt, cheeses  
 Arrowroot  
 Buckwheat  
 Cassava  
 Coconut flour  
 Corn  
 Flax and Chia Seeds  
 Nut Flours  
 Oats labeled gluten-free  
 Potato Flour/ Potato Starch  
 Tapioca  
 Soy flour