



Gluten-Free Eating

Getting Started.

Eating gluten free (GF) can at first seem like a daunting task. Wheat and wheat products are everywhere in processed and premade foods. But with a little patience and willingness to change you will find that there is a whole world of food available for you.

A big concern for people starting out on a Gluten Free diet is "What am I going to eat if I can't eat bread?" In the beginning simply put your GF sandwich fillings in a bowl and eat with a spoon or fork. You can add cooked brown rice as a hearty filler to replace the bread. Its also a great idea to keep cooked brown rice on hand to add bulk to any meal.

Pre-plan meals shop for the right ingredients. There are wonderful cookbooks and online resources available to help you with the transition. If you eat out a lot, begin a dialogue with the chef and ask what they can prepare for you that is GF.

The more you stick to GF food, the more quickly your health will return. As your health improves so will your motivation to find innovative and interesting ways to eat GF.

Cross-Contamination.

It is important that your work area and equipment be gluten free to avoid cross-contamination from non-GF food. Be sure to

thoroughly clean all work spaces and equipment prior to use. Consider having separate containers for condiments such as butter, jam or peanut butter, rather than sharing with gluten eating family members. These products can easily become contaminated by bread crumbs. In restaurants remember to question if GF food is prepared in its own work space using clean equipment. Make sure that any deep fried foods that you order have not been fried in oil that was previously used to cook bread products.

What About Oats, Oatmeal, Oat Bran & Oat Flour?

There is much confusion about whether oats and oat products are safe to eat when on a GF diet. Most of the confusion comes from people who have had reactions after consuming oat products that have been cross-contaminated with wheat or wheat products.

The protein in oats is not usually a problem for people who cannot tolerate other types of grain proteins. If you want to consume oats and oat products make sure you purchase uncontaminated oats from a reliable source.

There is a chance that people who are gluten intolerant may not be able to tolerate oats. If you are new to a GF diet test with a small amount of oats until you know how your body will react.

Gluten Containing Foods. *These foods contain gluten and must be avoided.*

Ale (beer, lager)	Burghul	Kamut	Pot Barley
Atta	Chapatti	Lager (beer, ale)	Roti
Barley (Malt)	Couscous	Malt	Rye bread
Barley (Pearl)	Dinkel (Spelt)	Malt Barley	Rye flour
Barley (Pot)	Durum	Malt Extract	Scotch Barley
Barley (Scotch)	Einkorn	Malt Flavouring	Seitan
Barley (Whole)	Emmer	Malt Syrup	Semolina
Barley Flakes	Farina	Malt Vinegar	Spelt
Barley Flour	Faro (Spelt)	Malted Milk	Triticale
Barley Grits	Farro (Spelt)	Matzoh	Vital Wheat Gluten
Barley Malt Extract	Fu	Matzoh meal	Wheat bran
Barley Malt Flavouring	Gluten	Miso made with Barley	Wheat flour
Barley Miso	Gluten Meat	Modified Wheat Starch	Wheat germ
Beer (ale, lager)	Graham Flour	Naan	Wheat Meat
Bulghur	Hydrolyzed Wheat	Pearl Barley	Wheat starch
Bulgur	Protein	Phulka	Whole Barley

Food products that may contain hidden gluten. *The foods listed here may contain gluten. Do not eat any of these products unless they are specifically labelled Gluten Free or GF. Always read labels and when in doubt do not consume the product until you have talked with the manufacturer.*

Bacon Bits Imitation	Chocolate	Instant Flavoured	Postum®)
Battered Deep-Fried	Chocolate Bars	Coffee	Salad Dressings
Vegetables	Chocolate Malt	Instant Teas	Sauces
Beef Broth	Communion Wafers	Licorice	Sausages
Beef Bullion	Cookies	Malt Flavour	Scalloped potatoes
Bouillon	Crab Meat Imitation	Malt Vinegar	Seafood Imitation
Bouillon Cubes	Croutons	Malted Beverages	Seasoning
Bread	Deli Meats	Malted Milk	Simulated Duck
Bread pudding	Fish Breaded	Marinade	Smarties®
Bread Stuffing	Flavoured Coffee	Matzoh	Soup
Breaded Fish	Flavoured Tea	Matzoh Balls	Soup Base
Breaded Meat	French Toast	Matzoh Meal	(powdered)
Breading	Gravy	Meat Breaded	Soy Sauce
Brewer's Yeast	Hot Dogs	Medications (check	Tabouli
Brewers Yeast	Hydrolyzed Plant	with pharmacist or	Tacos
Broth Beef	Protein	call manufacturer)	Tempura
Broth Chicken	Hydrolyzed Vegetable	Modified Food Starch	Teriyaki Sauce
Broth Vegetable	Protein	Muffins	Tortillas
Bullion Beef	Ice Cream Cones	Ovaltine®	Vegetable Broth
Cakes	Imitation Bacon Bits	Pasta	Wafers
Candy	Imitation Crab Meat	Pastries	Waffles
Candy Bars	Imitation Seafood	Pies	
Chicken Broth		Pizza	

On-Line Resources. (May 2009)

Canadian Celiac Association: www.celiac.ca

Canadian Celiac Resource Guide: www.celiacguide.org

Calgary Chapter of the Canadian Celiac Association: www.calgaryceliac.com

Celiac Disease and Gluten-free Diet Information: www.celiac.com