

GLUTEN-FREE

starter guide

Getting started on a gluten-free diet can seem overwhelming and I'm sure you have lots of questions. It is best to gather as much information and support as you can to learn the new skills needed to be successful. This Starter Guide is an overview and is not meant to be your only resource. These lists are straightforward, but dealing

Keep In Mind

Wheat Free is NOT
Gluten Free

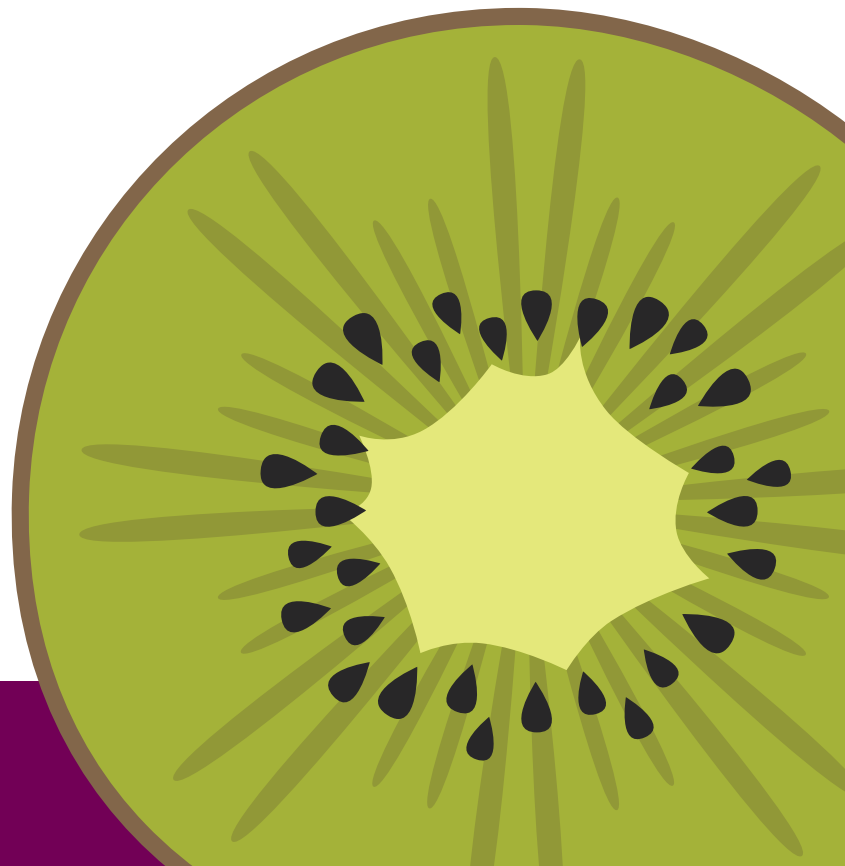
with processed products never is. Use this as a starting point until you can obtain additional information.

For those who have Celiac Disease or Gluten Intolerance, the only treatment to date is eating gluten free, 100%. When gluten is ingested there can be physical symptoms experienced like diarrhea, severe abdominal pain, skin rashes or headaches. Continuing to consume gluten can put you at risk of long term damage to the small intestines and can lead to other complications. Damage can occur even without symptoms.

Real foods

are faster and easier to shop for because there aren't any labels to decipher.

Those who suspect Celiac Disease should get tested prior to starting on a gluten free diet because once on the diet the tests will not be accurate. Celiac Disease is an inherited autoimmune disease so screening family members is recommended.



living GLUTEN-FREE



What is Gluten?

Gluten is the sticky protein found in wheat, barley, rye and triticale. Oats that have not been cross contaminated on their own do not contain gluten but you should wait a while for the body to heal before re-introducing gluten-free oats back into your system. Avoid cross contamination at home and ask questions when eating out.

SAFE FOODS

- Grains: buckwheat, corn, rice, potato, tapioca, beans, sorghum, quinoa, millet, amaranth, arrowroot, teff, montina, flax, nut flours, coconut flour, pea flour and quinoa flour. *(there is always the risk of cross contamination so always read labels and check).*
- Fresh fruits and vegetables
- Beans and nuts
- Seeds like quinoa, flax, sesame, sunflower, chia and pumpkin
- Fresh whole meats that have not been injected with flavorings preferably organic
- Eggs, butter, real cheese (not shredded), plain yogurt
- Guar gum and xanthan gum
- Alcohol
- Distilled vinegars

UNSAFE FOODS

- Barley enzymes, extract, grass, malt, pearls
- Bleached flour
- Bran
- Bulgar
- Cake flour
- Couscous
- Dextrin
- Durum
- Einkorn
- Emmer
- Enriched flour
- Farino
- Faro
- Graham
- Kamut
- Malt or malt flavoring
- Malt vinegar
- Matzo
- Pastry flour
- Self-rising flour
- Semolina
- Spelt
- Tabbouleh
- Triticale
- Udon
- Wheat - berry, bran, germ, oil, protein, starch, flour, hydrolyzed

QUESTIONABLE FOODS

- Baked tofu
- Beers not marked gluten free
- Blended or herbal teas
- Breeding and coating mixes
- Brown rice syrup
- Chocolate candies
- Communion wafers
- Croutons
- Dressings
- Drugs and over-the-counter medications
- Energy bars
- Fillers
- Herbal supplements
- Imitation bacon or seafood
- Lipstick/lip gloss
- Marinades
- Miso
- Mustard powder
- Nutritional supplements
- Pasta
- Play-Doh™
- Processed luncheon meats
- Sauces & gravies
- Self-basting poultry
- Soup bases
- Soy sauces
- Spices
- Stuffing and dressings
- Thickeners (roux)
- Toothpaste
- Vitamin and mineral supplements
- Wine coolers
- Yellow mustard
- Yogurt (flavored)