

A Guide For Patients

Gluten-Free Food Guide For Your Celiac Patients

Following are examples of foods that are allowed and those that should be avoided when eating gluten-free. Please note that this is not a complete list. People are encouraged to discuss gluten-free food choices with a physician or dietitian who specializes in celiac disease. Also, it is important to read all food ingredient lists carefully to make sure that the food does not contain gluten.

Food Group	Allowed	Not Allowed
Beverages	Coffee, tea, carbonated drinks, wine made in U.S., rum, some root beer	Ovaltine, malted milk, ale, beer, gin, whiskey, flavored coffee; herbal tea with malted barley
Milk	Fresh, dry, evaporated, or condensed milk; cream; sour cream; whipping cream; yogurt	Malted milk, some commercial chocolate milk, some non-dairy creamers
Meat, Fish, Poultry	Fresh meats, fish, other seafood, and poultry; fish in canned oil, brine, or water; some hot dogs and lunch meat	Prepared meat containing wheat, rye, oats, or barley; tuna canned in vegetable broth
Cheese	All aged cheese, such as cheddar, swiss, edam, parmesan; cottage cheese; cream cheese; pasteurized processed cheese; cheese spreads	Any cheese product containing oat gum, some veined cheeses (bleu, stilton, roquefort, gorgonzola)
Potato or Other Starch	White and sweet potatoes, yams, hominy rice, wild rice, gluten-free noodles, some oriental rice and bean bread noodles	Regular noodles, spaghetti, macaroni, most package rice mixes, seminola, spinach noodles, frozen potato products with wheat flour added
Cereals	Hot cereals made from cornmeal, Cream of Rice, hominy, rice; Puffed Rice, Kellogg's Corn Pops, cereals made without malt	All cereals containing wheat, rye, oats, or barley; bran; graham; wheat germ; durum; kaska; bulgar; buckwheat; millet; triticale; amaranth; spelt; teff; quinoa; kamut
Breads	Special prepared breads using only allowed flours	All breads containing wheat, rye, oat, or barley flours and grains listed above
Flours and Thickening Agents	Arrowroot starch, corn bran, corn flour, corn germ, cornmeal, corn starch, potato flour, potato starch flour, rice bran, rice flour, rice polish, rice starch, soy flour, tapioca starch, bean and lentil flours, nut flours	Amaranth, wheat germ, bran, wheat starch; all flours containing wheat, rye, oats, or barley; buckwheat; spelt; quinoa; teff; kamut; millet

From: Practical Gastroenterology, July 1999