

## GLUTEN-FREE DIET GUIDELINES



### THE UNSAFE GRAINS and GRAIN PRODUCTS – DO NOT USE!

Barley	Durum	Farro	Malt flavouring	Rye	Wheat
Bulgur	Einkorn	Graham flour	Oats	Semolina	Wheat germ
Cereal binding	Emmer	Kamut	Oat gum	Spelt (Dinkel)	
Couscous	Filler	Malt	Roux	Triticale	

*These grains and grain products are used to produce many foods that are unsafe for people with Celiac Disease, including: breads, cakes, cereals, crackers, gravies, noodles, souces, soups, beer, malt vinegar.*



### THE QUESTIONABLE PRODUCTS – READ ALL LABELS – USE WITH CAUTION

*There are also many less obvious foods that **MAY** contain gluten, including:*

Baking powder	Flavourings	Licorice and candies	Salad dressings
Baked beans	Herbal teas	Marinades and sauces	Seasonings
Beverage mixes	Hydrolysed plant / vegetable proteins (HPP/HVP)	Modified food starch	Seasoned fries
Bouillon cubes	Ice cream and yogurt	Pilaf mixes	Self basting poultry
Cheese spreads	Icing sugar products	Processed meats	Soups and broths
Condiments	Imitation seafood	Puddings	Soy sauce
Dried fruits		Rice and soy beverages	Worcestershire sauce
Dry roasted nuts			

*It is important to check regularly with manufacturers to assure that products continue to be gluten-free.*



### THE SAFE GRAINS AND FOODS

*The following are safe grains and grain substitutes that can be milled into flour:*

Amaranth	Corn (Maize)	Flax	Polenta	Rice	Tapioca
Arrowroot	Dahl	Millet	Potatoes	Sago	Teff
Buckwheat	Dried legumes	Nuts	Quinoa	Sorghum	Wild rice
Cassava		Poi		Soy	

*In addition, the gluten-free diet can include all fresh vegetables and fruits, eggs, cheese, fresh meat, poultry, fish and seafood as well as foods made with safe grains and grain products.*

### PREVENT CROSS CONTAMINATION

Cross contamination occurs when gluten-free food comes in contact with food containing gluten, making it unsafe for use in the gluten-free diet.

Special care must be taken in the preparation of gluten-free foods. All hands, utensils, pans, grills, appliances, counters, cooking surfaces, and cutting boards must be absolutely clean and free from gluten. Clean water must be used for boiling, poaching and steaming. Fryer oil must be free from gluten contaminating products. Care must be taken to prevent airborne gluten particles from reaching gluten-free foods.

The accidental ingestion of gluten does not create the profound anaphylactic response that is common with peanuts and other allergens. As unpleasant as the upset can be, it does not cause a life threatening allergic response. Though many individuals will have immediate intestinal or other types of symptoms, the effects are more likely to be cumulative and can lead to other medical conditions.

This material is for general information purposes only. The Canadian Celiac Association assumes no liability in its presentation.

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