

# GLUTEN-RESTRICTED DIET

(Sheet 1 of 2)

## PURPOSE:

This diet is designed to eliminate the protein gluten found in wheat, rye, oats, barley, buckwheat, bulgur, or their derivatives for those individuals with gluten-sensitive enteropathy or celiac sprue and dermatitis herpetiformis.

## DESCRIPTION:

The basic food groups are used as the guide in meal planning. All protein sources are acceptable except those containing gluten. Products made from the flours or starches of arrowroot, corn, potato, rice and soybean replace products made from wheat, rye, oats and barley.

## Tips on Reading Labels

The following ingredients are frequently listed on product labels. Those from wheat, rye, oat, or barley sources must be excluded from the diet.

Ingredient	Permitted
Hydrolyzed Vegetable Protein (HVP) or Texturized or Vegetable Protein (TVP)	Only those from soy or corn.
Flour or Cereal Products	Those from rice, corn, potato, or soy.
Vegetable Protein	Soy or corn.
Malt or Malt Flavoring	Those derived from corn.
Starch	Cornstarch only.
Modified Starch or Modified Food Starch	Arrowroot, corn, potato, tapioca, maize.
Vegetable Gum	Carob or locust bean; cellulose or sugar gum; gum acacia, arabic tragacanth or xanthin.
Soy Sauce, Soy Sauce Solids	Those without wheat.

## NUTRITIONAL ADEQUACY:

This diet should be adequate in all nutrients. An added effort will need to be made to ensure adequate fiber.

### FOOD LIST

Food Groups	Foods Allowed	Foods To Avoid
Breads/Grains	Cornflakes, cornmeal, hominy, rice, puffed rice, Cream of Rice, Rice Krispies. Made from rice, corn, soybean flour or gluten free wheat starch, arrowroot, tapioca, gluten free wheat starch. Homemade broth, vegetable or cream soups made w/allowed ingredients.	Wheat, rye, oatmeal, barley, wheat germ, kasha, macaroni, noodles, spaghetti, crackers, chips, cereals containing malt flavorings, buckwheat, bran or bulgur. Prepared cake, bread, pancake or waffle mixes. Any made with wheat, rye, barley or oats. Commercially prepared soups made with wheat, rye, oats, or barley products; broth, bouillon and soup mixes.
Fruits/ Vegetables	All except items listed to avoid	Any thickened/prepared (i.e., some pie fillings). Any creamed or breaded vegetables.
Milk/Dairy	All except items listed to avoid	Commercial chocolate milk w/cereal addition. Malted milk. Instant milk drinks. Hot cocoa mixes. Nondairy cream substitutes. Processed cheese, cheese foods and spreads containing a gluten source. Cheese containing oat gum.
Meat/Meat Substitutes	Any plain products including eggs.	Any prepared with stabilizers /fillers, such as frankfurters, lunch meats, sandwich spreads, sausages and canned meats; breaded fish or meats. Poultry prepared with hydrolyzed or texturized vegetable protein (HVP, TVP). Read labels.

# GLUTEN-RESTRICTED DIET

(Sheet 2 of 2)

## FOOD LIST

Food Groups	Foods Allowed	Foods To Avoid
Desserts/ Sweets	Gelatin desserts, ices, homemade ice-cream, custard, junket, rice pudding. Cakes, cookies and pastries prepared with gluten-free wheat starch. Syrup, jelly, jam, hard candies, molasses and marshmallows.	All others unless labeled gluten-free. Read labels.
Beverages	Carbonated beverages, fruit juices, tea, coffee, decaffeinated coffee to which no wheat flour has been added.	Postum, ovaltine, ale, beer, root beer.
Miscellaneous	Herbs, spices, pickles, vinegar, syrups, sugar, popcorn, molasses, potato chips, jelly, jam, honey, corn syrup. Butter or fortified margarine.	Commercial salad dressings except pure mayonnaise. (read labels). Any foods prepared w/wheat, rye, oats, barley, and buckwheat, some catsup, chili sauce, soy sauce, mustard, horseradish, some dry seasoning mixes, pickles, distilled white vinegar, steak sauce, stabilizers, sauces and gravies w/gluten sources, some chewing gum, chip dips, malt or malt flavoring unless derived from corn, baking powder.

## SAMPLE MENU

Suggested Meal Plan	Suggested Foods and Beverages
<b>BREAKFAST</b> Fruit Juice Cereal Meat/Meat Substitute Bread - Margarine Milk Beverage	Apricot Nectar Cream of Rice Poached Egg Rice Cake 2% Milk* Coffee
<b>DINNER - NOON OR EVENING MEAL</b> Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad Bread - Margarine Dessert Beverage	3 oz. Beef Patty (no fillers) Mashed Potato Frozen Peas, Sliced Tomato Salad 2 slices Gluten Free Bread Fresh Apple Coffee
<b>SUPPER - EVENING OR NOON MEAL</b> Soup or Juice Meat/Meat Substitute Vegetable and/or Salad Bread - Margarine Dessert Milk/Beverage	Tomato Juice Baked Chicken Rice, Spinach, Fruited Gelatin Salad Corn Tortilla Rice Pudding 2% Milk*, Coffee

\* To reduce amount of fat in your diet, use 1% or skim milk.

### Nutrient Analysis

Calories	1939 Kcal	Riboflavin	12.0 mg
Protein	96 gm	Thiamin	1.3 mg
Carbohydrate	257 gm	Folate	315 mcg
Fat	62 gm	Calcium	1073 mg
Cholesterol	457 mg	Phosphorus	1374 mg
Dietary Fiber	17 gm	Zinc	11 mg
Vitamin A	2619 IU	Iron	14 mg
Vitamin C	158 mg	Sodium	1877 mg
Niacin	24.5 mg	Potassium	3384 mg

Adapted from the Arizona Diet Manual (revised 1992)