

Gluten Free Diet

What is gluten?

Gluten is a protein found in wheat, rye, barley, and triticale (a cross of wheat and rye).

Why does it affect my gut?

In celiac disease, gluten causes an immune reaction and damages the gut causing poor absorption of food, gas, diarrhea, abdominal pain, vitamin deficiencies, and sometimes poor growth or weight loss. Since celiac disease is lifelong, a gluten free diet is required for life.

How do I know what foods have gluten?

Any foods containing or are made from wheat, rye, barley, triticale contain gluten and should be avoided. Any food without these ingredients is naturally gluten free and is okay to eat. You can also download smartphone apps and visit the websites in the resources list. Gluten free certifications and ingredient labels should be checked each time you purchase a packaged food.

Wheat

Rye

Barley

Triticale

Cross Contact

Cross contact occurs when foods with gluten touch gluten free foods. Be wary of these places where cross contact is likely to happen and be careful to limit gluten contact.

Cutting boards

Condiment containers

Deep frying oil

Countertops

Toasters

Strainers

Spreading utensils

Bulk bins

Steps to Reading a Nutrition Label



1. Check for a third party certification like the Gluten Intolerance Group's Gluten-Free Certification Organization's stamp for Certified Gluten Free.



2. Look for words, symbols, or stamps indicating "gluten free." This is regulated by the FDA.

Ingredients: **Whole wheat flour**, niacin, iron, sugar, soybean oil, **malted barley flour**, modified food starch (corn), **modified food starch (wheat)**, natural flavors
CONTAINS:
WHEAT, SOY

3. If a product does not have a certification or gluten free stamp, carefully read all the ingredients to see if it is gluten free. If an ingredient list includes wheat, rye, barley, malt, or brewer's yeast it is NOT gluten free and should be AVOIDED.

Food Allergen Labeling

The Food Allergen Labeling and Consumer Protection Act (FALCPA) requires the top 8 allergens (including wheat) to be labeled on most packaged foods and all dietary supplements sold in the United States. This includes food made from wheat like modified food starch, to be labeled if they are sourced from wheat. Meat, poultry, and egg products are exempt from this law.

Any product labeled as "gluten-free", "no gluten", "free of gluten", or "without gluten" must contain less than 20 parts per million of gluten as defined by the Food and Drug Administration. If you're not sure if a food is gluten free then you shouldn't eat it.

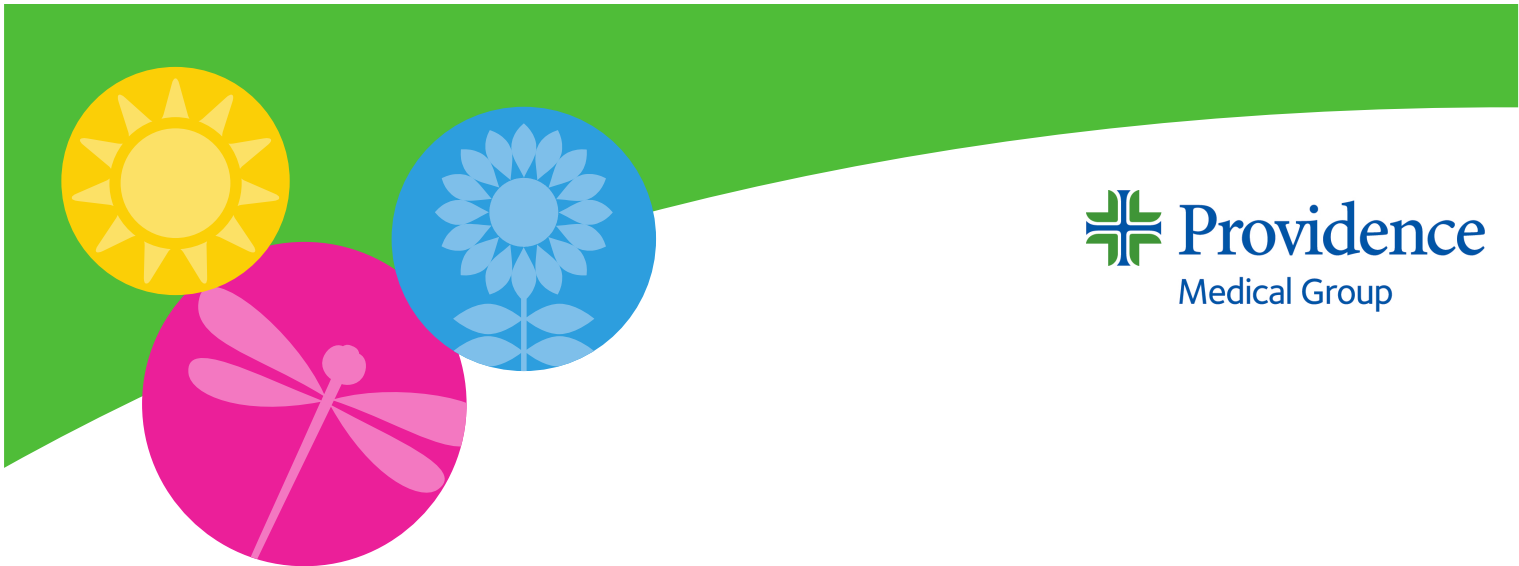
Tricky Foods

These foods DO contain gluten unless labeled gluten-free

Barley	Matzah/matzo/ matzo semolina
Breads	Modified food starch/ food starch
Cereals	Oats
Cookies, cakes, baked goods	Pasta
Cousous	Rye
Crackers, croutons	Soba noodles
Crisped Rice	Soy sauce/ soy sauce solids
Flour	Spelt
Malt	Starch
Malted barley flour	Stock cubes
Malt extract	Stuffing
Malt flavoring	Vegetable gum
Malted milk	Vegetable protein
Malt syrup	Vegetable starch
Malt vinegar	

These foods MIGHT contain gluten and ingredients should be checked

Brown rice syrup	Panko
Breading/coating	Processed meats
Candy	Salad dressing
Dried fruit	Sauces/gravy
Energy bars	Seasoning mixes
Imitation meats, bacon bits	Seasoned rice
Imitation seafood	Self-basting poultry
Licorice	Soy sauce
Nuts	Soups, broths, bouillon
Marinades	Teriyaki sauce
	Thickeners/roux



What about school lunches, events, and parties?

Contact your school district nutrition services department to find out if they are able to make any accommodations for a gluten-free diet. A 504 Plan is sometimes considered if you need accommodations to eat during class, navigate art class, birthday parties, snack times, encouraging proper hand washing and more. Some families find that informal conversations with schools are also able to accomplish these tasks. It may be helpful to ask to store frozen gluten-free baked goods (brownies, cupcakes) that could easily be defrosted in the case of classroom parties. Planning ahead is key for food events in the classroom. Check out the Back to School Toolkit from Beyond Celiac.

For children, it's helpful to talk to your daycare about making gluten free options at these activities:

Play dough
Finger paints
Shared tables/utensils

Macaroni/fruit loop projects
Birthday parties
Paper mache

Medications and Vitamins

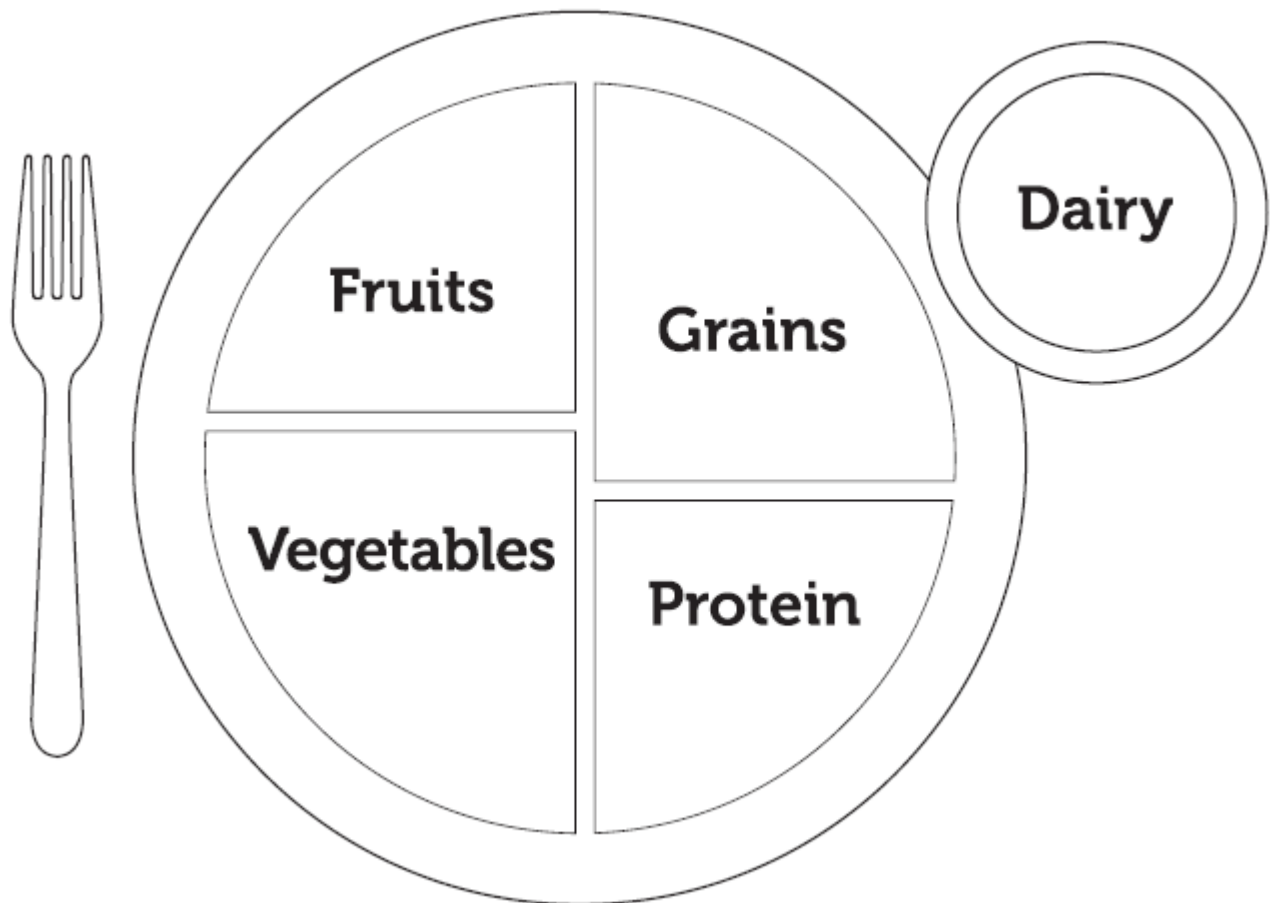
Check your prescription medications to see if they may contain gluten. The website www.glutenfreedrugs.com may also be helpful.

You may need to take a daily multivitamin with minerals. Review these tips for picking vitamins:

- Avoid gummy vitamins, they do not usually contain iron.
- If choosing a liquid vitamin, you can add it to juice or water.
- Always check ingredient labels for gluten and any other food allergies.
- Check the serving size to see how many tablets your child may need based on their age.

You may also need to take extra Vitamin D if you are deficient. Your daily Vitamin D dose is _____IU.

Make Your Gluten Free Plate



Sample Menus

	Day 1	Day 2
Breakfast	Egg scramble with vegetables Hashbrowns/breakfast potatoes Fresh fruit Milk	Rice chex Fresh fruit Milk
Snack	Trail mix Fresh fruit	Cheese stick Fresh fruit
Lunch	Tacos with chicken, rice, lettuce, tomato, cheddar cheese , corn tortillas	Tuna salad on gluten free bread Corn/potato chips Carrot Sticks
Snack	Fresh fruit Yogurt	Banana with peanut butter Dried fruit
Dinner	Beef Stir Fry with beef, rice noodles, bok choy, carrot, bamboo shoots, broccoli, cabbage, sesame oil, Tamari soy sauce	Mashed potatoes Steamed broccoli and carrots Grilled chicken
Snack	Ice cream (without cookie dough, waffle cone, brownie pieces etc)	Popcorn

Quick Tips for a Gluten Free Diet

- 1. Choose naturally gluten free foods.** Many whole foods including fresh meats, fresh fruits and vegetables, and whole grains like rice, quinoa, and corn are all gluten free.
- 2. Always check the ingredient list.** Even if you've purchased a food several times, you should always read the ingredients. Manufacturers often update their ingredient lists and label claims over time.
- 3. Gluten free doesn't always mean "healthy."** It's important to still include daily sources of protein, fruits, vegetables, grains, and oils. Meet with your Registered Dietitian regularly to make sure you're not missing out on any key nutrients.
- 4. You don't have to buy expensive cookbooks.** Check your favorite meals and recipes to make gluten-free swaps. You can still eat your favorite foods, but some ingredients may need to be exchanged for a gluten-free alternative.

Check out these websites for more resources on a gluten free diet and recipes.

www.gluten.org

www.glutenfreeportland.org

www.beyondceliac.org

www.gikids.org

Summer Camps

Camp Blue Spruce, *Falls City, OR*

Camp Sealth Gluten Intolerance Week, *Vashon, WA*

Support Groups

Providence Portland Medical Center 10:00AM-12:00PM 2nd Saturday every month

First Baptist Church McMinnville 9:30AM-11:00AM 1st Saturday every month

These are hosted by the Gluten Intolerance Group. Check their website for updated details.

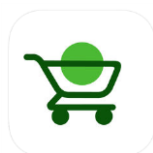
Check out these smartphone apps for finding Gluten Free foods:



Gluten Free Scanner



Find Me Gluten Free



ShopWell



AllergyEats