



Gluten free diet

What is gluten?

Gluten is a protein found in grains such as wheat, rye, barley and their by-products. When you have celiac disease, gluten damages your small intestine and can cause mild to severe symptoms. You also do not absorb all the nutrients from the foods you eat.

Symptoms of celiac disease include:

- nausea
- reflux
- bloating
- gas
- diarrhea
- constipation
- weight loss
- lactose intolerance
- anemia
- stomach pain
- tiredness
- skin rashes

Even if you do not have symptoms, you must follow a strict gluten free diet to reduce the risk of long term complications such as osteoporosis and cancers of the digestive system.

Why is it important to follow a gluten free diet?

A **lifelong** gluten free diet is the **only** treatment for celiac disease.

This diet will help your small intestine heal and will reduce your symptoms. Your body will then be able to use the nutrients in foods needed for good health.

How do I follow gluten free diet?

You will need to **avoid** foods that have gluten in them:

Table 1

- Avoid - Grains that contain gluten	
Barley	Graham flour
Barley malt/extract	Rye
Bulgar	Semolina
Couscous	Spelt
Durum flour	Kamut
Eikorn	Triticale
Emmer	Wheat
Farina	Wheat bran
Farro	Wheat germ
Gluten flour	Wheat based semolina
	Commercial oat products

Hidden sources of gluten

There are many hidden sources of gluten. **Always read food labels** to find out which products have gluten in them.

Avoid food products that do not list the source of their ingredients such as:

- modified starch
- seasonings and flavourings
- hydrolyzed vegetable protein (HVP)
- hydrolyzed plant protein (HPP)

Most large chain grocery stores and specialty food stores have a “gluten free” section, which makes finding products easier.

Check with your pharmacist about the ingredients in prescriptions and over-the-counter medications to make sure they are gluten free such as:

- vitamins, minerals, herbal supplements
- toothpaste
- mouthwash
- cough and cold medications
- nutrition supplements (such as protein powders and shakes, weight loss drinks)

Ask your pharmacist if you are not sure if a product has gluten.

What is cross contamination?

Cross-contamination is when bits of food such as crumbs from foods that contain gluten, accidentally mix with gluten free foods. This can happen in your home, restaurants, bulk food bins, and in food manufacturing plants where there are both gluten containing and gluten free products.

Can I eat oats?

You can eat oats only if they are free from gluten. This means that they have not been cross-contaminated with gluten.

Pure, uncontaminated oats are available in Canada and are likely safe in moderate amounts for most people with celiac disease.

However, it is not easy to buy pure oats in Canada since most of the oats are cross-contaminated with gluten containing grains or cereals during milling and processing.

If you choose to include oats in your diet, you must make sure that the oats are free from gluten contamination.

The best way to be sure the oat product is safe is to contact the food company. The label must state "pure, uncontaminated, gluten free".

Please talk to your doctor or dietitian before adding oats to your diet.

To avoid cross-contamination:

- prepare gluten free foods first
 - have a separate toaster and separate container of peanut butter, margarine, butter, jams, jellies and mayonnaise containers
 - clean all meal preparation surfaces, cutting boards, utensils and pots and pans to make them free from gluten before you prepare a gluten free meal
 - be cautious when buying foods from bulk food bins as they can be contaminated with gluten from scoops being used from other bins
 - avoid buying foods from the deli counter as they may be contaminated with gluten containing foods
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What can I eat?

There are many foods you can still enjoy on a Gluten free diet. Choosing foods from the “Foods to Include” list in each food group will help you eat a nutritious, balanced diet.

Grain products

Foods to Include	Foods to Question	Foods to Avoid
Breads, crackers, pasta and baked products made from gluten free grains – amaranth, arrowroot, corn, millet, quinoa, rice, soy, sorghum, flax, tapioca, buckwheat, corn bran, cornstarch, potato flour, taro, teff, legume flour	<ul style="list-style-type: none"> Items made with Buckwheat flour 	Breads, crackers, pasta and baked products made with grains that contain gluten – See Table 1
Hot Cereals such as: <ul style="list-style-type: none"> Cornmeal Cream of rice Hominy grits Cream of buckwheat Rice flakes Quinoa Soy flakes Pure oatmeal 	Oats: <ul style="list-style-type: none"> Oats (some may be contaminated with gluten) Cereals: <ul style="list-style-type: none"> Rice and corn cereals (may contain barley malt extract or oat syrup) 	Cereals: <ul style="list-style-type: none"> Cereals made from grains in Table 1 including wheat, rye, triticale, barley and oats Cereals with added malt extract or malt flavouring

Grain products (continued)

Foods to Include	Foods to Question	Foods to Avoid
<p>Cold cereals (without malt flavouring) such as:</p> <ul style="list-style-type: none"> • Puffed corn • Puffed rice • Puffed millet • Amaranth flakes • Rice flakes • Soy cereals • Corn flakes • Puffed corn • Puffed or flaked amaranth • Rice crisps 	<ul style="list-style-type: none"> • Rice and corn cereals may contain barley malt flavouring 	
<p>Other:</p> <ul style="list-style-type: none"> • Plain corn tacos or tortillas • Plain rice cakes • Popcorn • Corn cakes • Rice tortillas • Plain corn chips • Rice (basmati, brown, jasmine, white, wild) 	<p>Other:</p> <ul style="list-style-type: none"> • Rice cakes, corn cakes and rice crackers (multigrain or flavoured often contains barley and/ or oats. Some contain soy sauce which contains wheat). • Seasoned potato and corn chips • Seasoned or flavoured rice mixes 	<p>Other:</p> <ul style="list-style-type: none"> • Ice cream cones • Wafers • Waffles • Communion wafers • Wheat flour tacos and tortillas • Some imported foods labelled “gluten free”. These may still contain ingredients with gluten, such as wheat starch • Modified food starch (if source not identified)

Fruits and Vegetables

Foods to Include	Foods to Question	Foods to Avoid
<p>Fresh, frozen and canned fruit and fruit juices</p> <p>Fresh, frozen and canned vegetables and juices</p>	<p>Dried fruits (often dusted with flour to prevent sticking) such as dates</p> <p>Fruit pie filling</p> <p>Creamed canned vegetables and french fries (often contain wheat)</p> <p>Vegetables in sauces</p> <p>French fries (in restaurants and frozen)</p>	<p>Vegetables with creamy sauces (may contain wheat)</p> <p>Scalloped potatoes with wheat flour</p> <p>Battered vegetables including french fries</p>

Milk and Alternatives

Foods to Include	Foods to Question	Foods to Avoid
<p>Milk, cream, buttermilk</p> <p>Plain yogurt</p> <p>Cheeses, cream cheese, processed cheese, cottage cheese</p>	<p>Milk drinks and milk</p> <p>Puddings, Nesquick (chocolate milk, flavoured drinks and puddings may contain wheat starch or barley malt)</p>	<p>Malted milk</p> <p>Ice cream made with ingredients not allowed</p>

Milk and Alternatives (continued)

Foods to Include	Foods to Question	Foods to Avoid
<p>Most ice cream</p> <p>Most soy, nut and rice beverages</p>	<p>Flavoured yogurt and frozen yogurt (may be thickened with a gluten source or contain granola or cookie crumbs)</p> <p>Cheese spreads and sauces (may be thickened with wheat, flavourings and seasonings may contain wheat)</p> <p>Sour cream (low fat or fat free may contain oat gum)</p> <p>Rice and soy drinks (may contain barley, barley malt extract or oats)</p> <p>Some soy, nut and rice beverages contain barley malt extract or flavouring</p>	

Meats and Alternatives

Foods to Include	Foods to Question	Foods to Avoid
<p>Meat, fish, shellfish, and poultry that is fresh, frozen, canned salted or smoked</p> <p>Eggs</p> <p>Lentils, chickpeas, dried peas, dried beans, plain nuts, seeds and tofu</p> <p>Plain seed and nut butters</p>	<p>Prepared or processed meats, luncheon meats, wieners, bologna, bacon, meat, spreads, meat patties, sausages, imitation meat or fish products (crab meat), dried meats (beef jerky), pates may contain fillers or flavourings made from wheat</p> <p>Egg substitutes, dried eggs</p> <p>Baked beans, soy nuts, dry roasted nuts, flavoured tofu, miso, seasoned nuts/seeds</p>	<p>Fish canned in vegetable broth containing HVP or HPP*</p> <p>Turkey basted or injected with HVP or HPP*</p> <p>*HVP or HPP (Hydrolyzed Plant Protein or Hydrolyzed Vegetable Protein) if made from wheat, or the source is not listed.</p>

Fats

Foods to Include	Foods to Question	Foods to Avoid
<p>Butter, margarine, lard, vegetable oil, cream, shortening</p> <p>Homemade salad dressings with allowed ingredients</p>	<p>Mayonnaise</p> <p>Commercial salad dressings (seasonings may contain flour)</p> <p>Cooking sprays</p>	<p>Packaged suet</p> <p>Salad dressings made with ingredients not allowed</p>

Other Foods

Foods to Include	Foods to Question	Foods to Avoid
<p>Beverages: Cider, instant or ground coffee, soft drinks, tea Distilled alcoholic beverages – rum, gin, bourbon, brandy, rye, whiskey, scotch whiskey, vodka and liqueurs, wine</p> <p>Gluten free beer, lager and ale</p>	<p>Instant tea, flavoured and herbal teas and coffee substitutes, hot chocolate mix (may contain grain additives)</p> <p>Fruit-flavoured drinks, chocolate drinks and chocolate mixes (may contain wheat starch or barley malt)</p>	<p>Cereal and malted beverages such as Ovaltine</p> <p>Beer, ale and lager</p> <p>Instant hot chocolate mixes</p>
<p>Condiments and Seasonings: Ketchup, gluten free soy sauce, plain prepared mustard, olives, plain pickles, pure black pepper, pure herbs and spices, relish, tomato paste and vinegar (apple, cider, rice, balsamic, grape), Monosodium Glutamate (MSG)</p>	<p>Seasoning mixes, imitation pepper, curry paste, Worcestershire sauce (may contain wheat or HPP, HVP)</p>	<p>Regular soy sauce (made from wheat), mustard pickles (made with wheat flour) malt vinegar, Teriyaki sauce, hydrolyzed wheat protein</p>
<p>Desserts: Ice cream, sherbet, egg, custards, whipped toppings, gelatin desserts, cakes, cookies, pies made with allowed ingredients</p>	<p>Milk puddings and pudding mixes (may contain a gluten source)</p> <p>Cake icings and frostings</p>	<p>Desserts made with ingredients not allowed</p>

Other Foods (continued)

Foods to Include	Foods to Question	Foods to Avoid
<p>Baking Ingredients: Baking soda, baking yeast, carob chips and powder, pure baking chocolate, chocolate chips, pure cocoa, coconut, cream of tartar, vanilla, pure vanilla extract, artificial (synthetic, imitation) vanilla extract, vanillin, sauces and gravies made with allowed ingredients</p>	<p>Baking powder (may contain wheat starch)</p>	<p>Brewer's yeast</p> <p>Oat gum, sauces, marinades and gravies made from ingredients not allowed, such as HVP or HPP*.</p> <p>*HVP or HPP (Hydrolyzed Plant Protein or Hydrolyzed Vegetable Protein) if made from wheat, or the source is not listed.</p>
<p>Sweets: Corn syrup, honey, jam, jelly, marmalade, maple syrup, molasses, sugar (brown and white), artificial sweeteners</p>	<p>Icing sugar, confectioner's sugar (may contain wheat starch)</p> <p>Spreads (Nutella), candies, chocolate bars, chewing gum, marshmallows</p> <p>Lemon curd (may be thickened with flour)</p>	<p>Licorice, chocolate and candies made with ingredients not allowed</p>
<p>Soups: Homemade broth, gluten free bouillon cubes, cream soups and stocks made from ingredients allowed</p>	<p>Canned soups, dried soup mixes, soup bases and bouillon cubes</p>	<p>Canned, packaged or homemade soups made with ingredients that contain gluten (See Table 1), bouillon and bouillon cubes containing hydrolyzed wheat protein</p>

Where can I find gluten free products?

There are a number of gluten free products available. Many of the big grocery store chains carry a wide selection of gluten free products.

Many of the food companies or manufacturers who produce gluten free products often sell their products on site (at the factory) to the public.

Some manufacturers also provide mail order services. Buying products in bulk and freezing for later use will help save you money.

Other tips to help you find out if a food contains gluten:

- The Canadian Celiac Association's "Pocket Dictionary" will give you information if a food is gluten free or not. Copies of this book can be ordered from the website: www.celiac.ca
- Do not assume that your favourite foods will remain gluten free. Read the label every time you use a product as food products change all of the time. Ingredient lists available online are not always accurate as they can become outdated.
- Contact the food company directly and ask if you have questions about whether certain products are gluten free.

Other resources

- Stay informed through the Canadian Celiac Association by becoming a member and/or attending local chapter events. There are local chapters in Hamilton, St. Catharines and Kitchener/Waterloo. See the website: www.celiac.ca
- There are many cookbooks available offering gluten free recipes. The Canadian Celiac Association has published several cookbooks and recipes can also be found online.

Gluten free diet

Can I go out to eat?

If you and your family want to go to a restaurant, try to pick one that offers gluten free choices.

Tips for eating out

- Most restaurants will not understand if you ask for “gluten free foods”. Instead, tell your server that you are allergic to anything with wheat flour or barley in it.
- Ask your server to have foods cooked or baked in separate pans or dishes. This will reduce the risk of cross-contamination.
- Ask for freshly ground pepper. Many pepper packages contain wheat germ.
- Before eating french fries, ask if they are coated with a batter or are fried in the same oil as other battered foods. If they are, avoid them as they will contain gluten.
- Avoid salad bars, buffets and fondues since other people eating at these places can contaminate the gluten free foods.