



# GLUTEN-FREE DIET

## Definition

A gluten-free diet is a diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley, rye and triticale (a cross between wheat and rye).

A gluten-free diet is used to treat celiac disease. Gluten causes inflammation in the small intestines of people with celiac disease. Eating a gluten-free diet helps people with celiac disease control their signs and symptoms and prevent complications.

Initially, following a gluten-free diet may be frustrating. But with time, patience and creativity, you'll find there are many foods that you already eat that are gluten-free and you will find substitutes for gluten-containing foods that you can enjoy.

## Foods To Eat And Not To Eat In Gluten-Free Diet

A newly diagnosed celiac patient is obviously overwhelmed by doubts arising as to what he/she can eat and what not to eat; this aside the depression that he/she has been diagnosed with celiac. It is because these patients have to strictly follow a strict diet regimen that is gluten free to keep their symptoms at bay and address their condition. Consuming a completely gluten-free diet is the perfect and the only solution for such patients as there are no pills, drugs, medicines or vaccines to treat the celiac.

### Foods To Eat On A Gluten-Free Diet

Maintaining a gluten free diet is the first thing that is suggested by a physician and it is not easy as said, as because the gluten-found grains are used in the making of several foods-known and unknown. It becomes so difficult to tell by name of the food whether it is gluten free or not, making it easy to taking gluten unawares and having symptoms exacerbated. But thanks to online information today it is not a huge problem as there are lots of food items lately, which do not contain gluten and a few food items are made free of gluten are still rich in nutrients and make them delicious too. Here is a list of gluten free foods that are safe to consume by gluten intolerant people:

Gluten Free Foods For Gluten Intolerant People		
Amaranth	Soy	Cottage cheese
Arrowroot	Sorghum	Cheese
Buckwheat	Tapioca	Pure instant or ground coffee
Cassava	Teff	Tea

Corn	Wild rice	Carbonated beverages
Flax	Yucca	Alcohol - wine, vodka, gin, rum
Garbanzo beans (chickpeas)	Plan meat, poultry, fish, shellfish, and eggs	Butter
Indian rice grass	Dry peas and beans, nuts, peanut butter, and soybeans	Margarine
Job's tears	Tofu	Vegetable oils
Legumes	Fruit	Lard
Millet	Fresh, frozen, and canned vegetables	Shortening
Nut flours	Milk	Sugar
Potatoes	Plain yogurt	Honey
Quinoa		Jelly
Rice		Jam
Sago		Olives
Seeds		Black pepper

There are several other products which contain gluten and you should know them to stay off them. These include things like:

<b>Food Products That Contain Gluten</b>		
Beer and other grain-based alcohol	Dry roasted nuts	Matzo
Breading	Gravy	Modified food starch
Brown rice syrup	Herbs	Play clay
Caramel color	Hydrolyzed vegetable protein	Postage stamps
Communion wafers	Imitation seafood	Salad dressings
Couscous	Licorice	Seasonings
Croutons	Lipstick, lip gloss, chapstick	Soups, bouillon, broths
Dairy substitutes	Luncheon meats	Soy sauce
Dextrin	Malt flavoring	Supplements
		Toothpaste

Following is the list of foods that contain gluten:

<b>Gluten Foods</b>		
Barley	Malt vinegar (made from barley)	Wheat
Bran	Orzo	a) Einkorn
Bromated flour	Panko	b) Emmer
Bulgur	Phosphated flour	c) Spelt

Couscous	Plain flour	d) Kamut
Durum flour	Rye	e) Wheat starch
Enriched flour	Seitan	f) Wheat bran
Farina	Self-rising flour	g) Wheat germ
Faro	Semolina	h) Cracked wheat
Graham Flour	Triticale (a cross between wheat and rye)	i) Hydrolyzed wheat protein
Matzo meal/flour	Udon	j) White flour
Malt or malt flavoring (can be made from barley)		

### Allowed foods

Many healthy and delicious foods are naturally gluten-free:

- Beans, seeds, nuts in their natural, unprocessed form
- Fresh eggs
- Fresh meats, fish and poultry (not breaded, batter-coated or marinated)
- Fruits and vegetables
- Most dairy products
- It's important to make sure that they are not processed or mixed with gluten-containing grains, additives or preservatives. Many grains and starches can be part of a gluten-free diet:
- Amaranth
- Arrowroot
- Buckwheat
- Corn and cornmeal
- Flax
- Gluten-free flours (rice, soy, corn, potato, bean)
- Hominy (corn)
- Millet
- Quinoa
- Rice
- Sorghum
- Soy
- Tapioca
- Teff

### Always avoid

Avoid all food and drinks containing:

- Barley (malt, malt flavoring and malt vinegar are usually made from barley)
- Rye
- Triticale (a cross between wheat and rye)
- Wheat

### Avoid unless labeled 'gluten-free'

In general, avoid the following foods unless they're labeled as gluten-free or made with corn, rice, soy or other gluten-free grain:

- Beer
- Breads
- Cakes and pies
- Candies
- Cereals
- Cookies and crackers

- Croutons
- French fries
- Gravies
- Processed luncheon meats
- Salad dressings
- Sauces, including soy sauce
- Seasoned rice mixes
- Soups and soup bases
- Vegetables in sauce
- Imitation meat or seafood
- Matzo
- Pastas
- Seasoned snack foods, such as potato and tortilla chips
- Self-basting poultry

Certain grains, such as oats, can be contaminated with wheat during growing and processing stages of production. For this reason, doctors and dietitians generally recommend avoiding oats unless they are specifically labeled gluten-free.

You should also be alert for other products that you eat or that could come in contact with your mouth that may contain gluten. These include:

- Food additives, such as malt flavoring, modified food starch and others
- Medications and vitamins that use gluten as a binding agent
- Play dough

#### **Watch for cross-contamination**

Cross-contamination occurs when gluten-free foods come into contact with foods that contain gluten. It can happen during the manufacturing process, for example, if the same equipment is used to make a variety of products. Some food labels include a "may contain" statement if this is the case. But be aware that this type of statement is voluntary. You still need to check the actual ingredient list. If you're not sure whether a food contains gluten, don't buy it or check with the manufacturer first to ask what it contains.

Cross-contamination can also occur at home if foods are prepared on common surfaces or with utensils that weren't thoroughly cleaned after being used to prepare gluten-containing foods. Using a common toaster for gluten-free bread and regular bread is a major source of contamination, for example. Consider what steps you need to take to prevent cross-contamination at home, school or work.

## **Gluten Free Diet - Sample Meal, Menu & Recipes**

Basically, gluten is a kind of protein found in grains of wheat, rye and barley. This is the glue, which helps bind the dough of their flour. Most of the common food items like breads, pizzas and sauces contain one or other thing made from wheat or barley. However, there are several other food items, which are available commonly that you can eat as part of your gluten free diet.

With the help of a bread maker, you can prepare your own gluten free bread. For this, you will need a mix of gluten free flours such as arrowroot flour, brown rice flour and tapioca flour. You can prepare bread you like for your staple food. You can try this sample menu for your gluten free diet.

### Gluten-Free Diet Sample Meal

Gluten Free Meal : Breakfast	Gluten-Free Diet Meal : Lunch	Gluten Free Menu : Dinner
<p>You will like having a veggie omelet with topping of gluten free cheese, a slice of gluten free bread with butter.</p>	<p>Prepare a salad with grilled chicken. To make the dressing, use homemade oil and distilled vinegar salad dressing.</p> <p>* For mid-afternoon snack, why not have a gluten free granola bar.</p>	<p>For dinner, you can have salmon poached in white wine. Season it with black pepper and salt. Cook jasmine rice in coconut milk. Season it with grated fresh ginger and acid limejuice.</p> <p>* After a hard day's work, it is the time for a yummy dessert. You can gratify your sweet tooth by eating flourless chocolate cake.</p>