

## Contamination

When preparing gluten-free foods they must not come in contact with food containing gluten. Contamination can occur if foods are prepared on common surfaces, or with utensils that are not thoroughly cleaned after preparing gluten-containing foods. Using a common toaster for GF bread and regular bread is a major source of contamination. Flour sifters should not be shared with gluten-containing flours. Deep fried foods cooked in oil shared with breaded products should not be consumed. Spreadable condiments in shared containers may also be a source of contamination (i.e., butter, mustard, mayonnaise, jam, peanut butter and margarine).

Wheat flour can stay airborne for many hours in a bakery (or at home) and contaminate exposed preparation surfaces and utensils or uncovered gluten-free products. Foods not produced in a gluten-free environment have the potential to be contaminated with gluten. This may occur when machinery or equipment is inadequately cleaned after producing gluten-containing foods. All food manufacturers abide by the standards outlined in the FDA's Code of Good Manufacturing Practices. Let common sense be your guide.

**Not all adverse reactions are due to Celiac Disease:** Lactose intolerance, food sensitivities or allergies to soy, corn, other foods or even the stomach flu are common causes of symptoms similar to Celiac Disease. Newly diagnosed celiacs may have trouble digesting certain foods, especially fatty ones, until the small intestine has had a chance to heal and start absorbing normally. If necessary, keep a diary of foods eaten. Read labels, remember what you ate, and listen to your body.

## Attitude is Everything

Like anything new, it takes time to adjust to the GF diet. It is natural to mourn old food habits for a short time. Stay focused on all the foods you **can** eat. Fresh fruits and vegetables are delicious and healthy. Fresh poultry, fish, meat and legumes provide protein and are naturally GF. Most dairy foods can also still be enjoyed (providing you are not lactose intolerant). GF substitutes for foods commonly made with wheat are available at health food stores and from GF food manufacturers. Try GF waffles for breakfast; a sandwich on GF bread for lunch; and rice, corn or quinoa pasta for dinner. Your new way of eating is very satisfying! 😊

The GF diet is a life-long commitment and should not be started before being properly diagnosed with CD/DH. Starting the diet without complete testing is not recommended and makes later diagnosis difficult. Tests to confirm CD could be negative if a person were on a GF diet for a long period of time. For a valid diagnosis, gluten would need to be reintroduced for several weeks before testing. Celiac Disease is an inherited autoimmune digestive disease and confirmation of CD will help future generations be aware of the risk within the family.

Information in this brochure is in agreement with gluten-free dietary guidelines of the American Dietetic Association, 2001. This Guide was developed by nutrition experts and published by Celiac Disease Foundation (CDF) and Gluten Intolerance Group™ (GIG™), to assist persons newly diagnosed with celiac disease and/or dermatitis herpetiformis, with preliminary gluten-free choices. Both organizations offer patient support, educational activities and materials. CDF and GIG™ are 501(c)(3) non-profit corporations. Contact us for further information:

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# Quick Start Diet Guide for Celiac Disease

Here is a quick and simple overview of the Gluten-Free (GF) diet. Not all areas of the diet are as clear-cut as portrayed by this Guide. This is intended to be used as a safe and temporary survival tool until the newly diagnosed person with Celiac Disease can gather additional information. Understanding these dietary requirements will enable you to read labels of food products and determine if a product is GF, not GF, or questionable. Questionable ingredients are those that do not give enough information to determine whether they are gluten-free. An example is modified food starch (the type of starch needs to be identified).

**Celiac Disease (CD)** is a life-long digestive disorder found in individuals who are genetically susceptible. Damage to the small intestine is caused by an immunologically toxic reaction to the ingestion of gluten. This does not allow food to be properly absorbed. Even small amounts of gluten in foods may affect those with Celiac Disease and cause health problems. Damage can occur to the small bowel even in the absence of symptoms.

**Gluten** is the generic name for certain types of proteins contained in the common cereal grains wheat, barley, rye and their derivatives. Currently, oats are not recommended because of potential unacceptable levels of contamination.



### ALLOWED

Rice, corn, soy, potato, tapioca, beans, sorghum, quinoa, millet, buckwheat, arrowroot, amaranth, tef and nut flours.

The following grains contain

**GLUTEN** and are  
**NOT ALLOWED**

IN ANY FORM:

Wheat (durum, semolina, kamut, spelt), rye, barley and triticale.

Frequently overlooked foods that often contain gluten:

- ★ Breeding                   ★ Pastas
- ★ Broth                       ★ Processed meats
- ★ Coating mixes           ★ Roux
- ★ Communion             ★ Sauces
- Wafers                   ★ Self-basting
- CROUTONS               poultry
- ★ Imitation bacon       ★ Soup bases
- ★ Imitation               ★ Soy Sauce
- seafood                 ★ Stuffings
- ★ Marinades               ★ Thickeners

**Distilled alcoholic beverages** and **vinegars** do not contain any harmful gluten peptides (or prolamines). Research indicates that the gluten peptide is too large to carry over in the distillation process. This leaves the resultant liquid gluten-free, unless a gluten-containing additive is inserted after the distillation process. Malt vinegars are **not** distilled and therefore are **not** gluten-free.

## Labels

The key to understanding the GF diet is to become a good ingredient label reader. The following ingredients are **questionable** and **should not** be consumed unless you can **verify** their source and do not contain or are derived from prohibited grains:

- ▶ Brown rice syrup  
(frequently made from barley)
- ▶ Caramel color  
(infrequently made from barley)
- ▶ Dextrin (usually corn, but may be derived from wheat)
- ▶ Flour or cereal products
- ▶ Malt or malt flavoring  
(usually made from barley, okay if made from corn.)
- ▶ Malt vinegar
- ▶ Modified food starch  
(from unspecified or forbidden source)
- ▶ Mono- & di-glycerides  
(in dry products only)
- ▶ Flavorings in meat products
- ▶ Soy sauce or soy sauce solids  
(many soy sauces contain wheat)

## Clear Labels Are Safest

A clear label has no gluten-containing or questionable ingredients. If it has questionable ingredients, avoid it and find a comparable product that is GF. **Labels must be read every time you purchase food.** Manufacturers can change ingredients at any time. Some products remain GF for years while others do not. You may verify ingredients by calling or writing a food manufacturer and specifying the ingredient and the lot number of the food in question. State your needs clearly - be patient, persistent and polite.

### If In Doubt Go Without!

If unable to verify ingredients or the ingredient list is unavailable - **DO NOT EAT IT.** It is not worth triggering your immune system and the damage to the small intestine that occurs every time gluten is consumed, regardless of the amount eaten, or whether symptoms are present.

### One New Food At A Time. . .

When adding a new food to your diet, particularly one that had questionable ingredients introduce only one new food at a time. Watch for adverse reactions before starting a second new food.

### Wheat Free Is Not Gluten-Free

Wheat free products may still contain rye, barley or other ingredients that are not GF.