

Following a Gluten-Free Diet

Your doctor has prescribed a gluten-free diet for you. For any patient diagnosed with celiac disease or dermatitis herpetiformis (DH), the gluten-free diet is essential to prevent damage to the small intestine that is caused by gluten present in wheat, rye and barley. If you do NOT have celiac disease or DH, but have experienced bloating, flatulence (gas), diarrhea, constipation, headaches, weight loss or other symptoms caused by a sensitivity to gluten, the gluten-free diet should help to decrease these symptoms. If this is the case, please speak to your doctor.

The diet requires the elimination of all foods containing wheat, rye, barley, and oats (*see last page for more information on oats), and their derivatives. When using this diet guide, remember to also take into consideration any further dietary restrictions (such as lactose intolerance, food allergies) or other medical conditions you may have.

To avoid accidental gluten ingestion, you must always carefully check food labels for possible gluten-containing ingredients. If, in the rare case an ingredient list is not provided (single-serving pre-packaged food), contact the company directly for product information. Ingredients and labels may change without notice at any time; that is, a product that was made without gluten in the past may now contain gluten. It is also important to consider the possibility of cross-contact (when gluten-free products are produced in a gluten-containing environment).

When eating out, it is essential to ask questions about the food you order. Ingredients made from gluten must be avoided, even if used in small amounts. In addition to ingredient questions, you must also inquire about possible cross-contact, which can occur quite easily in a restaurant kitchen. For example, French fries cooked in the same deep fryer as breaded onion rings will be contaminated with breadcrumbs. Remember to be vigilant when eating out as you strive to keep your diet as gluten-free as possible.

Maintaining a balanced, healthy diet is important for overall health. The gluten-free diet is nutritionally adequate when appropriate quantities of recommended foods from the U.S. Food Guide Pyramid are eaten. You should contact a registered dietitian to discuss questionable ingredients and products, and concerns regarding the nutritional quality of your diet.

The Gluten-Free Diet

GRAIN AND FLOUR-BASED PRODUCTS		
Allowed	Avoid	Question
<p>When choosing among the grains and grain-based products listed below, it is recommended to select those that are specifically labeled gluten-free.</p> <p>Grains/Starches: corn (maize), corn bran, corn starch, corn meal, corn flour, corn germ, corn gluten, rice, rice bran, rice flour, glutinous white rice, rice polish, soy (soya), arrowroot, pure wild rice, sago, potato starch, potato flour, sweet potato flour, legume flours (garbanzo, chickpea, garfava, lentil, pea, whole bean), nut flours (almond, chestnut, hazelnut), flax seed, flax seed meal, mesquite flour, sorghum, tapioca (also called cassava or manioc), buckwheat, millet, teff, amaranth, quinoa</p> <p>Grain products:</p> <p>Products made with gluten-free grains and labeled gluten-free: pizza crust, cakes, cookies, rolls, bread crumbs, taco shells, tortillas, croutons</p> <p>Panko (Japanese breading) made from gluten-free flour</p> <p>Plain mochi</p>	<p>Grains: wheat, rye, triticale, barley, wheat flour, wheat germ, wheat bran, graham flour, gluten flour, durum flour, wheat starch, bulgur, farina, semolina, spelt, kamut, einkorn, emmer, farro, orzo, atta</p> <p>Grain products: All baked products, crackers, croutons, cakes, cookies made with any of the gluten-containing grains listed above</p> <p>Imported foods labeled “gluten-free” but contain wheat starch</p> <p>Wheat flour tacos, wheat tortillas</p> <p>Regular pizza crust</p> <p>Matzo/matzo meal</p> <p>Panko (Japanese breading) made from wheat flour</p> <p>Oats (in any form) unless specially produced to be pure and uncontaminated and labeled gluten-free oats</p> <p>Items stored in bulk bins (see note at end)</p>	<p>Packaged rice mixes</p> <p>Rice pilaf - may contain Italian vermicelli (a wheat based pasta) and other gluten-based ingredients</p> <p>Buckwheat flour (pure buckwheat is gluten-free but buckwheat flour may be a blend of buckwheat and wheat)</p> <p>Flavored mochi</p>
CEREALS – HOT		
Allowed	Avoid	Question

When choosing among the hot cereals below, it is recommended to select those that are specifically labeled gluten-free.	Cereals made from wheat, rye, triticale, barley, graham, wheat germ, bulgur, kashi, wheat bran, spelt, or from other grains/flours to avoid (listed above) Cereals containing malt extract and malt flavoring Oats, oat bran, oatmeal (oats in any form unless specially produced to be pure and uncontaminated and labeled gluten-free oats) Items stored in bulk bins (see note at end)	Rice and corn based cereals - may contain barley, malt flavoring or malt extract
---	--	--

CEREALS – COLD

Allowed	Avoid	Question
When choosing among the cold cereals below, it is recommended to select those that are specifically labeled gluten-free. Some puffed corn, puffed rice, puffed millet, puffed amaranth, puffed buckwheat cereals Some rice flake cereals and some corn flake cereals	Cereals made from wheat, rye, triticale, barley, graham, wheat germ, bulgur, kashi, wheat bran, spelt, or from other grains/flours to avoid (listed above) Cereals containing malt extract and malt flavoring Infant mixed grain cereals containing wheat, barley, or rye Cereals made with oats (unless specially produced to be pure and uncontaminated and labeled gluten-free oats) Items stored in bulk bins (see note at end)	Rice and corn based cereals – may contain barley or malt flavoring

CRACKERS AND SNACK FOODS

Allowed	Avoid	Question
----------------	--------------	-----------------

When choosing among the crackers and snack foods below, it is recommended to select those that are specifically labeled gluten-free.	Seasoned or flavored snack foods (chips, etc) made with gluten-containing ingredients Nuts and seeds with wheat starch coating Regular crackers Items stored in bulk bins (see note at end)	Seasoned or flavored potato chips, tortilla chips, etc) Rice crackers - may contain soy sauce Flavored and multi-grain rice and corn cakes and wafers Dry roasted, coated, flavored/seasoned nuts and seeds – may contain wheat starch or other gluten-containing ingredients
Plain corn chips Plain potato chips Plain popcorn Plain rice cakes Plain popped corn cakes Plain popped sorghum Plain nuts Plain Seeds		

PASTA		
Allowed	Avoid	Question
When choosing among the pasta products below, it is recommended to select those that are specifically labeled gluten-free. Gluten-free macaroni, spaghetti, pasta, and noodles made from rice, corn, soy, lentil, quinoa, dried beans, potato, pea or other gluten-free flours	All regular pastas made from wheat, wheat starch, semolina, spelt and other grains/flours not allowed (listed above) Udon noodles Items stored in bulk bins (see note at end)	Buckwheat pasta (soba) frequently contains wheat flour

MEAT AND OTHER PROTEIN FOODS		
Allowed	Avoid	Question
Fresh, plain, frozen, and smoked meat, poultry, fish, seafood	Canned fish containing hydrolyzed wheat protein	Any meat, poultry or fish product containing unidentified natural

<p>without added, unidentified natural flavorings or seasonings</p> <p>Veggie burgers and meat substitutes that are labeled gluten-free and do not contain any questionable ingredients</p> <p>Processed meat or poultry products (such as deli or luncheon meats) labeled gluten-free or free of gluten-containing ingredients</p>	<p>Poultry or meat basted with or containing hydrolyzed wheat protein</p> <p>Most veggie burgers and many vegetarian meat substitutes – most contain gluten in the form of soy sauce made from wheat, texturized wheat protein, wheat gluten, bulgur wheat, wheat flour or oats</p> <p>Roast beef or prime rib with au jus (many beef sauces/gravies contain hydrolyzed wheat or wheat flour)</p>	<p>flavoring or seasonings (beef, fish or chicken burgers may contain fillers such as wheat flour, wheat starch, bread crumbs)</p> <p>Seasonings may contain hydrolyzed wheat protein, wheat flour or wheat starch</p> <p>Ham (ready to cook) – glaze may contain wheat protein, wheat flour or wheat starch</p> <p>Poultry or meat marinades – may be made with soy sauce, malt vinegar or other gluten-containing ingredients</p> <p>Processed meat products (hot dogs, deli meat, processed sausage, etc), processed poultry products (seasoned chicken breast), processed egg products (example: dried, frozen, or liquid eggs with or without added ingredients) and processed mixed food products [that generally contain more than 3% raw meat or 2% or more cooked meat or poultry meat] that contains modified food starch, dextrin and/or starch UNLESS labeled gluten-free (see USDA info at end)</p> <p>Surimi (imitation crab/seafood)</p> <p>Processed, prepared or preserved meats, such as luncheon meat, ham, bacon, bacon bits, jerky, chicken and meat broths, meat and sandwich spreads, meat loaf, meat product extenders, frozen meat patties, sausages, pate, wieners, bologna, salami and imitation meats (such as imitation bacon) – may contain fillers made from wheat or hydrolyzed wheat protein</p>
EGGS/EGG PRODUCTS		
Allowed	Avoid	Question
<p>Fresh eggs</p> <p>Most cholesterol-reduced liquid egg</p>		<p>Powdered, liquid or frozen egg products regulated by the USDA -</p>

products		may contain gluten-based ingredients (see note on FDA vs USDA labeling at end)
MILK PRODUCTS		
Allowed	Avoid	Question
Milk: whole, low fat, skim, powdered, evaporated or condensed Potato milk Buttermilk Cream, half & half, non-dairy creamer Regular sour cream Plain yogurt	Malted milk Oat milk Yogurt with gluten-based mix-ins (cookie crumbs, granola, etc.)	Soy, hemp, nut, coconut, and rice based milk substitutes -may contain barley flavoring and/or barley-derived enzymes (see notes at end) Chocolate drinks and mixes- may contain barley malt or other gluten-containing ingredients Flavored yogurt may contain gluten-containing ingredients
CHEESE		
Allowed	Avoid	Question
Aged cheeses (i.e. Cheddar, Swiss, Edam, Parmesan) Most processed cheese Cottage cheese, cream cheese, soft cheeses	Roquefort cheese or blue cheese (grown on bread mold) if wheat, barley, rye, oats, or malt is listed on the label or the company states their product is not gluten-free (see notes at end)	Processed cheese foods - some may be thickened or stabilized with gluten-containing ingredients Pre-packaged shredded cheese- may contain gluten-containing anti-caking agents Cheese sauces and cheese spreads - may be thickened with wheat starch
OTHER PROTEIN FOODS		
Allowed	Avoid	Question
Legumes (Lentil, chickpea (garbanzo), dried peas, soybean, garfava, whole dried beans [navy, pinto, black, etc])	Items stored in bulk bins (see note at end) Barley miso	Baked beans - may be thickened with wheat flour Reduced fat and flavored peanut and nut butters- check for gluten-

Most peanut and nut butters Plain tofu Plain soy miso, rice miso		containing ingredients
Plain nuts (almond, walnut, chestnut, hazelnut, etc) Plain peanuts Plain seeds (sesame, sunflower, chia, pumpkin, hemp, flax)		Flavored/seasoned tofu - may be made with soy sauce or other gluten-based ingredients
Tempeh (made without gluten-containing ingredients)		Miso (may be barley based)

FRUITS

Allowed	Avoid	Question
All plain fresh, frozen and canned fruits Pure fruit juices		Canned fruit pie filling-may contain gluten-containing ingredients Dried fruit (esp. dates)- may be dusted with flour or starch to prevent sticking Bulk bin dried fruit-may be contaminated with items from other bins (see note on Bulk Bins at end)

VEGETABLES

Allowed	Avoid	Question
All plain fresh, frozen, dried and canned vegetables Pure vegetable juices Plain tomato sauce Plain tomato paste	Breaded or batter-dipped vegetables, tempura, vegetables with sauces containing wheat-based soy sauce, teriyaki sauce, or unknown ingredients Frozen potato products made with	French fries—"seasoned" or flavored fries-often contain wheat starch or wheat flour Restaurant/fast food fries-often cooked in oil used to cook gluten containing foods (i.e. onion rings,

Spaghetti sauce made with allowed ingredients Fresh potatoes Gluten-free French fries cooked in dedicated fryer	wheat starch or flour	breaded chicken fingers) Scalloped potatoes-are usually made with flour Potato mixes- may contain gluten-based ingredients
---	-----------------------	--

SOUPS		
Allowed	Avoid	Question
Homemade soups using gluten-free ingredients Gluten-free bouillon cubes/broth Canned, powdered or boxed soups labeled gluten-free	Soups with unknown ingredients, soups thickened with flour, containing hydrolyzed wheat protein, wheat-based soy sauce, or unidentified natural and/or artificial flavoring; soups containing noodles, barley, soups made with roux (i.e. gumbo, chowder)	Canned soup, soup mixes, bouillon cubes/powders and commercial soup bases -frequently contain hydrolyzed wheat protein or other gluten based flavorings Restaurant soups-most contain gluten-containing ingredients/flavorings

FATS		
Allowed	Avoid	Question
Butter, margarine, shortening, all vegetable oils (olive, sunflower, safflower, canola, grapeseed) except wheat germ oil	Wheat germ oil, nonstick baking spray containing flour, fats/oils that have been used to cook gluten containing foods Packaged suet Oat-based fat substitutes	

DESSERTS		
Allowed	Avoid	Question
Most ice cream and frozen yogurt, sherbet, sorbet, popsicles, gelatin, Italian ice, whipped cream Cookies, cakes, pie crust, meringues, macaroons made with allowed ingredients and labeled gluten-free Gluten-free ice cream cones	All desserts made with wheat or other gluten containing flours, including cakes, cookies, pies, ice cream cones, waffles, etc. Ice cream or frozen yogurt containing gluten-based ingredients and/or mix-ins made from gluten-based ingredients (such as cookie crumbs)	Pudding, custards, flan, lemon curd (homemade or from mix)-may be made with flour "Flourless" cakes- may be baked in pans dusted with flour

SWEETS		
Allowed	Avoid	Question
Pure chocolate, honey, maple syrup, jelly, jam, marmalade, molasses, sugar (white and brown), coconut, fructose, powdered/confectioner's sugar, artificial sweeteners, pure cocoa powder, pure carob chips and pure carob powder, marshmallows, chewing gum, most chocolate syrups, some rice syrups Licorice candy labeled gluten-free	Candies and candy bars containing malt flavoring or other gluten-containing ingredients Licorice candy Items stored in bulk bins (see note at end)	Chocolate with crisped rice- may contain malt flavor Chocolate bars may contain barley malt extract/flavoring, wheat starch or wheat flour Cake frosting/icing – check for gluten-containing ingredients Rice syrup-may contain barley (see last page on barley enzymes) Butterscotch morsels-may contain barley flavoring

CONDIMENTS		
Allowed	Avoid	Question
Most relish, ketchup, prepared mustards, olives Many salad dressings Mayonnaise Most vinegars (except malt vinegar) All pure spices and herbs, pure black pepper, mustard flour (ground mustard seeds), tahini Soy sauce made without wheat Salt MSG (monosodium glutamate) but not recommended on a healthy diet	Soy sauce made from wheat Teriyaki sauce, Tamari or shoyu made from wheat Malt vinegar Sauces, marinades or gravies made with wheat flour, wheat starch or other unknown ingredients Salad dressings containing wheat-based soy sauce, malt vinegar or other gluten-containing ingredients	Spice blends or seasoning mixes (i.e. taco seasoning mix,)- may contain wheat starch or hydrolyzed wheat protein Steak sauce, Worcestershire sauce, BBQ sauce and marinades-often contain malt vinegar or wheat-based soy sauce Smoked flavorings (see last page) Salad dressing-may contain wheat-based soy sauce or gluten-based ingredients Prepared mustards-some made with wheat flour

MISCELLANEOUS		
Allowed	Avoid	Question

Sauces and gravies thickened without flour and made without gluten-based flavorings/labeled gluten-free Pure or artificial vanilla extract Baking soda, yeast (except Brewer's yeast), most baking powder, cream of tartar, corn starch Corn gluten, corn malt Gluten-free Communion wafers Gums: xanthan, guar, carrageenan, acacia, carob bean, cellulose, arabic, locust bean, tragacanth	Barley malt, barley flavoring, malt flavoring or malt extract Regular Communion wafers Brewer's yeast	Restaurant sauces, gravies-most thickened with flour or use flavoring ingredients containing gluten
---	---	---

BEVERAGES

Allowed	Avoid	Question
Pure tea, most herbal tea, unflavored coffee (instant or ground), pure cocoa powder, soft drinks, cider (without gluten-containing ingredients) Most distilled alcoholic beverages (i.e. rum, whiskey, vodka) without added gluten-containing flavorings Wine Water Most hot chocolate mixes, most liqueur, some soy beverages	Malted beverages, beer, ale, lager Herb tea containing roasted barley, barley malt Grain-based coffee substitutes	Flavored or herb tea-may contain barley Flavored coffee – may contain gluten-containing ingredients Chocolate drinks and mixes, coffee flavored mixes- may contain barley malt or other gluten-based ingredients Alcoholic beverages containing unknown flavorings added AFTER distillation Soy beverages may contain barley flavoring – may be listed as natural flavoring

Notes:

Barley-derived enzymes: It is unclear whether enzymes derived from barley contain any residual gluten and, thus, whether it is actually a concern for those with celiac disease. Choose to avoid or include this ingredient at your own discretion.¹

Bulk bins: It is recommended to avoid purchasing items from bulk bins since there is a great risk of cross contact with other gluten-containing ingredients stored next to or above the gluten-free ones. Scoops can also be easily contaminated by traveling from one bin to another. It is recommended to purchase gluten-free items that are packaged by the manufacturer and labeled gluten-free.

Natural Flavorings: Gluten-containing grains are not commonly used as natural flavorings. For FDA-regulated foods, if a natural flavoring contains protein derived from wheat, the word wheat must be stated on the food label. It can not be hidden under the listing "natural and/or artificial flavoring." Instead, it will be listed as "hydrolyzed wheat protein."

Natural flavoring could be derived from barley. If it is, it will most likely be listed as malt flavoring on the food label. Since the vast majority of products with natural flavoring DO NOT contain barley and, therefore, do not contain gluten, it is up to the discretion of the consumer to decide when to research the source of such ingredients.²

Natural flavoring could be derived from rye, but products with rye flavoring are likely to be bread products that a person with celiac disease would not eat. For USDA-regulated foods (see notes), if a natural flavor contains wheat, barley, or rye proteins, these ingredients will be stated on the food label by their common or usual names.

Bottom line: If you don't see the words wheat, barley, rye or malt on the label of a product containing natural flavor, the natural flavor most likely does not contain protein derived from these sources.

Oats:

The role of oats in celiac disease and the gluten-free diet remains controversial. Although pure oats are gluten-free, most commercial oats have some level of gluten contamination. This is because oats are typically grown alongside, or milled, processed and transported by the same equipment as wheat and other gluten-containing grains. However, pure, uncontaminated specially produced oats are available from manufacturers who grow and produce on dedicated fields, in dedicated facilities. Other oats are grown in or near fields of wheat or other gluten-containing grains and are then separated from these gluten-containing grains mechanically by machines. Any gluten-free labeled oats consumed by an individual with celiac disease should be rigorously tested using validated tests to ensure they are gluten-free.

Although labeled gluten-free oats appear to be safe for the vast majority of individuals with celiac disease, there is evidence that, in some individuals, the protein in oats (avenins) can trigger an immune response similar to gluten. In addition, some people may need to avoid oats due to sensitivities or allergies, similar to reactions related to other foods, such as nuts or shellfish. For these reasons, close monitoring by a healthcare professional experienced in celiac disease is recommended during introduction of oats into a gluten free diet. Before you consider adding gluten-free oats into your diet, speak with your celiac doctor or dietitian.

Roquefort/Blue cheese: Blue cheese or Roquefort cheese is made with skim milk, cream and spores of *Penicillium roqueforti*. Spores of *P. roqueforti* may be harvested from mold grown on

mixed substrates: some may be gluten-free, while others may contain malt extract. Health Canada has investigated the status of Roquefort and Blue cheese and concluded through testing that these cheeses are safe on the gluten-free diet.

Per research by Tricia Thompson, MS, RD, blue cheese made with bread-derived mold will contain extremely small amounts of gluten (but very unlikely to contain 20ppm or more gluten). It is, therefore, safe for persons with celiac disease to eat unless the label contains the words wheat, barley, rye, oats, or malt or the company states their product is not gluten free. The decision, therefore, to consume or avoid these products is up to the individual.

Smoke flavoring: Some dry smoke flavoring may use malted barley flour as a carrier for the smoke. Per Gluten Free Watchdog, if this ingredient is used in an FDA regulated food, the sub-ingredients of an ingredient may or may not be included. Check with the manufacturer to determine if malted barley flour was used in the processing. If this ingredient is in a meat or poultry product (regulated by the USDA), any barley ingredient used in the smoke flavoring will be listed in the ingredient's list by its common or usual name [i.e. malt](GlutenFreeWatchdog).

Disclaimer: The gluten-free diet should only be followed under the advice and supervision of a physician. This document does not constitute medical advice nor is it a substitution for a nutrition consult with a dietitian trained in celiac disease and the gluten-free diet.

This version of the gluten free diet is adapted from the original compiled by Nixie Raymond, MS, RD, LDN and Melinda Dennis, MS, RD, LDN, Nutrition Advisors to the Healthy Villi, Greater Boston Celiac/DH Support Group.

2012 version edited by Shelley Case, RD

Acknowledgements: Case, Shelley. Gluten-Free Diet by Food Groups in *Gluten-Free Diet: A Comprehensive Resource Guide*. Case Consulting, 2010.

Source: BILH, Celiac Center and Nutrition Department, November 2025

