



Gluten Free Diet

Celiac Disease

There is no cure for celiac disease. It is treated with a gluten free diet. Patients vary in their tolerance of gluten; some patients can ingest small amounts of gluten without developing symptoms while others experience massive diarrhea with only minute amounts of gluten. The standard treatment of disease calls for complete life-long avoidance of gluten.

The principles of a gluten free diet include:

- Avoid all foods made from wheat, rye or barley, such as breads, cereals, pasta, crackers, cakes, pies, cookies and gravies.
- Avoid oats. Patients may tolerate oats, but long-term safety of oats in celiac disease patients is unknown. Some oat preparations can be contaminated with wheat. It is best to avoid oats during the initial treatment with a gluten free diet. Once disease remission is achieved, small quantities of oats can be reintroduced into the diet under medical supervision.
- Processed foods may contain gluten since wheat flour is a common ingredient. Examples include:
 - Candy bars
 - Canned soups
 - Ice cream
 - Instant coffee
 - Ketchup
 - Luncheon meats
 - Mustard
 - Pasta
 - Processed and canned meats
 - Salad dressings
 - Sausages
 - Yogurt
- Avoid tablets, capsules and vitamin preparations that contain gluten. Wheat starch is commonly used as a binding agent in tablets and capsules.
- Gluten can be found in cosmetic products such as lipstick.
- Avoid beer.
- Wine, brandy, whiskey and other non-wheat or barley alcohol may be consumed in moderation.
- Avoid milk and other dairy products that contain lactose. Untreated patients with celiac disease often are lactose intolerant. With successful treatment, dairy products can be reintroduced slowly into the diet later.
- Fish, fresh meats, rice, corn, soybean, potato, poultry, fruits, vegetables and dairy products (for patients who are not lactose intolerant) are good options.
- Consult dietitians and national celiac disease societies for lists of gluten free foods. Read product labels before buying or consuming any item because a manufacturer may change a ingredients at any time. A product that was gluten-free may now contain gluten. Even branded products may be gluten free in one country but contain gluten in another country. Call the manufacturer if a label is unclear.
- Because patients with severe malabsorption can develop vitamin and mineral deficiencies, vitamin and mineral supplements are important.

A gluten free diet typically improves symptoms within weeks, sometimes as soon as 48 hours. In many adult patients, the improvement of symptoms is followed by only partial regeneration of intestinal villi. In patients with dermatitis herpetiformis, the skin lesions also improve with a gluten free diet.

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Group	Foods Allowed	Foods Excluded
Beverages	Ground and decaffeinated coffee, tea, milk, hot chocolate, carbonated drinks, cocoa, fruit juice, vegetable juice, unfortified wine or rum.	Instant coffee with wheat, cereal drinks (Ovaltine and Postum), malted milk, root beer, ale, beer, gin, vodka or whiskey.
Breads	Bread and other items made with corn, potato, rice, soybean or gluten-free wheat flour.	Bread, bread crumbs, crackers, pretzels, rolls, mixes and other items made with wheat rye, oat, buckwheat or barley flour.
Cereal	Packaged and cooked cereal made with corn or rice without malt flavoring or extract.	Cereal with wheat, rye, oats, buckwheat or barley, wheat germ.
Desserts, Sweets	Baked goods made with gluten-free flour, homemade ice cream and sherbet, fruit ice, popsicles, custard, gelatin, meringues, pudding made with cornstarch, rice or tapioca, sugar, honey, syrup and molasses, jam and jelly, marshmallows, chocolate, cocoa, coconut or candy made with allowed foods.	Cakes, cookies, crackers, doughnuts, pies, puddings and candy made with wheat, rye, oats, buckwheat or barley, commercial desserts, mixes, ice cream and sherbet, ice cream cones and some pie fillings.
Fats	Butter, margarine, cream, vegetable oil and shortening, pure mayonnaise, salad dressing thickened with cornstarch.	Salad dressing thickened with wheat, rye, oat, buckwheat or barley products.
Fruit	All fresh, canned, frozen or dried fruit.	Thickened or prepared fruit.
Protein	Meat, fish, poultry and lunch meats prepared without subject grains, cheese, eggs, nuts and peanut butter.	Breaded meats, fish and poultry, lunch and canned meats with cereal additives.
Soup	Broth, clear soup, homemade soup made with allowed foods, cream soup thickened with cornstarch or potato starch.	Commercial soup with wheat, rye, oats, buckwheat or barley.
Starch	Potatoes, corn, low-protein pasta or rice.	Pasta, commercial stuffing mixes.
Vegetables	All fresh, frozen and canned vegetables.	Vegetables prepared with cream or cheese sauces thickened with flour.