

GLUTEN RESTRICTED DIET

(sheet 1 of 2)

PURPOSE:

This diet is designed to eliminate the protein gluten found in wheat, rye, oats, barley, buckwheat, bulgar, or their derivatives for those individuals with gluten sensitive enteropathy or celiac sprue and dermatitis herpetiformis.

DESCRIPTION:

The basic food groups are used as the guide in meal planning. All protein sources are acceptable except those containing gluten. Products made from the flours or starches of arrowroot, corn, potato, rice and soybean replace products made from wheat, rye, oats and barley.

Tips on Reading Labels

The following ingredients are frequently listed on product labels. Those from wheat, rye, oat, or barley sources must be excluded from the diet.

| Ingredient | Permitted |
|---|---|
| Hydrolyzed Vegetable Protein (HVP) or Texturized or Vegetable Protein (TVP) | Only those from soy or corn. |
| Flour or Cereal Products | Those from rice, corn, potato, or soy. |
| Vegetable Protein | Soy or corn. |
| Malt or Malt Flavoring | Those derived from corn. |
| Starch | Cornstarch only. |
| Modified Starch or Modified Food Starch | Arrowroot, corn, potato, tapioca, maize. |
| Vegetable Gum | Carob or locust bean; cellulose or sugar gum; gum acacia, arabic tragacanth or xanthin. |
| Soy Sauce, Soy Sauce Solids | Those without wheat. |

NUTRITIONAL ADEQUACY:

This diet should be adequate in all nutrients. An added effort will need to be made to ensure adequate fiber.

FOOD LISTS

| Food Groups | Foods Allowed | Foods To Avoid |
|--------------------------|--|--|
| Breads/Grains | Cornflakes, cornmeal, hominy, rice, puffed rice, Cream of Rice, Rice Krispies. Made from rice, corn, soybean flour or gluten free wheat starch, arrowroot, tapioca, gluten free wheat starch. Homemade broth, vegetable or cream soups made w/allowed ingredients. | Wheat, rye, oatmeal, barley, wheat germ, kasha, macaroni, noodles, spaghetti, crackers, chips, cereals containing malt flavorings, buckwheat, bran or bulgur. Prepared cake, bread, pancake or waffle mixes. Any made with wheat, rye, barley or oats. Commercially prepared soups made with wheat, rye, oats, or barley products; broth, bouillon and soup mixes. |
| Fruits/ Vegetables | All except items listed to avoid | Any thickened or prepared (i.e., some pie fillings). Any creamed or breaded vegetables. |
| Milk/Dairy | All except items listed to avoid | Commercial chocolate milk w/cereal addition. Malted milk. Instant milk drinks. Hot cocoa mixes. Nondairy cream substitutes. Processed cheese, cheese foods and spreads containing a gluten source. Cheese containing oat gum. |
| Meat/Meat substitutes | Any plain products including eggs. | Any prepared with stabilizers or fillers, such as frankfurters, luncheon meats, sandwich spreads, sausages and canned meats; breaded fish or meats. Poultry prepared with hydrolyzed or texturized vegetable protein (HVP, TVP). Read labels. |

FOOD LISTS (continued)

| Food Groups | Foods Allowed | Foods To Avoid |
|---------------------|---|--|
| Desserts/ Sweets | Gelatin desserts, ices, homemade ice-cream, custard, junket, ricepudding. Cakes, cookies and pastries prepared with gluten free wheat starch. Syrup, jelly, jam, hard candies, molasses and marshmallows. | All others unless labeled gluten free. Read labels. |
| Beverages | Carbonated beverages, fruit juices, tea, coffee, decaffeinated coffee to which no wheat flour has been added. | Postum, ovaltine, ale, beer, root beer. |
| Miscellaneous | Herbs, spices, pickles, vinegar, syrups, sugar, popcorn, molasses, potato chips, jelly, jam, honey, corn syrup. Butter or fortified margarine. | Commercial salad dressings except pure mayonnaise. (Read labels). Any foods prepared w/wheat, rye, oats, barley, and buckwheat, some catsup, chili sauce, soy sauce, mustard, horseradish, some dry seasoning mixes, pickles, distilled white vinegar, steak sauce, stabilizers, sauces and gravies w/gluten sources, some chewing gum, chip dips, malt or malt flavoring unless derived from corn, baking powder. |

SAMPLE MENU

| Suggested Meal Plan | Suggested Foods and Beverages |
|--|---|
| BREAKFAST Fruit Juice Cereal Meat/Meat Substitute Bread - Margarine Milk Beverage | Apricot Nectar Cream of Rice Poached Egg Rice Cake 2% Milk* Coffee |
| DINNER - NOON OR EVENING MEAL Meat/Meat Substitute Potato/Potato Substitute Vegetable and/or Salad Bread - Margarine Dessert Beverage | 3 oz. Beef Patty (no fillers) Mashed Potato Frozen Peas, Sliced Tomato Salad 2 slices Gluten Free Bread Fresh Apple Coffee |
| SUPPER - EVENING OR NOON MEAL Soup or Juice Meat/Meat Substitute Vegetable and/or Salad Bread - Margarine Dessert Milk/Beverage | Tomato Juice Baked Chicken Rice, Spinach, Fruited Gelatin Salad Corn Tortilla Rice Pudding 2% Milk*, Coffee |

* To reduce amount of fat in your diet, use 1% or skim milk.

Nutrient Analysis

| | | | |
|---------------|-----------|------------|---------|
| Calories | 1939 Kcal | Riboflavin | 12.0 mg |
| Protein | 96 gm | Thiamin | 1.3 mg |
| Carbohydrate | 257 gm | Folate | 315 mcg |
| Fat | 62 gm | Calcium | 1073 mg |
| Cholesterol | 457 mg | Phosphorus | 1374 mg |
| Dietary Fiber | 17 gm | Zinc | 11 mg |
| Vitamin A | 2619 RE | Iron | 14 mg |
| Vitamin C | 158 mg | Sodium | 1877 mg |
| Niacin | 24.5 mg | Potassium | 3384 mg |

Adapted from Arizona Diet Manual (revised 1992)

Copyright © 1994 by W.B. Saunders Company
All rights reserved.