

# GLUTEN - FREE DIET

## PATIENT/FAMILY INFORMATION SHEET

### What is a gluten free diet?

Gluten is the general name for proteins in grains such as wheat, barley, rye and oats. A gluten-free diet eliminates foods and ingredients that contain these grains. Your doctor may prescribe a gluten-free diet if you have been diagnosed with Celiac Disease or other forms of gluten intolerance. **In general, this diet is needed permanently and *should not be discontinued unless your doctor advises you to do so.*** Because even small amounts of gluten can cause damage to the small intestine and often symptoms such as diarrhea, vomiting, weight loss, anemia, and fatigue, it is essential to follow the diet exactly as prescribed. In some cases, persons can have more severe reactions. **Fresh meats, fresh fruits, fresh vegetables, and dairy products do not naturally contain gluten.**

### What foods and ingredients are not allowed on the gluten free diet?

barley	faro	triticale
bulgur	malt, malt extract, malt flavoring, malt syrup	udon
cereal binding	oats, oat bran, and oat syrup	vegetable starch
couscous	rye	wheat, wheat bran, wheat germ, wheat starch
durum	semolina	
farina	spelt	

### What foods and ingredients are allowed on the gluten free diet?

- amaranth
- arrowroot
- bean flours
- buckwheat
- corn
- millet
- nut flours
- potato
- quinoa
- rice
- soy
- sorghum
- tapioca

### What other tips should I remember?

- **Wheat-free on a food label *does not necessarily* mean gluten-free.** The **product** may still contain other gluten-containing grains or additives.
- Manufacturers may change their ingredients so it is important to read ingredient labels regularly.
- Using a gluten-free pocket guide when food shopping can be very helpful.

- Contact the customer relations department of food manufacturers listed on the food label if unsure that the product is gluten-free.
- Many processed foods may contain gluten as a stabilizer or additive, so label reading is an important part of grocery shopping while on a gluten-free diet.
- Fresh, unprocessed foods are safest, both at home and away from home. When dining out, order plainly prepared foods with minimal ingredients. Notify your server of your requirements so that special care can be taken with your meal.

Make an appointment to see a Registered Dietitian to develop an individualized meal plan.  
**Contact the Greenwich Hospital Outpatient Registered Dietitian at 203.863.3668**

## Sample Gluten Free Menu

Breakfast	Lunch	Dinner	Snacks
<ul style="list-style-type: none"> <li>• 8 oz calcium fortified orange juice or milk</li> <li>• 2 gluten free waffles topped with 1 tbsp. margarine or 1 tbsp peanut butter and syrup</li> <li>• 2 eggs</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey sandwich:               <ul style="list-style-type: none"> <li>- Sliced roast turkey (4 oz)</li> <li>- Cheese (1 oz)</li> <li>- Gluten free bread (2 slices)</li> <li>- Lettuce, tomato, onion</li> </ul> </li> <li>• 8 oz water, juice, or milk</li> <li>• Fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Tossed salad (1 ½ cups)</li> <li>• Vinegar and olive oil dressing (2 Tbsp)</li> <li>• Broiled salmon with lemon (3oz)</li> <li>• Medium sweet potato with 1 tbsp margarine</li> <li>• Sautéed broccoli with 2 tsp. olive oil and garlic (1 cup)</li> <li>• 8 oz iced tea</li> </ul>	<ul style="list-style-type: none"> <li>• Plain almonds (1 oz)</li> <li>• Small fresh apple</li> <li>• 8 oz plain yogurt with ½ c strawberries</li> </ul>

### References:

The American Dietetic Association Manual of Clinical Dietetics 6<sup>th</sup> Edition

The Florida Dietetic Association Medical Nutrition Therapy Manual 2005 Edition

### Resources:

Celiac Disease Foundation 818-990-2354 [www.celiac.org](http://www.celiac.org)

Gluten Free Living 914-969-2018 [www.glutenfreeliving.com](http://www.glutenfreeliving.com)

Gluten Intolerance Group 206-246-6652 [www.gluten.net](http://www.gluten.net)

*For more Patient Education Fact Sheets, see the Greenwich Hospital web site at [www.greenhosp.org](http://www.greenhosp.org) and click on Patients & Visitors, then Patient Education.*

