

## Gluten-Free Eating

Gluten is a general name for the storage proteins (glutelins and prolamins) found in wheat, barley, rye and related cereal grains such as triticale, spelt and kamut. If you have either of these autoimmune diseases: celiac disease (CD) or dermatitis herpetiformis (DH), a skin form of celiac disease, even a small amount of gluten is harmful. In CD, gluten damages the small intestine resulting in poor absorption of nutrients including vitamins and minerals. In DH, gluten causes skin rashes and itching and can also damage the small intestine.

A strict gluten-free diet (GFD) is the only effective treatment for CD and DH and requires the lifelong elimination of all foods containing wheat, barley, rye, related cereal grains and regular commercial non-gluten-free oats.

A GFD will help your small intestine to heal and will eventually result in elimination of the signs and symptoms, which can include any or all:

- diarrhea
- constipation
- stomach pain/bloating/gas
- weight loss
- chronic fatigue/weakness
- low iron levels
- muscle cramps
- bone and joint pain

For a more complete list of symptoms see the Canadian Celiac Association website: <https://www.celiac.ca/healthcare-professionals/diagnosis/>.

The diet also reduces the risk of developing osteoporosis, reduced fertility, lymphoma and potentially other autoimmune disorders. Even if you are symptom free, continuing with a strict gluten-free diet will reduce your risk of these long-term complications.

### Getting Started on a Gluten-Free Diet

It is still essential that you meet with a registered dietitian with expertise in celiac disease who can help you to adapt to the gluten-free lifestyle, including any social and emotional aspects. A dietitian will also be able to help you identify and address any nutritional concerns as well as some of the practical issues of following a gluten-free diet. Some examples include: label reading, cross-contamination and eating away from home.

In addition to avoiding gluten, it is just as important to make healthy food choices and consume a nutritionally balanced diet. A balanced gluten-free

diet includes enough key nutrients like dietary fibre, iron and B vitamins which are more challenging to get when you eliminate wheat-containing products. Ask your doctor for a referral to a registered dietitian.

Consider joining a support group such as the Canadian Celiac Association - [www.celiac.ca](http://www.celiac.ca).

### **The Story on Oats**

The storage protein in oats, called avenin, does not appear to be damaging in CD. Traditionally, oats have been restricted in the GFD because regular commercial oats can be contaminated with wheat, barley, rye and related cereal grains.

Health Canada and the Canadian Celiac Association have developed a position statement on oats indicating that pure, uncontaminated oats (gluten-free oats) are safe for the majority of people with CD. A small number of people with CD may not tolerate even pure, uncontaminated oats. The reason for this isn't known. Discussions with your doctor and registered dietitian are recommended before introducing gluten-free oats into your GFD. For more information on oats see **Additional Resources**.

### **Cross-Contamination**

When preparing "gluten free" food, you must be careful to avoid cross-contamination with gluten containing ingredients and foods. This is true both at home and when eating food away from home. Even very small amounts of gluten can cause damage to the intestine and/or the skin.

You will need your own toaster and containers for condiments such as peanut butter, margarine and jam. All meal preparation surfaces including cutting boards, utensils, pots and pans must be clean and free from gluten before you prepare a gluten-free meal.

Cross-contamination can also occur in bulk food bins, restaurants (e.g. deep-fried foods cooked in oil used for frying breaded products), and in food manufacturing plants.

**Note:** It is recommended that you choose grains, flours and cereals that are clearly labelled "gluten free" as they are at high risk of cross-contamination. Ideally choose pulses (dried beans, peas and lentils) that are labelled "gluten free". If using pulses that are not labelled "gluten free" it is essential to thoroughly check for foreign materials. Place pulses on a clean cookie sheet

and look for any pebbles or kernels of grain that need to be removed. Rinse thoroughly before cooking.

The Canadian Celiac Association has more information on cross contamination: <https://www.celiac.ca/living-gluten-free/newly-diagnosed/>

### Reading Food Labels

Reading food labels is essential to ensuring you are following a gluten-free diet. The ingredient and May Contain lists will help you to choose safe gluten-free options. A registered dietitian can teach you how to identify sources of gluten and what to look for when reading food labels. For examples see the list below and the **Foods to Question** column in Gluten-Free Diet by Food Groups table starting on page 5.

Gluten Containing Foods and Ingredients		
Atta (chapatti flour)	Farro or Faro (also known as dinkel or spelt)*	Matzoh, matzoh meal
Barley (flakes, flour, pearl)	Freekeh (roasted young green wheat kernels)	Modified wheat starch
Beer, ale, lager (made from barley, wheat and/or rye)	Fu**	Oatmeal, oat bran, oat flour and whole oat groats***
Breading and bread stuffing	Graham flour	Pastas
Brewer's yeast	Hydrolyzed wheat protein	Rye bread and flour
Bulgur	Kamut*	Seitan ****
Couscous	Malt, malt extract, malt syrup and malt flavoring	Semolina
Dextrin	Malted barley and malted barley flour	Spelt (also known as dinkel, farro or fero)*
Dinkel (also known as farro, fero or spelt)*	Malt vinegar	Triticale
Durum*	Malted milk	Wheat bran
Einkorn*		Wheat flour
Emmer*		Wheat germ
Farina®		Wheat gluten
		Wheat starch

\* Types of wheat

\*\* A popular Asian food comprising concentrated wheat gluten and wheat flour, used in vegetarian dishes, soups and desserts.

\*\*\* Unless from pure, uncontaminated oats and labelled gluten-free

\*\*\*\* A meat substitute made from wheat gluten, seasonings and other ingredients. Sometimes referred to as "wheat meat", it is used in many vegetarian dishes.

**Source:** Adapted from: *Gluten Free: The Definitive Resource Guide 2016* by Shelley Case, Dietitian. [www.shelleycase.com](http://www.shelleycase.com). Reprinted with permission.

More information on reading food labels can be found on the handout: *Label Reading and Shopping Tips* by Shelley Case RD: <https://shelleycase.com/gluten-free-information/> or by watching Canadian Celiac Association's webinar 'Is that safe for me" <https://youtu.be/QyJwBhiwQG0>.

**The Canadian Celiac Association's Pocket Dictionary of Ingredients** is an excellent guide to help determine if a food is gluten-free or not. You receive a copy of it in the new members kit when you join the Canadian Celiac Association or you can purchase a copy at: <https://www.celiac.ca/living-gluten-free/gluten-free-shop/>

Listed below are **some** items that may contain gluten.

- Broth, soup, soup bases
- Burgers, meatloaf
- Candies (some chocolates, chocolate bars and licorice)
- Flavored coffees and teas
- Imitation bacon bits and imitation seafood
- Medications (check with your pharmacist)
- Sausages, hot dogs, deli meats
- Sauces, marinades, gravies
- Seasonings
- Soy sauce

### **Gluten-Free Baking**

When first learning to bake gluten-free products use recipes from a gluten-free cookbook. Often it is difficult to change a regular recipe to a gluten-free recipe and you may need to try a few times with different gluten-free flours to get it to work well.

See **Additional Resources** for cookbook suggestions.

## Gluten-Free Diet by Food Groups

<b>Food Group</b>	<b>Food Allowed</b>	<b>Foods to Question</b>	<b>Foods Not Allowed</b>
<b>Milk and Alternatives</b>	Milk, buttermilk, cream, sour cream, whipping cream, most ice creams, yogurts, frozen yogurts		Malted milk, packaged granola-topped yogurt, ice cream and frozen yogurt made with ingredients not-allowed (e.g. brownies, cookie dough or crumbs, ice cream cakes)
	Cottage cheese, cream cheese (plain), hard cheeses (e.g. cheddar, mozzarella, Parmesan, Swiss), soft cheeses (e.g. brie, blue cheeses, Gorgonzola, roquefort, Stilton), processed cheese, processed cheese foods	Dips with cream cheese or sour cream, cheese sauces, cheese spreads, seasoned/flavored shredded cheese or cheese blends	Specialty cheeses made with barley-based beer
<b>Non-Dairy Alternatives</b>	Most non-dairy beverages (e.g. flax, hemp, potato, quinoa, rice, soy); soy-based cheese and cream cheese, coconut or soy yogurt, ice cream made with non-dairy beverages (e.g. cashew, coconut, rice, soy)		Non-dairy beverages (e.g. flax, hemp, nut, oats*, potato, quinoa, rice, soy) made with barley malt, barley malt flavoring or barley malt extract  *Oats used in these beverages are not usually gluten free

Food Group	Food Allowed	Foods to Question	Foods Not Allowed
<b>Grains, Flours and Starches</b>	<p>Amaranth, arrowroot starch, buckwheat, corn bran, corn flour, cornmeal, cornstarch, flax, kañiwa, mesquite flour, millet, nut flours (almond, cashew, chestnut, hazelnut, walnut), potato flour, potato starch, gluten-free oats (flour, groats, rolled oats/oatmeal, steel cut); pulse flours (bean, garbanzo/chickpea, Garfava™, lentil, pea), potato flour, potato starch, quinoa, rice (black, brown, green, purple, red, white, wild), rice bran, rice flours (brown, glutinous/sweet, white), rice polish, sago, sorghum flour, soy flour, sweet potato flour, tapioca (cassava manioc), taro (dasheen/eddo) teff, wild rice</p>	<p>Buckwheat flour and items made with buckwheat flour</p> <p>Oats (oat bran, oat flour, oat groats, rolled oats/oatmeal, steel cut)</p>	<p>Atta, barley, couscous, graham flour, triticale, wheat (all types including durum, einkorn, emmer, farro, kamut, spelt), freekeh, wheat-based semolina, wheat bran, wheat farina, wheat flour, wheat germ, wheat gluten, wheat starch*</p> <p>* Most wheat starches contain high levels of gluten protein. However, some gluten-free products may contain specially processed wheat starch</p>
	<p><b>Hot Cereals</b> Amaranth, buckwheat grits, (cream of buckwheat), corn grits, cornmeal, cream of rice (brown, white), hominy grits, millet grits,</p>		<p>Hot cereals and infant cereals made with wheat, rye, triticale, barley and/or oats</p>

Food Group	Food Allowed	Foods to Question	Foods Not Allowed
	gluten-free rolled oats/ oatmeal and steel cut oats, quinoa, quinoa flakes, rice flakes, soy flakes and soy grits		
	<b>Cold Cereals</b> Puffed gluten-free grains (e.g. amaranth, buckwheat, corn, millet, rice, sorghum), gluten-free cornflakes, gluten-free crisp rice, gluten-free granola (with or without gluten-free oats), rice flakes, soy-based cereals, other cereals with allowed ingredients		Cold cereals made with wheat, rye, triticale, barley and/or oats  Cereals made with added barley malt, barley malt extract or barley malt flavoring
	<b>Pastas</b> Macaroni, noodles, spaghetti and other pasta shapes made from: corn, dried beans, lentils and peas; millet; potato; quinoa; rice; soy; wild rice	Buckwheat pasta	Pastas (e.g. chow mein noodles, orzo, udon) made with wheat and/or other not-allowed ingredients
	<b>Rice</b> Plain rice (black, brown, green, purple, red, white), wild rice	Seasoned (flavored) rice mixes, rice pilafs	
	<b>Miscellaneous</b> Gluten-free tortillas/wraps, gluten-free pizza dough /crust  Gluten-free croutons	Corn tacos, corn tortillas/wraps, polenta  Croutons	Wheat flour tacos and tortillas/wraps, pizza dough and crust made with not-allowed ingredients; tabouli/tabbouleh

Food Group	Food Allowed	Foods to Question	Foods Not Allowed
	Gluten-free communion hosts/wafers, gluten-free matzoh/matzo/matzah	Low gluten communion hosts/wafers	Regular communion hosts/wafers; matzoh/matzo/matzah made with wheat flour
<b>Meats and Alternatives</b>	<b>Meat, fish, poultry, seafood</b> Plain (fresh, frozen, canned) meat, poultry, fish, seafood; gluten-free breaded meat, poultry, fish seafood	Deli/luncheon meats (e.g. bologna, ham, salami), frankfurters/wieners sausages; meat and sandwich spreads; pâtés  Burgers (meat, fish, chicken or turkey), meatloaf, ham (ready-to-cook), dried meats (e.g. beef jerky)  Imitation bacon bits  Imitation crab or lobster (e.g. surimi), seasoned/flavored fish in pouches	Meat, poultry, fish and seafood breaded in not-allowed ingredients; frozen chicken breasts injected with chick broth (containing not-allowed ingredients); frozen turkey basted or injected with hydrolyzed wheat protein; frozen or fresh poultry with bread stuffing  Canned fish in vegetable broth containing hydrolyzed wheat protein
	<b>Eggs</b> Plain whole eggs, (fresh, frozen, liquid, powder), plain omelets, scrambled eggs  Plain egg whites (frozen, liquid, powder)	Seasoned or flavored egg products (liquid or frozen)	Omelets and scrambled eggs made with gluten-containing ingredients
	<b>Legumes</b> Beans (black, kidney, navy, pinto, white), chickpeas/garbanzo beans, lentils, peas, soybeans	Canned beans in sauce	



Food Group	Food Allowed	Foods to Question	Foods Not Allowed
	<b>Nuts and Seeds</b> Plain or salted nuts and seeds (chia, flax, hemp, pumpkin, sesame, sunflower)	Seasoned or dry roasted nuts, pumpkin seeds and sunflower seeds Nut and seed butters (e.g. almond, hazelnut, peanut, sesame, sunflower)	
	<b>Meat Alternatives</b> Plain tofu	Flavored tofu, tempeh, textured soy protein (TSP)/ textured vegetable protein (TVP)  Meat substitutes (e.g. burgers, sausages)	Fu, Seitan  Meat substitutes made with wheat gluten and other not-allowed ingredients
<b>Fruits and Vegetables</b>	<b>Fruits</b> Plain fruits and juices (fresh, frozen, canned)	Dates, fruit with sauces, fruit juices and smoothies with barley grass or wheat grass	
	<b>Vegetables</b> Plain vegetables and juices (fresh, frozen, canned)	French-fried potatoes or potato wedges with seasonings or "fillers"  Vegetables in sauces	French-fried potatoes cooked in oil also used for gluten-containing products  Scalloped potatoes containing wheat flour, battered deep-fried vegetables

Food Group	Food Allowed	Foods to Question	Foods Not Allowed
<b>Soups</b>	Gluten-free bouillon cubes, dried soup bases, prepared broths, cream soups and stocks; homemade soups and stocks made from allowed ingredients	Prepared broths, soups, dried soup mixes, soup bases, soup mixes and bouillon cubes	Broths, soups and stocks made with not-allowed ingredients; dried soup bases, soup mixes and bouillon cubes containing hydrolyzed wheat protein, wheat starch and/or wheat flour
<b>Snack Foods</b>	Plain crackers made with nuts, rice or other gluten-free grains; plain rice cakes, corn cakes; plain popcorn, potato chips, soy nuts, tortilla/ taco (corn) chips	Seasoned (flavored) crackers, rice cakes, corn cakes; popcorn, soy nuts, tortilla/ taco (corn) chips; wasabi peas	Potato or tortilla/taco chips with wheat flour, wheat starch and/or malt vinegar
<b>Desserts</b>	Cakes, cookies, muffins, pies and pastries made with allowed ingredients; gluten-free bread pudding; gluten-free flourless cake; gluten-free ice cream cones, wafers and waffles	Flourless cakes	Bread pudding, cakes, cookies, muffins, pies, pastries, ice cream cones, wafers and waffles made with not-allowed ingredients
	Custard, gelation desserts, milk puddings, sherbet, sorbet	Crème brûlée	
<b>Sugars</b>	Agave nectar/syrup, corn syrup, honey, jam, jelly, marmalade, maple syrup, molasses	Honey powder	

Food Group	Food Allowed	Foods to Question	Foods Not Allowed
	Brown sugar, coconut sugar, confectioner's/icing sugar, turbinado sugar, white sugar	Icings and frostings, sweet sauces/toppings	
<b>Candies and Other Sweets</b>	Chocolates and chocolate bars made from allowed ingredients; gluten-free licorice, marshmallows, whipped toppings	Chocolates, chocolate bars, hard candies, Smarties®	Licorice and other candies made with not-allowed ingredients
<b>Beverages</b>	Cocoa, coffee (instant or ground; regular or decaffeinated), flavored waters, soft drinks, tea	Coffee substitutes, flavored coffees, flavored and herbal teas, hot chocolate mixes	Coffee substitutes made with not-allowed ingredients (e.g. Postum®); malt-based beverages (e.g. Ovaltine®) [chocolate malt and malt flavors]
<b>Alcoholic Beverages</b>	Distilled alcohols (e.g. bourbon, brandy, gin, liqueurs, rum, rye whiskey, scotch whiskey, vodka); gluten-free beer, wine	Specialty premixed alcoholic beverages (e.g. Caesar vodka beverage, hard ciders, coolers), sake (rice wine)	Beers derived from barley, wheat and/or rye
<b>Fats</b>	Butter, margarine, lard, shortening, vegetable oil, mayonnaise, salad dressings with allowed ingredients	Baking/cooking spray, salad dressings, suet	Salad dressings made with not-allowed ingredients
<b>Condiments/Sauces/Dips</b>	Herbs, pepper, salt, spices	Seasonings, seasoning blends/mixes  Curry paste	
	Ketchup, mustard (plain, prepared), mustard flour (pure), olives, pickles (in clear brine), relish, tomato paste	Mustards (specialty prepared), mustard flour (prepared), mustard pickles	

Food Group	Food Allowed	Foods to Question	Foods Not Allowed
	Vinegars (apple, cider, balsamic, distilled white/spirit, pure rice, red wine, white wine)	Rice vinegar	Malt vinegar, miso (made with barley and/or wheat)
	Gluten-free barbeque sauce, gluten-free miso, gluten-free soy sauce, gluten-free tamari soy sauce, gluten-free teriyaki sauce, other sauces and gravies made with allowed ingredients	Barbeque sauces, cooking sauces, Worcestershire sauce	Soy sauce, tamari soy sauce or shoyu soy sauce (made with wheat), teriyaki sauce (made with soy sauce containing wheat); other sauces and gravies made with hydrolyzed wheat protein, wheat flour and/or wheat starch
<b>Miscellaneous</b>	Baking chocolate (pure), carob chips and powder, chocolate chips, cocoa (plain), coconut		
	Baking soda, cream of tartar, monosodium glutamate (MSG), vanilla (pure), vanilla extract (artificial/imitation), vanilla extract (pure), natural vanilla flavor	Baking powder, koji  Barley grass and wheat grass	Tempura
	Guar gum xanthan gum, psyllium husks		
	Yeast (active dry, baker's, nutritional, torula)	Autolyzed yeast, autolyzed yeast extract/yeast extract	Brewer's yeast

**Source of Table:**

Gluten Free: The Definitive Resource Guide 2016 by Shelley Case, Dietitian.  
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**Note:** In this publication, the above table includes additional footnotes and other charts that explain in detail why certain ingredients/foods are listed in the three categories. This handout does not include the additional information.



## Additional Resources

### About Oats

- Canadian Celiac Association Position Statement on Consumption of Oats: <https://www.celiac.ca/oats-statement/>
- Shelley Case RD – Do Oats Contain Gluten?: <https://shelleycase.com/oats-contain-gluten/>
- Tricia Thompson RD - Gluten Free Watchdog Position Statement on Oats: <https://www.glutenfreewatchdog.org/news/gluten-free-watchdog-updated-position-statement-on-oats/>

### Cookbooks

There are many gluten-free cookbooks available. Here are two trusted sources:

- Carol Fenster Cooks: <http://www.carolfenstercooks.com>
- Best Bread Recipes: <http://www.bestbreadrecipes.com>

### Canadian Celiac Association

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## Notes

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