

Gluten-Free Diet

What is a gluten-free diet?

A gluten-free diet completely avoids the grains below:

- wheat
- rye
- barley
- triticale
- spelt
- kamut



Gluten free

These grains contain a protein called gluten. Gluten can damage the lining of the small intestine in people who have celiac disease. When the lining is damaged, nutrients (like vitamins and minerals) are not absorbed. This may lead to health problems such as low iron, weak and brittle bones, itchy skin rash, and infertility.

If you have celiac disease, you should follow a gluten-free diet for the rest of your life. It is recommended that you meet with a registered dietitian with expertise in celiac disease. They can help you to adapt to the gluten-free diet and ensure you are including nutrients that are found in gluten-containing foods (fibre, iron and B vitamins). A gluten-free diet is the only way to keep the intestine healthy and reduce the risk of health problems.

A gluten-free diet can be tasty and nutritious. You can find many gluten-free food choices at grocery and specialty stores. Gluten-free foods can also be made easily at home.

What about oats?

Oats don't have gluten but can be contaminated by other grains that have gluten in them. A small number of people with celiac disease may not tolerate oats. Talk to your doctor or dietitian before adding oats to your diet.

If you want to start eating oats, wait until all symptoms of celiac disease have resolved and you have been on a gluten-free diet for at least 6 months.

It is advised to start with $\frac{1}{4}$ cup (60 mL) dry oats per day for **children**, and $\frac{1}{2}$ – $\frac{3}{4}$ cup (125 mL–175 mL) dry oats per day for **adults**. **Choose oats that are labelled “pure oats” or “gluten-free oats”.**

Gluten-free baking and cooking

When cooking or baking at home, it's important to keep your foods gluten-free. Even a crumb from gluten-containing bread can affect your small intestine. Baking and cooking surfaces should be clean and gluten-free. Use these tips to keep your foods from coming in contact with gluten, which causes cross-contamination.

To avoid cross-contamination:

- **Choose flours labelled gluten-free.** Flours without the gluten-free claim may be cross-contaminated during production.
- **Store all gluten-free products separately.** Have a separate cupboard and containers for gluten-free products.
- **Use clean equipment for gluten-free food preparation.** Make sure all pots, pans, utensils, utensil drawers and counter spaces are clean before using. Use a separate strainer for gluten-free foods.
- **Prepare and cook gluten-free foods separately from regular foods.** Glass or metal dishes are best. Shared wooden utensils and wooden cutting boards may contribute to cross contamination. Have a separate cutting board and wooden utensils that are just for gluten-free foods.
- **Have your own toaster.** It's best to buy a new toaster and use it only for gluten-free bread. A shared toaster will have crumbs from gluten-containing breads. Another option is to use toaster bags. These re-useable bags cover your bread so it can be placed in any toaster.
- **Use separate condiment containers.** Have separate containers for items such as margarine, jam, peanut butter, honey, mayonnaise, relish, or mustard. A shared dish or jar may have crumbs from gluten-containing foods.

Grocery shopping tips

Foods labelled gluten-free or having the Canadian Celiac Association gluten-free symbol shown here, are safe choices.

Most grocery and health food stores carry gluten-free products.

By law, all gluten-containing ingredients have to be listed on the food label. If a food isn't labelled gluten-free, it's important to check two places on the food label: the ingredient list and the "contains" or "may contain" list. See the list of foods to choose on pages 3–6 of this handout.

When shopping for gluten-free foods:

- Read the label **every time** you buy a product. Ingredients can change from time to time even with the same food product.
- Contact the manufacturer for more information.
- Use only products that contain ingredients allowed on a gluten-free diet.
- Avoid bulk food bins. Foods labelled gluten-free may be stored in bins that were used before for gluten-containing foods. Shoppers may use the same scoop for all kinds of foods. It's easy for cross-contamination to happen.

Eating away from home

The Canadian Celiac Association has *Gluten Alert Restaurant Cards* you can order. They list gluten-containing foods and ingredients you need to avoid. You can give these cards to your server when eating out.

Some restaurants may not understand what you mean if you ask for gluten-free foods. Tell your server that you can't eat anything with wheat, rye, barley, or oats in it, as these make you sick.

Avoid salad bars, buffets, and fondues since gluten-free foods are easily contaminated by spoons, serving utensils, and small food pieces from gluten-containing foods.

Ask the server:

- to ask the chef which menu items are gluten-free



Gluten-Free
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Program
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- if fried foods are fried in the same oil as other foods
- to have your food cooked or baked in separate pans or dishes that have been washed before using (to reduce the risk of cross-contamination)

Do I need vitamin and mineral supplements?

People who follow a gluten-free diet may not get enough of certain vitamins and minerals. Some gluten-free grains may not have all the vitamins and minerals that are added to regular grains.

- Use gluten-free whole grains at meals and snacks as these may give you more vitamins and minerals.
- Choose gluten-free foods labelled as **enriched** when available, as these are higher in some vitamins and minerals like iron and B vitamins.

Ask your doctor or dietitian if you need to take a vitamin or mineral supplement.

Medicine and supplements


Check prescriptions, over-the-counter medicine, and vitamin and mineral supplements to make sure they are gluten-free.






Cough and cold medicines often have gluten in them. Ask the pharmacist if you aren't sure.


Resources

- www.celiac.ca (1-800-363-7296) The Canadian Celiac Association is a volunteer organization. It offers reliable and up-to-date information about celiac disease, dermatitis herpetiformis, and the gluten-free diet. The Alberta chapters listed on the website can give you more information.
- www.celiac.nih.gov (National Institute of Health Celiac Awareness Campaign, US). This American website has information about celiac disease.

Food Group	Choose	Check the ingredient list on the label	Don't eat/drink
	These foods don't have gluten in them when eaten plain or unprocessed.	These foods may have gluten in them if it was added during processing.	These foods have gluten in them.
<p>Grain foods</p> <p>* Choose these whole grains more often.</p> 	<p>Baked products, bread or bread crumbs, crackers, pasta made with these gluten-free ingredients:</p> <ul style="list-style-type: none"> • amaranth* • arrowroot flour • buckwheat, pure* • cassava, manioc, tapioca • cereals (cold) without flavouring or malt extract such as: <ul style="list-style-type: none"> ○ puffed corn, millet, or rice ○ rice flakes • cereals (hot) such as: <ul style="list-style-type: none"> ○ buckwheat groats ○ cream of rice ○ grits ○ hominy/hominy corn ○ soy cereal • corn* • corn starch • cornmeal • flax • legume flours (bean, chickpea, lentil, pea) • maize • millet* • nut flours • oats*, pure or gluten-free • plain rice cakes • popcorn* • potato flour or starch • quinoa* • rice (black*, brown*, red*, white, wild*) • rice bran, rice flour, rice malt • sago • sorghum* • soy • tapioca • taro • teff* 	<ul style="list-style-type: none"> • communion wafers • corn tacos and tortillas • oats (regular) • popped corn cakes • rice and soy pabulum 	<p>Baked products, bread or bread crumbs, crackers, pasta made with:</p> <ul style="list-style-type: none"> • arrowroot biscuits • atta • barley, barley flakes, barley flour, barley malt, barley malt extract, barley malt flavour, barley malt syrup • buckwheat products with gluten-containing ingredients (soba noodles) • bulgur (tabbouleh) • cereals made with gluten-containing ingredients • cereals with added gluten-containing flavouring or malt extract • couscous • farina • freekeh • gluten flour • graham flour • hydrolyzed wheat protein • ice cream cones, wafers, waffles • matzoh • oat gum • oatmeal, oat bran, oat flour, whole oat groats, oat hull fibre (not labelled as gluten-free) • rye • triticale • wheat, all types including: dinkel, spelt, farro (faro), einkorn, emmer, or kamut • wheat bran, wheat germ • wheat-based semolina • wheat flour, durum flour • wheat gluten • wheat starch or modified wheat starch

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<p>Protein foods</p> 	<ul style="list-style-type: none"> • beans • buttermilk • cheese, processed cheese slices • chickpeas • chocolate milk • cottage cheese, plain • cream • cream cheese, plain • egg whites, egg substitutes • eggs • fish, plain • gluten-free deli meats and sausages* • kefir • lentils • liquid egg products • meat • milk • nuts and seeds, plain • peas • poultry • quark • shellfish that is fresh, frozen, or canned (unseasoned, in water or oil) • tofu, plain • yogurt, plain <p>*Meat slicers may be contaminated if used for gluten-containing products.</p>	<ul style="list-style-type: none"> • baked beans • cheese, packaged shredded • cheese spreads or sauces • dried eggs • dry roasted nuts • fish canned in vegetable broth or sauce, seasoned or smoked fish • flavoured cottage cheese • flavoured cream cheese • flavoured yogurt • ice cream or frozen yogurt • imitation seafood such as crab or surimi • liquid eggs, seasoned • liver pate • peanut and other nut butters • prepared or processed meats: <ul style="list-style-type: none"> ○ beef jerky ○ bologna ○ chicken or turkey breasts, seasoned, frozen ○ ham ○ hamburgers ○ luncheon meats ○ meat patties ○ meat spreads ○ meatloaf ○ sausages ○ wieners • pudding • soy beverages, soy yogurt, coconut yogurt or soy ice cream • tofu, flavoured or seasoned 	<ul style="list-style-type: none"> • breaded or battered, fish, meat or poultry • fu (concentrated wheat gluten and wheat flour used in vegetarian dishes) • malted milk • peanut butter with wheat germ • products with gluten-containing ingredients • seitan (vegetarian “wheat meat”)
<p>Vegetables and fruits</p> 	<ul style="list-style-type: none"> • fruit juice or vegetable juice • plain fresh, frozen, or canned fruit and vegetables 	<ul style="list-style-type: none"> • dried vegetables or fruit • fruit pie fillings • seasoned frozen vegetables • vegetables or fruit with batter or sauces 	<ul style="list-style-type: none"> • fruit desserts such as pies • scalloped potatoes with wheat flour

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<p>Other</p> 	<p>Alcohol:</p> <ul style="list-style-type: none"> gluten-free beer liqueurs (unless gluten is declared) spirits such as: bourbon, gin, rum, rye, vodka, whiskey wine <p>Baking ingredients:</p> <ul style="list-style-type: none"> baking chocolate baking gums: <ul style="list-style-type: none"> carrageenan guar baking soda baking yeast carob chips and powder chocolate chips cocoa powder coconut cream of tartar gelatine <p>Beverages:</p> <ul style="list-style-type: none"> cider cocoa, plain coffee, ground or instant juice soft drinks tea <p>Condiments:</p> <ul style="list-style-type: none"> black pepper, pure gluten-free soy sauce herbs and spices, pure ketchup monosodium glutamate (MSG) olives pickles, plain relish tomato paste vinegar 	<p>Alcohol:</p> <ul style="list-style-type: none"> flavoured alcoholic drinks <p>Baking ingredients:</p> <ul style="list-style-type: none"> baking powder yeast (autolyzed, yeast extract) <p>Beverages:</p> <ul style="list-style-type: none"> flavoured coffee herbal tea hot chocolate mixes rice/almond/oat/hemp beverages <p>Condiments:</p> <ul style="list-style-type: none"> BBQ sauce flavoured miso or tempeh marinades mayonnaise meat coatings mustard rice vinegar smoke flavour soy sauce spice mixture Worcestershire sauce 	<p>Alcohol:</p> <ul style="list-style-type: none"> ale beer lager <p>Baking ingredients:</p> <ul style="list-style-type: none"> brewer's yeast <p>Beverages:</p> <ul style="list-style-type: none"> coffee whiteners malted beverages <p>Condiments:</p> <ul style="list-style-type: none"> malt vinegar

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<p>Other (Continued)</p> 	<p>Fats/Oils:</p> <ul style="list-style-type: none"> • butter • canola oil • homemade salad dressings • lard • margarine • shortening • sour cream • vegetable oil <p>Soups:</p> <ul style="list-style-type: none"> • broth • gluten-free bouillon cubes • soups and stocks made from gluten-free ingredients <p>Sweets:</p> <ul style="list-style-type: none"> • corn syrup • honey • jam • jelly • maple syrup • marmalade • marshmallows • molasses • sugar (brown, white, and icing) • sugar substitutes like Equal[®] or Splenda[®] <p>Other:</p> <ul style="list-style-type: none"> • flavour extracts, natural or artificial • maltodextrin 	<p>Fats/Oils:</p> <ul style="list-style-type: none"> • cooking spray • salad dressing <p>Soups:</p> <ul style="list-style-type: none"> • bouillon cubes • canned soup • dried soup mixes • soup bases <p>Sweets:</p> <ul style="list-style-type: none"> • candies • chocolate bars • custard • frostings • pudding mixes <p>Other:</p> <ul style="list-style-type: none"> • deep fried foods • trail mixes • dextrin 	<p>Fats/Oils:</p> <ul style="list-style-type: none"> • foods that have been fried in oil with gluten-containing ingredients <p>Sweets:</p> <ul style="list-style-type: none"> • candies and licorice with gluten-containing ingredients <p>Other:</p> <ul style="list-style-type: none"> • pizza crust made with gluten-containing ingredients