
Gluten-Restricted Diet

WHAT YOU SHOULD KNOW

Gluten is a protein found in wheat and many other grains. An intolerance to gluten can lead to celiac disease, an intestinal inflammation that causes bloating, gas, and diarrhea. Celiac disease is rare; it strikes only 1 of every 2,500 people. If you have it, however, the cure is simple: just avoid all gluten-containing foods.

WHAT YOU SHOULD DO

Check the labels of all foods you buy. Don't eat anything that contains wheat or the other grains listed below. (Rice, corn, and soy are OK. They do not cause symptoms for most people.) Remember that a variety of seemingly harmless products may contain grain derivatives and gluten. Here are the items to watch out for:

BREADS and CEREALS to Avoid

- Bulgur
- Creamed or scalloped potatoes
- Gluten bread
- Graham flour or crackers
- Kasha
- Mixes for biscuits, cornbread, muffins, pancakes, waffles
- Packaged rice or noodle mixes
- Pretzels
- Wheat bran or germ
- Breads, cereals, crackers, baked items, or pastas made with the following ingredients:
 - Wheat
 - Oats
 - Rye
 - Barley
 - Semolina
 - Buckwheat
 - Durum
 - Millet
 - Triticale

BEVERAGES to Avoid

- Beer, ale, malt liquor
- Cereal beverages (Postum®, Ovaltine®)
- Chocolate milk with cereal added
- Chocolate drink and hot cocoa mixes
- Drinks made from grains: whiskey, vodka, gin
- Instant coffee made with wheat
- Malted milk drinks
- Non-dairy creamers

MEAT, FISH and POULTRY Products to Avoid

- Breaded meat, fish, or poultry
- Casseroles containing flour
- Dishes with macaroni, noodles, or pasta
- Prepared meats with flour (cold cuts, hot dogs, sandwich spreads, sausages and canned meats)

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VEGETABLES to Avoid

- Breaded vegetables
- Canned baked beans (check labels)
- Cream soups
- Creamed vegetables with flour
- Vegetable soups with noodles

SWEETS and DESSERTS to Avoid

- All cookies, pies, pastries, and cakes made with flour
- Fruit pies thickened with flour
- Puddings, ice creams, frozen yogurts (check labels)
- Ice cream cones

FOOD LABEL INGREDIENTS to Avoid

- Caramel flavoring or coloring
- Emulsifiers
- Flour
- Gluten stabilizers
- Fillers
- Hydrolyzed, hydrogenated, or texturized vegetable protein
- Hydrolyzed plant protein
- Malt or malt flavoring
- Modified food starch
- Stabilizers
- Vegetable gum or protein
- These ingredients are found in:
 - Processed cheeses
 - Soups
 - Gravies
 - Sauces
 - Chili sauces
 - Seasoning mixes
 - Pickled items
 - Mustard
 - Catsup
 - Vinegar
 - Chip dips
 - Steak sauces