

## Gluten-Free Diet

The gluten-free diet is very important for people with celiac disease. Gluten is a part of wheat, rye, barley, and other types of grains. When people with celiac disease stop eating foods with these grains, they have less discomfort. Fresh unprocessed fruit, vegetables, meat, fish, poultry, eggs, milk, nuts and oils are naturally gluten-free. This diet should only be followed at the recommendation of your doctor. A registered dietitian will help you fit this plan into your life.

Food Group	Foods containing gluten – Not recommended	Foods that are gluten-free- Recommended
Breads, bagels, cereals, pasta, crackers, flour tortillas, cake, cookies	All foods made with wheat, barley, rye or malt. This includes atta, bulgur, couscous, dinkel, einkorn, emmer, farro, fu, graham flour, kamut, matzoh, orzo, sorghum, spelt, tabouli, and triticale.	Rice, wild rice, Rice Chex, Corn Chex, corn starch, corn meal, pure corn tortillas, amaranth, arrowroot, flax, millet, quinoa, soy, tapioca, teff (for processed foods make sure wheat, barley, rye or malt have not been added)
Vegetables and Meats	Foods that are breaded or batter fried; foods in cream sauces	Fresh meat and vegetables that do not have wheat, barley, rye or malt added
Beverages	Beer, malted milk, Ovaltine	White milk; black coffee; black and green tea
Packaged and processed foods	Canned or packaged foods containing wheat, barley, rye or malt.	Packaged foods labeled “gluten-free.”
Other foods	Soy sauce, malt vinegar, licorice, Brewer's yeast	All other types of vinegar

### What else should I know about following this diet?

- Read all food labels to avoid foods listed above. Look for foods labeled “gluten-free.”
- Check with your doctor about adding “gluten-free oats” to your diet. Usually doctors have people wait to add these until the body has healed and this may take 6-12 months.
- **A diet review with a dietitian should be scheduled as soon as possible.** The dietitian will help provide other sources of information to make shopping, cooking and dining out easier. The dietitian will also discuss hidden sources of gluten found in common household items.
- Tell your pharmacist you have a gluten allergy as some medications contain gluten.

### What should I eat & drink at my meals? Try these sample menus for ideas:

**Breakfast** – Rice Chex or cream of rice with banana & milk, orange juice, scrambled egg with gluten-free bread toasted, margarine & jam, coffee, cream & sugar

**Lunch** - Sliced roasted cold turkey on pure corn tortilla, tomato & lettuce slices, gelatin, fresh peach, lemonade

**Dinner** – Grilled steak, cooked broccoli, mashed potatoes & butter, milk & cantaloupe slice

**Snack** - Fresh fruit and milk or plain popcorn or nuts and soft drink or fruit ice

**Please call the St. Luke's Nutrition Center at – 319/369-7440  
for an appointment with the dietitian. A doctor's referral is required.**