

Twin Forks Gastroenterology & Hepatology, P.C.
Eyad M. Ali, M.D.

DIET GUIDE FOR CELIAC DISEASE

Allowed:

Rice	Sorghum
Corn	Quinoa
Soy	Millet
Potato	Buckwheat
Tapioca	Arrowroot
Beans	Amaranth

Nut Flours
Montina
Teff
Garfava

Not Allowed:

Rye
Barley
Triticale
Wheat (durum, graham, kamut, semolina, and spelt)

Labels:

The key to understanding the Gluten Free diet is to become a good ingredient label reader. The following ingredients **SHOULD NOT** be consumed:

Barley	Triticale
Malt or malt flavoring	Wheat (durum, graham, kamut, semolina, spelt)
Malt vinegar	Rye

Frequently overlooked foods that may contain gluten:

Breading, Coating mixes, Panko	Pastas
Broth, Soup bases	Processed lunch meats
Brown rice syrup	Sauces/Gravies
Candy	Self-basting poultry
Croutons	Soy sauce
Flour or cereal products	Stuffing
Imitation bacon	Thickeners
Imitation seafood	Communion wafers
Marinades	Herbal supplements
Over the counter medicine	Vitamins/Mineral Supplements
Nutritional Supplements	**Playdough** - wash hands after use

FOR MORE INFORMATION VISIT: <http://www.celiac.org>