

GLUTEN-FREE DIET GUIDELINES



THE UNSAFE GRAINS and GRAIN PRODUCTS - DO NOT USE!

Barley	Durum	Farro	Malt flavouring	Spelt (Dinkel)
Bulgur	Einkorn	Graham flour	Roux	Triticale
Cereal binding	Emmer	Kamut	Rye	Wheat
Couscous	Filler	Malt	Semolina	Wheat germ

These grains and grain products are used to produce many foods that are unsafe for people with Celiac Disease, including: breads, cakes, cereals, crackers, gravies, noodles, souces, soups, beer, malt vinegar.



THE QUESTIONABLE PRODUCTS - READ ALL LABELS - USE WITH CAUTION

*There are also many less obvious foods that **MAY** contain gluten, including:*

Baking powder	Flavourings	Licorice and candies	Rice and soy beverages
Baked beans	Herbal teas	Marinades and sauces	Salad dressings
Beverage mixes	Hydrolysed plant / vegetable proteins (HPP/HVP)	Modified food starch	Seasonings
Bouillon cubes	Ice cream and yogurt	Oats	Seasoned fries
Cheese spreads	Icing sugar products	Pilaf mixes	Self basting poultry
Condiments	Imitation seafood	Processed meats	Soups and broths
Dried fruits		Puddings	Soy sauce
Dry roasted nuts			Worcestershire sauce

It is important to check regularly with manufacturers to assure that products continue to be gluten-free.



THE SAFE GRAINS and OTHER FOODS

Amaranth	Corn (Maize)	Legumes	Polenta	Rice	Tapioca
Arrowroot/Taro	Dahl	Millet	Potatoes	Sago	Teff
Buckwheat	Flax	Nuts	Quinoa	Sorghum	Wild rice
Cassava		Poi		Soy	

In addition, the gluten-free diet can include all fresh vegetables and fruits, eggs, cheese, fresh meat, poultry, fish and seafood.

PREVENT CROSS CONTAMINATION

Cross contamination occurs when gluten-free food comes in contact with food containing gluten, making it unsafe for use in the gluten-free diet.

Special care must be taken in the preparation of gluten-free foods. All hands, utensils, pans, grills, appliances, counters, cooking surfaces, and cutting boards must be absolutely clean and free from gluten. Clean water must be used for boiling, poaching and steaming. Fryer oil must be free from gluten contaminating products. Care must be taken to prevent airborne gluten particles from reaching gluten-free foods.

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