

The “Abbreviated” Guide to Eating Gluten Free

What is “Gluten Free”?

- A gluten free diet excludes the protein gluten.
- People with Celiac Disease, gluten allergies, and intolerances must stick to a gluten free diet.
- A gluten-free diet is also popular among people without gluten-related medical conditions who choose to follow it to improve their overall health.
- Gluten can be found in a variety of grains.

The “Red-Flag” Ingredients

- **Barley**
- **Brewer’s Yeast**
- **Malt**
- **Oats***
- **Rye**
- **Triticale**
- **Wheat & it’s variations:**
 - Durum
 - Einkorn Wheat
 - Emmer
 - Farina
 - Farro
 - Graham
 - KAMUT® khorasan wheat
 - Semolina
 - Spelt
 - Wheat Berries
 - Wheat Protein
- **Wheat Starch***

*Items may be modified in some cases to remove the gluten from the grain, so further research is required to determine if the product has been processed to meet the FDA’s Labeling Law - less than 20 parts per million.

Handling Gluten Free Foods

Things you need to do when handling gluten free items...

- Change gloves/wash hands to avoid cross contamination.
- Use separate appliances or use a barrier (tin foil).
- Use separate utensils/make sure the utensils are thoroughly cleaned.

Naturally Gluten Free Items

- **All Unprocessed Fruits and Vegetables**
- **Dairy**
 - Butter/Margarine
 - Cheese
 - Cream
 - Milk
- **Protein**
 - Eggs
 - Legumes
 - Nuts and Seeds
 - Poultry
 - Red Meat
 - Unprocessed fish
- **Whole Grains**
 - Amaranth
 - Arrowroot
 - Brown Rice
 - Buckwheat
 - Millet
 - Quinoa
 - Sorghum
 - Tapioca
 - Teff
 - Wild Rice
- **All Unprocessed Nuts**
(Without any added flavoring or seasoning)
- **Fats and Oils**
 - Avocado Oil
 - Canola Oil
 - Coconut Oil
 - Peanut Butter
 - Peanut Oil
 - Olive Oil
 - Sesame Oil
 - Sunflower Oil
 - Vegetable and Seed Oils
- **Beverages**
 - Coffee Grounds
 - Milk
 - Water
 - 100% Fruit Juice
- **Spices, Sauces, and Condiments**
 - Coconut Aminos
 - Tamari
 - White, distilled and apple cider vinegar

Gluten Free Symbols



Nutritional Facts

- Just because a product is labeled “wheat free” does not necessarily mean it’s gluten-free. It may contain another form of gluten.
- Look for “Certified Gluten Free” symbols on packaging to verify that the product is approved by the FDA as a gluten free item.
- If there’s no symbol on the product, check the ingredients for any red flags.
- Often, artificial flavoring and other additives can contain hidden gluten-containing ingredients. Consult the internet for more information on some of these products.
- People with Celiac Disease or gluten allergies will have to pay close attention to the “May Contain...” section of the nutritional facts. Sometimes cross contamination may occur during production, so take brands’ warnings into account when looking into products.
- Depending on the severity of one’s gluten reaction, (intolerance, allergy, Celiac) sometimes “may contain” may not give enough info. Looking at the “Processed on equipment that also manufactures...” can be another warning sign. If a product is processed in a facility that produces gluten products, the food item may come into contact with something that can cause a reaction in a person who avoids gluten.

Problematic Non-Food Items

- ❖ Airborne Products
 - Baby Powder
 - Hairspray
 - Perfumes
 - Skincare
- ❖ Body & Hand Soap
- ❖ Conditioner
- ❖ Cough Drops
- ❖ Envelopes
- ❖ Gum
- ❖ Hair Gel
- ❖ Hand Sanitizer
- ❖ Lip Balm
- ❖ Lotions/Creams
- ❖ Makeup Products
- ❖ Nail Polish
- ❖ Orthodontic Retainers
- ❖ Paint
- ❖ Paper Straws
- ❖ Pet Food
- ❖ Play-Doh
- ❖ Shampoo
- ❖ Stamps
- ❖ Sunscreen
- ❖ Toothpaste & Mouthwash
- ❖ Various Medications
- ❖ Vitamins & Supplements



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