

Gluten-free diet

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A gluten-free diet is a diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley and rye. A gluten-free diet is used to treat celiac disease. Gluten causes inflammation in the small intestines of people with celiac disease. Eating a gluten-free diet helps people with celiac disease control their signs and symptoms and prevent complications. It may also help those that are diagnosed with Autism.

Initially, following a gluten-free diet may be frustrating. But with time, patience and creativity, you'll find there are many foods that you can eat and enjoy while observing a gluten-free diet.

Always avoid:

- Barley
- Bulgur
- Durham
- Farina
- Graham flour
- Kamut
- Matzo meal
- Rye
- Semolina
- Spelt (a form of wheat)
- Triticale
- Wheat

Avoid unless labeled 'gluten free'

Avoid these foods unless they're labeled as gluten free or made with corn, rice, soy or other gluten-free grain. Also check the label to see that they're processed in a facility that is free of wheat or other contaminating products:

- Beers
- Breads
- Candies
- Cakes and pies
- Cereals
- Cookies
- Crackers
- Croutons
- Gravies
- Imitation meats or seafood
- Oats
- Pastas
- Processed luncheon meats
- Salad dressings
- Sauces (including soy sauce)
- Self-basting poultry
- Soups

Many other products that you eat or that could come in contact with your mouth may contain gluten. These include:

- Food additives, such as malt flavoring, modified food starch and others
- Lipstick and lip balms
- Medications and vitamins that use gluten as a binding agent
- Play dough
- Toothpaste

Allowed foods:

There are still many basic foods allowed in a gluten-free diet. With all foods, check to see that each is labeled gluten free or call the manufacturer to double-check.

- Arrowroot
- Buckwheat
- **Corn**
- Cornmeal
- **Gluten-free flours (rice, soy, corn, potato, bean)**
- Hominy grits
- Polenta
- Pure corn tortillas
- Quinoa
- **Rice**
- Tapioca
- Amaranth
- **Fresh meats, fish and poultry (not breaded, batter-coated or marinated)**
- **Fruits**
- **Most dairy products**
- **Potatoes**
- **Vegetables**
- Wine and distilled liquors, ciders and spirits