

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

THE GLUTEN-FREE DIET

1. Description of Diet	02
Canada's Food Guide adapted for the gluten-free diet	03
Foods Allowed	04
Foods to Question	05
Foods to Avoid	07
Gluten-free Substitutions	08
Acceptability of grains, vinegar and MSG	09
2. Cross Contamination	13
3. Preparing a Gluten-free meal for a person with Celiac Disease	15
4. Gluten-Free Resource materials in Canada and USA	16
5. Manufacturers of Gluten-Free products in Canada and USA	17

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

DESCRIPTION OF THE GLUTEN-FREE DIET*

Gluten is a general name given to the storage proteins (prolamins) present in wheat, rye, barley, and oats. This diet eliminates all foods containing wheat, rye, barley, and oats. The specific names of the cereal prolamins that are toxic in Celiac Disease (CD) are gliadin in wheat, secalin in rye, hordein in barley, and avenin in oats. The storage proteins of corn and rice do not contain the toxic cereal prolamins and are not harmful to individuals with CD. Research is presently underway to determine the safety of oats for celiac patients, but the results are not yet conclusive.

According to WHO/FAO guidelines, a gluten-free food may contain no more than 200 ppm prolamins on a dry weight basis. However, return of symptoms was noted in 11 of 17 CD patients consuming wheat starch products containing 0.75 mg gliadin per 100 g. Most researchers recommend strict adherence to a gluten-free diet for life. Foods labeled as gluten-free in Canada and the U.S. do not allow the presence of any gluten-containing ingredients, such as wheat starch.

Any product entering the digestive system must be gluten free. Careful review of ingredient lists on food and drug labels to determine if gluten-containing ingredients are present is important. The food manufacturer can be contacted for product information if an ingredient list is not available. Because many additives, stabilizers, and preservatives may contain gluten, it is best to check with each manufacturer for clarification. In addition, some medications, toothpastes, and mouthwashes may contain gluten. Individuals should be advised to check with their physician or pharmacist before taking any prescribed or over-the-counter medications. The Compendium of Pharmaceuticals and Specialties (CPS) contains a list of pharmaceutical manufacturers that do not use gluten as an excipient.

In severe, untreated cases of CD, malabsorption of fat, calcium, magnesium, fat-soluble vitamins A, D, E, and K, folate, iron, and vitamin B12 can occur. If the initial symptoms are severe, such as nausea, bloating, and diarrhea, avoidance of lactose-containing foods in addition to a gluten-free diet may be beneficial until the intestinal mucosa has recovered. Lactose intolerance often normalizes within months after starting a gluten-free diet. When severe malabsorption is present, supplemental vitamins and minerals may be required for several months as intestinal villi regenerate. Depending on individual food choices and adherence to a gluten-free diet, once the intestinal villi have regenerated, adequate amounts of most nutrients can usually be obtained from a well-balanced diet. Gluten-free cereals tend to be lower in B vitamins and fiber. Care must be taken to ensure adequate intakes of these nutrients. Villi recovery can take several months to years in an adult with celiac disease. If the patient does not appear to be responding to the gluten-free diet, a doctor should be consulted about the possible need for steroid therapy, vitamin and mineral supplementation, or further testing.

* Taken from *Manual of Clinical Dietetics, Sixth Edition* - ISBN 0-88091-187-5

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

CANADA'S FOOD GUIDE TO HEALTHY EATING*

(Adapted for Gluten-free Diets)

FOOD GROUP (servings per day)	1 SERVING (examples)	HEALTHY TIPS
Grain Products (Gluten-free = GF) 5-12 Servings	<ul style="list-style-type: none"> - 1 slice GF bread - 1 GF muffin or bun - 30 g cold GF cereal - 3/4 cup (175 mL) hot GF cereal (e.g., cream of buckwheat, cornmeal, cream of brown or white rice) - 1/2 cup (125 mL) GF pasta - 1/2 cup (125 mL) rice 	<p>Choose gluten-free whole grain and enriched products more often.</p> <p>* Note: In Canada most GF breads and flours are low in fiber and not enriched with iron and B vitamins.</p>
Vegetables and Fruits 5-10 Servings	<ul style="list-style-type: none"> - 1 medium-sized vegetable or fruit - 1/2 cup (125 mL) fresh, frozen or canned vegetables or fruit - 1 cup (250 mL) salad - 1/2 cup (125 mL) juice 	<p>Choose dark green/orange vegetables and fruit more often (e.g., broccoli, carrot, spinach, squash, sweet potato, apricot, cantaloupe, orange).</p>
Milk Products 2-3 Servings (children 4-9 yrs) 3-4 Servings (youth 10-16 yrs) 2-4 Servings (adults) 3-4 Servings (pregnant and breast-feeding women)	<ul style="list-style-type: none"> 1 cup (250 mL) milk - 50 g cheese - 2 cheese slices - 3/4 cup (175 mL) yogurt 	<p>Choose lower-fat milk products more often</p>
Meat and Alternatives 2-3 servings	<ul style="list-style-type: none"> - 50-100 g meat, poultry, or fish - 1/3-2/3 can, 50-100 g of fish - 1-2 eggs - 1/2-1 cup (125-250 mL) legumes (beans, peas, lentils) - 1/3 cup (100 g) tofu - 2 tbsp. (30 mL) GF peanut butter 	<p>Choose leaner meats, poultry and fish as well as dried beans, peas and lentils more often.</p>

Enjoy a variety of foods from each group every day

* Used with permission from *Gluten-Free Diet, A Comprehensive Resource Guide* by Shelley Case, B.Sc., RD - ISBN 1-894022-79-3

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

FOODS ALLOWED

Amaranth	Malto dextrin
Arrowroot flour	Maltol (A sweetener not related to malt)
Baking soda	Maltose
Bean flour	Mannitol
Buckwheat	Millet
	Molasses
Cassava (Manioc flour)	Mustard flour (ground mustard)
Chick pea flour	
Corn flour	Poi
Cornmeal	Potato flour
Cornstarch (Masa harina)	Potato starch
Cream of tartar	
	Quinoa
Dal or Dahl (Legume from India)	
Flax	Rice bran
Gelatin	Rice flour
Green pea flour	Rice flour (glutinous, sweet)
Gums:	Rice polishings
Acacia (Gum Arabic)	Rice starch
Carob bean gum	
Carrageenan	Sorghum
Cellulose	Soya flour
Guaica	Soya starch
Guar	Sweet potato
Karaya	
Locust bean	Tapioca flour
Tragacanth	Tapioca starch
Xanthum	Teff
	Tofu
Invert Sugar	White vinegar
Kudzu Lecithin	Xanthum gum
Legumes: Seeds of plants which include	Yam
Channa	Yeast
Chick peas	
Gram	
Lentils	
Peanuts	
Peas	
Soya	

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

FOODS TO QUESTION*

CATEGORY	FOOD PRODUCT	NOTES
Milk Products	Milk Drinks	Chocolate milk and other flavoured drinks may contain wheat starch or barley malt
	Cheese Spreads or Sauces (e.g. Nacho)	May be thickened/stabilized with wheat. Flavourings and seasonings may contain wheat.
	Flavoured or frozen yogurt	May be thickened/stabilized with a gluten source. May contain granola or cookie crumbs
	Sour Cream	Some low-fat/fat-free may contain modified food starch.
Grains	Buckwheat Flour	Pure buckwheat flour is gluten-free. Sometimes buckwheat flour may be mixed with wheat flour.
	Rice Cereals	May contain barley malt extract.
	Corn Cereals	May contain oat syrup or barley malt extract.
	Buckwheat Pasta	Some "soba" pastas contain pure buckwheat flour which is gluten-free but others may also contain wheat flour.
	Rice Cakes, Corn Cakes, Rice Crackers	Multigrain often contains barley and/or oats Some contain soy sauce (may be made from wheat)
Meats/ Alternatives	Baked Beans	Some are thickened with wheat flour
	Imitation Crab	May contain fillers made from wheat starch
	Dry Roasted Nuts	May contain wheat

	Processed Meat Products	May contain fillers made from wheat. May contain HPP or HVP made from wheat.
	Imitation Meats	Often contain wheat or oats.
Fruits/ Vegetables	Dried Fruits	Dates and other dried fruits may be dusted wheat flour to prevent sticking.
	Fruits/Veg's with sauces Fruit Pie Fillings	Some may be thickened with flour.
	French Fries	May contain wheat as an ingredient. Also may have been cooked in oil also used for battered products.
Soups	Canned Soups, Dried Soup Mixes, Soup bases and Bouillon Cubes	May contain noodles or barley. Cream soups are often thickened with flour. May contain HPP or HVP (from wheat). Seasonings may contain wheat flour, wheat starch or hydrolysed wheat protein.
Fats	Salad Dressings	Seasonings may contain wheat flour or wheat starch.
Desserts	Milk Puddings/Mixes	Starch source may be from wheat.
Miscellaneous	Beverages	Some instant teas, herbal teas, coffee substitutes and other drinks may have grain additives. Non-dairy substitutes (e.g., rice drinks and soy drinks) may contain barley, barley malt extract or oats.
	Lemon Curd	Usually thickened with flour.
	Potato, Tortilla Chips and Soy Nuts	Some potato chips contain wheat. Seasoning mixtures may contain wheat flour, wheat starch or hydrolysed wheat protein.
	Baking Powder	Contains starch which may be from wheat.
	Seasoning Mixes	May contain wheat flour, wheat starch or hydrolysed wheat protein.
	Worcestershire Sauce	May contain malt vinegar which is not gluten-free.

* Used with permission from *Gluten-Free Diet, A Comprehensive Resource Guide* by Shelley Case, B.Sc., RD - ISBN 1-894022-79-3

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

FOODS TO AVOID

GLUTEN-CONTAINING INGREDIENTS TO BE AVOIDED

Barley	Graham Flour	Rye
Bulgar	Kamut*	Semolina
Cereal Binding	Malt**	Spelt (Dinkel)*
Couscous	Malt Extract**	Triticale
Durum*	Malt Flavouring**	Wheat
Einkorn*	Malt Syrup**	Wheat Bran
Emmer*	Oats***	Wheat Germ
Filler	Oat Bran***	Wheat Starch
Farro*	Oat Syrup***	

* Types of Wheat

** Derived from barley

*** Many recent studies have demonstrated that consumption of oats (25-60 g/day) is safe for children and adults with Celiac Disease. However, further studies are needed to determine the long-term safety of oat consumption. Also, the issue of cross contamination of oats with wheat and/or barley remains a concern in North America, therefore, oats are **NOT** recommended by celiac organization in Canada or the USA.

Used with permission from *Gluten-Free Diet, A Comprehensive Resource Guide* by Shelley Case, B.Sc., RD - ISBN 1-894022-79-3

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

GF SUBSTITUTIONS*

Substitutions for 1 Tablespoon Wheat Flour

1/2 tbsp	Cornstarch	7 mL
1/2 tbsp	Potato starch or flour	7 mL
1/2 tbsp	White rice flour	7 mL
1/2 tbsp	Arrowroot starch	
2 tsp	Quick-cooking tapioca	10 mL
2 tsp	Tapioca starch	10 mL
2 tbsp	Uncooked rice	30 mL

Substitutions for 1 Cup (240 mL) Wheat Flour**

Mix: 2 cups	Brown rice flour	500 mL
2 cups	Sweet rice flour	500 mL
2 cups	Rice polish	500 mL

Store in an airtight container and use 7/8 cup (215 mL) of the mixture in place of 1 cup (240 mL) wheat flour.

Other Substitutions for 1 Cup (240 mL) Wheat Flour

5/8 cup	Potato starch	150 mL
7/8 cup	White or brown rice flour	215 mL
1 cup	Corn flour	240 mL
1 cup	Fine cornmeal	240 mL
3/4 cup	Coarse cornmeal	175 mL
5/8 cup	White or brown rice flour	150 mL
1/3 cup	<i>plus</i> Potato starch flour	75 mL
1 cup	Soy flour	240 mL
1/4 cup	<i>plus</i> Potato starch flour	50 mL
3/4 cup	Rice flour	175 mL
1/4 cup	<i>plus</i> Cornstarch	50 mL
7/8 cup	Whole bean flour	215 mL

** A combination of flours/starches gives a better gluten-free product.

* Taken from *Manual of Clinical Dietetics, Sixth Edition* - ISBN 0-88091-187-5

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

ACCEPTABILITY OF GRAINS AND OTHER FOODS

This material was researched and written by Dr. J.A. Campbell

Dr. J. A. Campbell (1923 - 1993) had an extensive background in the field of nutrition. He worked in the Federal Department of Agriculture, the Drug Directorate of the Department of National Health and Welfare, and became Director of the Nutrition Bureau, Health Protection Branch in 1972, where he was officer-in-charge of the Nutrition Canada Survey. Dr. Campbell received several distinguished awards for his many contributions in the field of Nutritional Science.

GRAINS

Glutinous Rice

Varieties of white rice have been described as long grain, waxy and sweet or glutinous. These characteristics of cooking and eating qualities are related to the relative amounts of the two types of starch which they contain, amylose and amylopectin. Sweet or glutinous rice contains virtually no amylose. The term glutinous means gummy and does not refer to its gluten content.

Triticale

Triticale is a man made cross between wheat (*triticum*) and rye (*secale*). It is an artificial genus containing the characteristics of both parents. Although it has not been clinically tested, its gluten content and therefore its toxicity may be considered to be similar to that of wheat and rye. It should not be used by Celiacs.

Amaranth

Botanically amaranth is not a cereal. It is a member of the Amaranthaceae family of plants which also includes pigweed and tumbleweed. Gluten has never been found in this family of plants and therefore amaranth may be used by Celiacs.

Flax Seed

Flax seed is the seed of the flax plant of the family Linaceae. Gluten has never been found in seeds, therefore flaxseed may be used by Celiacs.

Bulgar (Burghul)

Bulgar is parboiled wheat which is then dried and cracked. It must be avoided by persons with Celiac Disease.

Wild Rice

Wild Rice is botanically closely related to ordinary white rice. It would be expected therefore, that it would not contain gluten. Although it has not been clinically tested there seems to be no reason to avoid its use.

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

Quinoa

Quinoa (pronounced keen-wa) has been grown and used as food for centuries by inhabitants of the Andes region of South America. Botanically quinoa is not a cereal but the fruit of the plant *Chenopodium quinoa* which resembles lamb's quarters and pigweed. It is a member of the goose-foot family Chenopodiaceae, so called because of the shape of the leaf. There are no data to indicate that gluten occurs in plants of this family. There is therefore, no basis for concern about the use of quinoa by persons with Celiac Disease. An undocumented report indicates that quinoa has been given over a period of several months to a number of persons with Celiac disease with no "untoward" effects.

Quinoa is a very nutritious grain and therefore a very useful alternative to wheat, rye, barley and oats in the diet of Celiacs. It is markedly higher in protein, fat, fibre, calcium and iron than most cereals. Its relatively high content of lysine and sulphur amino acids makes it a good supplement to rice and corn as well as to soybeans. Quinoa is reported as having a nutty flavour somewhat like wild rice.

Spelt

The claim has been made recently that the cereal grain Spelt can be used as a constituent of the diet "to treat and heal" a wide variety of diseases including Celiac Disease. There is no basis for this claim.

Spelt (*Triticum spelta*) also called German wheat is closely related botanically to other wheats. It is of the same genus as bread wheat (*Triticum aestivum*) and macaroni wheat (*Triticum turgidum*). The protein, fat and amino acid content of spelt is similar to that of wheat. It would be expected therefore, that its gliadin (gluten) content would also be similar and that it would be as toxic to celiac as wheat.

No adequate clinical data are available to justify the claims made. Spelt must be avoided by persons with celiac disease.

Semolina

Semolina consists of the large hard grains of wheat retained in the bolting machine after the fine flour has passed through it. Semolina must be avoided.

Buckwheat

Botanically buckwheat is not a cereal. It is a member of the family Polygonaceae which is quite distinct from the grass family in which cereals are classified. Buckwheat is widely used in the U.K. and other European countries in gluten-free diets. There is evidence, however, that some commercial samples of grain and flour may be contaminated with wheat. Care should therefore be taken to ensure that the material purchased is not so contaminated.

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

Millet, Sorghum

Millet and Sorghum are cereal grains which are botanically more closely related to corn than to wheat or rye. It has therefore been suggested that they do not contain gluten. Although they have not been clinically tested, both millet and sorghum have been used in gluten-free recipes in the U.K. and Europe and found acceptable. There seems no reason to avoid their use.

OTHER FOODS

Maltol

Maltol, also called larinxinic acid, is a synthetic (manufactured) flavouring substance. Its organic chemical name is 3-hydroxy-2-methyl-(4)-pyrone. It has been identified in the bark of larch trees, pine needles, chicory and roasted malt. It is used to impart "freshly-baked" odour and flavour to bread and cakes. In spite of its name it does not contain malt or gluten and is therefore safe for celiacs.

Caramel

Caramel or burnt sugar colouring is made by heating sugar or glucose in the presence of small quantities of acid or alkali. It is used for colouring foods and confectionery. It does not contain gluten and is therefore safe for celiacs.

Monosodium Glutamate (MSG)

MSG is the sodium salt of glutamic acid, an amino acid found in many foods. It has been produced from both wheat gluten and sugar beet molasses but is now produced almost entirely from the latter in a highly purified form. Most authorities agree that it is harmless. There should be no concern among Celiacs about the use of foods containing MSG.

Vinegar

Vinegar is a dilute solution of acetic acid containing flavouring materials. The name, derived from the French vinaigre means literally sour or sharp wine.

Vinegar is made by a process of acetification of alcoholic solutions produced from sugary or starchy raw materials such as apples, grapes, grain and molasses, which impart flavour to the products. Thus cider vinegar derived from apple juice, malt vinegar from barley malt or other malt grains, wine vinegar from wines and white or distilled vinegar from distilled alcohol have characteristic flavours. Vinegar may also be seasoned with herbs and spices. Cider vinegar is widely used in Canada and the U.S. and malt vinegar in the U.K. Distilled vinegar is used particularly in the preparation of pickles, condiments and other processed foods.

Since wheat, rye, barley and oats may be used in the production of malted grains and distilled alcohol there has been concern by some people about the acceptability of malt vinegar and distilled white vinegar for persons with Celiac Disease. It is useful therefore, to review the status of these foods.

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

If the starting raw material in vinegar production is starchy products such as grains, the starch must be broken down to simple sugar. The first step in vinegar production is the conversion of these sugars or those in molasses, apples or grapes to alcohol by fermentation with a strain of the yeast *Saccharomyces* from brewer's or baker's yeast. This produces what is called vinegar stock which is a dilute solution of alcohol containing a variety of other substances from the original raw material. Yeast cells and other debris are removed by sedimentation. The second step is the conversion of alcohol in the vinegar stock to acetic acid by enzymes produced by acetic acid bacteria of the species *Acetobacter*. Vinegar from this acetification process available on the market contains 4 gm. Acetic acid per 200 ml.

For the person with Celiac disease there is obviously no problem with the use of cider or wine vinegar. We have recently demonstrated that, contrary to views held by some, there is no detectable amount of gluten (prolamin) in distilled alcohol. There can therefore be no possibility of gluten in distilled white vinegar which contains acetic acid equivalent to about 4% alcohol. Celiacs should therefore have no cause for concern about distilled white vinegar or foods such as pickles and condiments which may contain it.

Editor's Note: The present position of the Professional Advisory Board of the Canadian Celiac Association is that people with celiac disease MUST AVOID malt vinegar. (Oct. 2002)

ADDENDUM:

Distilled alcoholic beverages such as gin, vodka, scotch whisky and rye whiskey are made from the fermentation of wheat, barley or rye. Since they are distilled, they do not contain prolamins and are allowed unless otherwise contraindicated.

Beer and ale, usually made from barley, may contain 1 - 2 mg of prolamins per pint (570 mL) and therefore is not allowed.

Wines are made from grapes and are allowed. Fortified wines such as sherry and port contain added alcohol and are also allowed.

(Contents of this addendum are taken from The Canadian Celiac Association Handbook, 3rd Edition)

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

CROSS CONTAMINATION*

Not only must Celiacs be cautious about the ingredients in gluten free food, they must also be aware of the possibility of cross contamination.

What is meant by "cross contamination" in the context of Celiac Disease? Cross contamination is the process by which a gluten free product loses that status because it comes in contact with something that is not gluten free.

At home the following practices will go a long way towards avoiding cross contamination:

1. A Celiac should have their own butter dish and a cutting board that is used for gluten free foods only.
2. A Celiac should have their own toaster if possible. A toaster oven, where the rack can be removed and washed if others have used it may be a good alternative.
3. If it is not practical to have a section of the counter top set aside for preparing gluten free food only, always make sure that the counter space you are using to prepare gluten free food is freshly washed to ensure it is free from crumbs or flour dust.
4. Do gluten free baking first, and have it well wrapped and stored before doing anything with regular flours. Flour dust (in the air) from regular flours could settle on the gluten free products, thus contaminating them.
5. Note: Although this doesn't fall into the cross contamination area, it is worth noting that a Celiac should take precautions against breathing in flour dust when using other than gluten free flours. Flour dust that settles on the nasal passages may eventually get swallowed and end up being digested.
6. Use clean utensils and avoid "double dipping" - knives or spoons are OK the first time, but once they have touched food with gluten, they can contaminate the food in the container if used again. If it is too difficult to train other family members in this regard, it would be wise for the Celiac to have their own jar of jam, peanut butter, mustard, etc.
7. Be especially alert and cautious when you have guests helping in the kitchen - they will not have your gluten awareness. Also, it is when you are otherwise distracted that you are more likely to make a gluten error.
8. When making sandwiches, do the gluten free ones first - otherwise be sure to wash your hands after touching regular bread and before touching gluten free supplies.

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

9. Make sure any pots, utensils, etc. that are used for other foods are thoroughly scrubbed before using for gluten free foods. In the case of something like muffin tins, paper liners may be a worthwhile consideration.
10. It is best to have a separate set of utensils with porous surfaces, such as wooden spoons, for your gluten free baking. These utensils might retain some gluten particles after cleaning.
11. If using lentils, be sure to meticulously pick them over before putting in the pot to cook. Even if you buy them packaged, it is not uncommon to find kernels of wheat or oats (or pebbles) in with the lentils.

Away from home, be aware of sources of cross contamination:

1. Products in bulk bins can become contaminated by using the scoops in more than one bin. There is no assurance that the other customers will be as cautious as you. Also, flour dust in the air around these bins can cause a problem.
2. At the deli counter, where gluten free meats are being cut using the same utensils without cleaning in between. Also, the cut meats often overlap on the counter.
3. Buffet lunches, where the chef tests the temperatures in all the dishes using one thermometer, or spoons are used for more than one dish.
4. In product production where a gluten free product is not produced on a dedicated line. Cereals and candy bars that have gluten free ingredients may be produced after a non GF item without having the equipment cleaned thoroughly in between.
5. French fries cooked in oil where battered foods have been fried.
6. Meat cooked on a grill which hasn't been cleaned after cooking regular food with gluten.
7. Milling of gluten free grains on equipment that has been used for regular grains and has not been thoroughly cleaned.

*Thank you to the Calgary Chapter for this information published in *Calgary Celiac News* - Winter 1998.

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

PREPARING A GLUTEN-FREE MEAL FOR A PERSON WITH CELIAC DISEASE

Celiac Disease is a condition in which gluten damages the absorptive surface of the intestine. People with this condition **MUST** eat gluten-free meals.

Avoid contamination with products which contain gluten

Always use a clean surface, utensil, pan or pot.

Keep gluten containing food away from the meal you are preparing - including oil used to cook these foods

Safe choices:

fresh meat, fish, fruit and vegetables

eggs and cheese

rice, corn, soy and potato products

flours made from rice, corn, soy and potato

Avoid foods containing gluten from wheat, rye, barley, oats and triticale:

Avoid flours milled from wheat, rye, barley, oats & triticale

Avoid bread, rolls and croutons

Avoid cakes, pies, cookies and muffins

Avoid noodles of any type

Avoid crackers or cracker crumbs

Avoid soups, sauces, gravies which may have been thickened with these flours

Avoid bread crumbs and batters used for coating

Hidden sources of gluten:

H.V.P. - Hydrolyzed Vegetable Protein

H.P.P. - Hydrolyzed Plant Protein

Malt flavouring

Malt

Modified wheat starch or other unidentified food starch

Beware of the above ingredients in such foods as:

Bouillon cubes

Sliced or processed meats

Worcestershire sauce

Baking powder

Salad dressings

Soup or gravy bases

Spices and seasonings

Icing sugar

Soy sauce

*Thank you to the Vancouver Chapter for preparing this information which was distributed to restaurants in their area and subsequently published in 1999 in the *Celiac News*.

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

GLUTEN-FREE RESOURCE MATERIALS/BOOKS

In Canada:

Canadian Celiac Association (CCA)

- *Celiac Disease Needs a Diet for Life* - 3rd edition
- *Eat Well-Be Well: A Guide to the Gluten-Free Manufacturer's Products* - 2nd Edition
- *A Guide for the Celiac Diabetic* - 2nd Edition
- *Pocket Dictionary: Acceptability of Foods and Food Ingredients for the Gluten-free Diet*
- *Growing Up Celiac*
- *Gluten-Free Diet: A Comprehensive Resource Guide*, by Shelley Case

In U.S.A.:

Books from Celiac Disease Foundation (CDF).

13251 Ventruea Blvd., Suite #1 Studio City, CA 91604-1838 USA

- *Kids With Celiac Disease* - Danna Korn
- *Wheat-Free, Worry Free* - Danna Korn

Cookbooks from Celiac Disease Foundation (CDF)

by Carol Fenster:

- *Wheat-Free Recipes and Menus* - 2nd Edition
- *Special Diet Solutions*

by Bette Hagman:

- *The Gluten-Free Gourmet - Living Well Without Wheat*
- *More From the Gluten-Free Gourmet*
- *The Gluten-Free Gourmet Cooks Fast and Healthy*
- *The Gluten-Free Gourmet Bakes Bread*
- *The Gluten-Free Gourmet Makes Desserts*

by Beth Hillson

Gluten-Free Pantry Companion

Books and Cookbooks from Gluten Intolerance Group (GIG),

15110 10th Avenue SW, Suite A, Seattle, WA 98166-1820 USA

- *Wheat-Free Recipes and Menus: Delicious Dining Without Wheat or Gluten*
- *Special Diet Solutions: Healthy Cooking Without Wheat or Gluten*

Gluten-Free Living Magazine

An informative newsletter edited and published by Ann Whelan

PO Box 105, Hastings-on-Hudson NY 10706 USA

Living Without Magazine

Living Without Inc., PO Box 2126, Northbrook, IL USA 60065

CANADIAN CELIAC ASSOCIATION

5170 Dixie Road, Suite 204, Mississauga, ON L4W 1E3

Tel: (905) 507-6208, Fax: (905) 507-4673

Toll Free: 1-800-363-7296

www.celiac.ca

MANUFACTURERS OF GLUTEN-FREE PRODUCTS

In Canada:

El Peto, 41 Shoemaker St., Kitchener ON N2E 3G9

1-800-387-4064

Glutino, 3750 Francis Hughes Ave. Laval QC H7L 5A9

1-800-363-3438

Kaybee, Box 629, Cudworth SK S0K 1B0

1-306-256-3424

Kingsmill Foods, 1399 Kennedy Road, Unit 17, Scarborough ON M1P 2L6

1-416-755-1124

Kinnikinnick Foods Inc., 10306 - 112 Street, Edmonton AB T5K 1N1

1-877-503-4466

Liv-N-Well Distributors, 7900 River Rd., Unit #1, Richmond BC V6X 1X7

1-888-808-9505\

Nelson David of Canada, 66 Higgins Ave., Winnipeg MB R3B 0A5

1-866-989-0379

Northern Quinoa Corporation, Box 519, Kamsack SK S0A 1S0

1-866-368-9304

Panne Rizo, 1939 Cornwall Ave., Vancouver BC V6J 1C8

1-604-736-0885

Tinkyada, Food Directions Inc., 120 Melford Drive, Unit 8, Scarborough ON M1B 2X5

In U.S.A.:

Authentic Foods, 1850 W 169th Street, Suite B, Gardena CA 90247 USA

1-800-806-4737

Bob's Red Mill Natural Foods Inc., 5209 SE International Way, Milwaukie OR 97222 USA

1-800-553-2258

Ener-G Foods, Inc., PO Box 84487, Seattle WA 98124-5787 USA

1-800-331-5222

Gluten-Free Pantry, PO Box 840, Glastonbury CT 06033 USA

1-860-633-3826

Miss Robens Dietary Foods, PO Box 1149, Frederick MD 21702 USA

1-800-891-0083

Mrs Leepers Inc., 12455 Kerran St. Suite 200, Poway CA 92064 USA

1-800-848-5266

Pamela's Products, 335 Allerton Ave., South San Francisco CA 94080 USA

1-650-952-4546