



# Go Gluten FREE... Your Key to Better Health

This is a brief introduction to the gluten-free diet (GFD) to help you get started on your journey to better health. See a registered dietitian for detailed dietary information, needs assessment and education.

**The gluten-free diet is a diet for life and should never be started before a small intestinal biopsy is positive for celiac disease.**



## Hidden Sources of Gluten

### Gluten Defined

Gluten is a general name for specific proteins in certain grains. The gluten in wheat, rye and barley cause a toxic reaction in people with celiac disease, preventing the absorption of essential nutrients.

- Beer, Ale and Lager
- Breeding and Stuffing
- Broth and Soup Bases
- Communion Wafers
- Croutons
- Hydrolyzed Plant Proteins
- Hydrolyzed Vegetable Proteins
- Imitation Bacon and Seafood
- Modified Food Starch
- Pasta
- Sausages, Hot Dogs, Deli Meats
- Sauces and Seasoning
- Soy Sauce

### Gluten-Containing Foods and Ingredients

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

- \* Types of wheat
- \*\* Derived from barley
- \*\*\* Small amounts of pure, uncontaminated oats are safe for those with celiac disease, however the availability of pure oats remains a problem. Most commercially available oats are contaminated with wheat or barley.

### Reading Labels

The key to a successful GFD is reading food labels. Remember to check the ingredient list every time you shop since food companies often change ingredients in their products.

**Remember:  
If in doubt, leave it out.**

Beware of foods labeled "Wheat-free" as they may contain grains such as barley, rye, spelt or kamut that are not gluten-free.

## Foods to Enjoy

Many foods are naturally gluten-free.

**Breads, Baked Products, Cereals and Pasta** made from gluten-free grains and flours such as amaranth, arrowroot, buckwheat, corn, flax, legume flours (bean, garbanzo, lentil, pea), millet, potato flour, potato starch, quinoa, rice flours (white, brown, sweet), sorghum flour, soy flour, tapioca and teff.

### Meats and Alternatives

Plain meat, fish, poultry, eggs, legumes, nuts and nut butters, seeds and tofu.

### Fruits and Vegetables

Fresh, frozen, canned fruits and vegetables including potatoes and corn.

### Dairy Products

Milk, cheese, yogurt and ice cream.

### Miscellaneous

Butter, margarine, oils, most salad dressings (check label for unsafe ingredients), honey, sugar, jam, jelly, marmalade, salt, pepper, spices, distilled vinegar, plain coffee, tea, soft drinks, cocoa, wine, distilled alcoholic beverages.



## Need More Help?

A registered dietitian will provide more in-depth practical information to help you on the road to good health.

Contact your local hospital, health unit, or the Dietitians of Canada at [www.dietitians.ca](http://www.dietitians.ca) or call **1-416-596-0857**.

Further support is available by joining the Canadian Celiac Association (CCA) which has local chapters across Canada.

The CCA also has many excellent resources to help you follow a strict gluten-free diet for life such as:

- New Member Information Kit:** A detailed handbook covering the medical aspects of celiac disease, diet guidelines, shopping tips, label reading, food preparation, recipes and more.
- Pocket Dictionary:**  
A portable guide to help identify ingredients allowed and not allowed on a GFD.
- Cookbooks:**  
A variety of excellent gluten-free cookbooks are available.



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