

Guide to Gluten-Free

WHAT IS GLUTEN?

Gluten is a protein that can be found in wheat, rye, and barley products and can be life-threatening for individuals with celiac disease or gluten allergies. However, recently more cases have emerged of non-celiac related gluten sensitivity (NCGS). If you notice bloating, abdominal pain, or any discomfort after eating a product containing gluten contact your doctor to find out if you are sensitive to gluten.

WHAT IS SAFE TO EAT?

Anything that is certified gluten-free and states it on the packaging is a safe choice as well as the naturally gluten-free food groups. The food groups that are naturally free of gluten are:

- Meat and Poultry
- Fish & Seafood
- Dairy & Eggs
- Beans/ Legumes
- Nuts & Seeds

CARBOHYDRATES THAT CONTAIN GLUTEN

Wheat (bread, tortillas, pastas, cereals)	Rye
Semolina flour	Malt (vinegar)
Farro	Oats that do not say gluten-free
Barley	Beers (ales & lagers)
Fake meat products	Pre-made sauces

GLUTEN-FREE OPTIONS



Rice (wild, brown)	Arrowroot
Corn (tortillas, sopes)	Teff
Soy (milk, yogurt, tofu)	Tapioca
Potatoes (all varieties)	Almond flour
Quinoa	Oat flour
Gluten-Free Oats	Lentil/bean/rice pasta alternative
Millet	
Amaranth	

THE TAKE AWAY

As long as you read the nutrition label, you should have no trouble following a gluten-free diet. Get creative substituting noodles for things like eggplant, zucchini, squash, and even carrots to keep things interesting. Instead of thinking about the foods you can't have, make sure to include an abundance of all the different foods that you can have.