

Allergy Elimination Diet

Gluten Free Diet

This diet excludes all products containing gluten.. Gluten is in wheat, rye, oats, and barley. These grains are products contain these grains must be omitted from the diet. Gluten may also be present as an incidental ingredient. It is important to read all the labels. Omit any food or seasoning that lists the following as ingredients; hydrolyzed vegetable protein; flour or cereal products; vegetable protein; malt and malt flavorings; and starch, unless specified as corn or other allowed starch. Flavorings, vegetable gum, emulsifiers, and stabilizers may be derived from or contain wheat, rye, oats, or barely. Foods of unknown composition should be omitted or the manufacturer contacted for complete ingredient information. When dining out, choose foods prepared simply, such as broiled or roasted meats, plain vegetables, and plain salads. Since flour and cereal products are often used in the preparation of foods, it is important to be aware of the methods of preparation as well as the foods themselves. For this reason, all breaded, creamed, or escalloped foods, meatloaf, and gravies are omitted. If these foods are prepared at home using the allowed grains and flours, however, they may be consumed.

Types and Amounts of Food	Include	Omit
Soups as desired	Homemade broth and un-thickened vegetable soups Cream soups prepared with cream, cornstarch , rice, potato, or soybean flour	Noodle soup, canned soups, *bouillon, dehydrated soup mixes
Meat and Meat Substitutes 3 or more servings	Fresh meat, poultry, seafood, plain un-breaded frozen meats, fish, poultry Fish canned in oil or brine Swiss cheese, cream cheese, cheddar cheese, Parmesan cheese, pure peanut butter, plain dried beans or peas	Prepared meats that contain wheat, rye, oats, or barely, such as sausage, * wieners, *bologna, *luncheon meats, *chili, *meatloaf, *hamburger with cereal filler, *sandwich spreads, *pasteurized cheese spreads *Canned Baked Beans

	Eggs	Soufflés unless prepared with allowed flours *Cottage Cheese
Potato and potato substitutes 1 or more servings	White potato, sweet potato, yams, rice, hominy	Creamed or escalloped potatoes unless prepared with allowed flours Macaroni, noodles, spaghetti, lasagna, vermicelli Commercial potato salads, *packaged rice mixes
Vegetables 1 or more servings	All plain, fresh, canned (include a dark-green or deep-yellow vegetable daily for a source of Vitamin A)	Breaded, creamed, or escalloped vegetables unless prepared with allowed flours *Commercially prepared vegetables or salads
Breads 3 or more servings	Bread or muffins made from: rice flour, corn starch, tapioca flour, potato flour, soybean flour, and/or arrowroot flour Rice wafers or sticks (usually available at Oriental specialty stores) Pure corn meal tortillas, gluten-free bread mix	All bread and bread products containing wheat, rye, barley, oats, bran, or graham, wheat germ, malt, millet, kasha, or bulgur All crackers, Ry-krisp, rusks, zwieback, pretzels Bread or cracker crumbs Wheat Starch
Cereals 1 or more servings	Only puffed rice, pure corn meal, rice, hominy grits or hominy, cream of rice, Kellogg's Puffed Rice, Post's Rice Krinkles, Nabisco Rice Honeys	Snack cereal foods, bran cereals, cream of wheat, farina, Grapenuts, oatmeal. Shredded wheat, puffed wheat, Ralston, wheatena, pablum, wheat germ, buckwheat, Rice Krispies, *corn flakes Cereals with malt added
Fats as desired	Butter, cream, margarine, vegetable oil, vegetable	Commercially prepared salad dressings and *gravies

	shortening, animal fat, pure mayonnaise, homemade salad dressings and gravies prepared with allowed ingredients Bacon	containing gluten stabilizers or thickened with gluten containing flours Nondairy creamers
Fruits 2 or more servings	Fresh, frozen, canned or dried fruits and fruit juices (Include 1 serving citrus fruit or juice daily for a source of Vitamin C)	Fruits prepared with wheat, rye, oats, or barely
Desserts as desired	Homemade cakes, cookies, pastries, pies, puddings (cornstarch, rice tapioca) prepared with allowed ingredients Gelatin desserts, meringues, custard, fruit ices, whips	Commercial cakes, cookies, pies, doughnuts, pastries, pudding, pie crust, ice cream cones, prepared mixes containing wheat, rye, oats, or barely Icings mixes, ice cream and *sherbets containing gluten stabilizers
Milk 2 or more cups	Fresh, dry, evaporated, or condensed milk, sweet or sour cream	Malted milk, some commercial chocolate drinks, *yogurt Oval tine
Beverages as desired	Sanka, pure instant coffee, coffee, tea, carbonated beverages, fruit juices (fresh or frozen), pure coca powder, frozen lemonade concentrate	Fruit punch powders, cocoa powders, ale, beer, gin, whiskey, root beer, Postum, *instant coffee
Miscellaneous	Salt (iodized), sugar, honey, jelly, jam, molasses, pure cocoa, coconut olives, pure fruit syrup, herbs, extracts, food coloring, cloves, ginger, nutmeg, cinnamon, corn starch, yeast, sodium bicarbonate, cream of tarter, nuts, dry mustard, monosodium glutamate, cider vinegar, wine vinegar, pure chili pepper	Chili seasoning mix, gravy extracts, starch, *malt, natural flavoring (may contain malt), hydrolyzed vegetable protein, *chewing gum, *catsup, *mustard, *soy sauce, *curry powder, *horseradish, vegetable gum *Emulsifiers and stabilizers, may be derived from or contain wheat, rye, oats and

		barley Vinegar, malt vinegar, *distilled vinegar *Pickles *Chili Powder
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*some may be used if checked with manufacturer and found to be gluten-free