

# Gluten Free Diet

*Diet prescribed by your provider*

## Definition:

- Gluten-free diets restrict all foods that contain gluten.
- Gluten containing products include wheat, rye, barley and some oats.
- This Diet is required for people with celiac disease or a gluten sensitivity.

## Label Reading:

- Always check the nutrition labels to determine if gluten is present.
- Gluten is not always clear on the label (see “foods not recommended list”)
- Avoid foods that say “May contain gluten, wheat, barley or rye” on the label.
- Oats should be treated as a gluten-containing product unless the label specifies “gluten free.”

## Foods NOT Recommended:

Grains	Einkorn, emmer, spelt, and kamut, wheat starch, wheat bran, wheat germ, cracked wheat, and hydrolyzed wheat protein, barley, rye, triticale, oats not specified as gluten free, wheat flour, durum flour, farina, semolina, graham flour, matzo Dextrin, caramel color, maltodextrin and modified food starch (if from wheat source)
Protein	Check ingredients of processed meats (commonly in deli meat) and fried/battered meat; seitan
Dairy	Dairy prepared with gluten containing ingredients
Fruit and Veg	Fried vegetables, or fruit/vegetables prepared with gluten contain ingredients
Other	bouillon cubes, broth/sauce/gravy made with wheat flour, soy sauce, products with malt

## Questions?

Ask your Ambassador for more information on the menu selections specific to your Therapeutic Diet Order, Food Allergens, Specific food preferences or Ethnic and Religious preferences.