

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RDN/DTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## Gluten-Free Nutrition Therapy

Your child has sensitivity to gluten, which is a protein found in wheat, rye, and barley. Gluten-free nutrition therapy will let your child’s intestine heal. It also will help stop problems like bone disease that can happen if your child’s celiac disease goes untreated.

### Foods Recommended

Food Group	Foods Recommended
<p><b>Gluten-Free Grains and Starches*</b></p> <p>*Your child should only consume these gluten-free grain products if it says “gluten-free” on the label</p>	<p>Amaranth Arrowroot Bean flours Buckwheat Corn (corn bran, corn grits, hominy, masa harina, cornmeal, corn flour) Chia seeds/flour Flax Job’s tears Mesquite flour or meal Millet Nut flours Oats labeled gluten-free Potato (potato starch and potato flour) Quinoa Ragi Rice (all forms) Salba Sorghum Soy Tapioca Tef/teff Wild rice</p>
<p><b>Protein Foods</b></p>	<p>Fresh meat, fish, poultry, and eggs Aged cheese Unprocessed nuts and seeds/butters Dried legumes Lentils</p>

<b>Dairy</b>	All types
<b>Vegetables</b>	All fresh, plain frozen, and canned vegetables
<b>Fruits</b>	All fresh, plain frozen, and canned fruits
<b>Fats &amp; Oils</b>	Vegetable oils Butter
<b>Spices</b>	Pure spices are gluten-free

## Foods Not Recommended

<b>Food Group</b>	<b>Foods Not Recommended</b>
<b>Gluten-Containing Grains*</b>	<p>Because your child is following a gluten-free meal plan, he or she should not eat foods containing the following grains:</p> <ul style="list-style-type: none"> <li>• Wheat: <ul style="list-style-type: none"> <li>○ All kinds, including spelt, kamut, einkorn, emmer (faro or farro), durum, semolina, triticale, and atta</li> <li>○ All forms, including wheat bran, couscous, graham flour, matzo, wheat germ, cracked wheat, farina, and tabbouleh</li> </ul> </li> <li>• Rye</li> <li>• Barley: <ul style="list-style-type: none"> <li>○ All forms, including malt, malt flavoring, malt extract, malt syrup, and malt vinegar</li> </ul> </li> <li>• Oats that do not have a label that says “gluten-free”</li> </ul>
<b>Protein Foods</b>	<ul style="list-style-type: none"> <li>• Chicken, turkey, fish, beef, or eggs that have been breaded or cooked with any gluten-containing ingredient</li> <li>• Nuts and nut butters that have gluten-containing ingredients or that have been used on gluten-containing foods</li> <li>• Vegetarian meat substitutes, tofu that contain wheat, rye, or barley</li> <li>• Any lunch meat, sausage, or hot dogs that contain wheat, rye, oats, barley, malt, or modified food starch, starch, or dextrin that</li> </ul>

	has a wheat-based or an unconfirmed source of starch
Dairy	<ul style="list-style-type: none"> <li>• Ice cream with gluten-containing ingredients</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>• Vegetables coated with breading</li> </ul>
Fruits	<ul style="list-style-type: none"> <li>• Fruits served in a sauce thickened with wheat</li> </ul>
Fats & Oils	<ul style="list-style-type: none"> <li>• Oil used to fry foods containing gluten should not be used to cook gluten-free foods</li> <li>• Butter sauces thickened with wheat</li> </ul>
<b>Other Items to Avoid</b>	<p>Any ingredient made from wheat, rye, oats, or barley, including malt and brewer's yeast. Read labels to check that these six words are not in the ingredients.</p> <p>The following items may be made with gluten-containing ingredients. If they are made with wheat, you will find the word wheat on the label.</p> <ul style="list-style-type: none"> <li>• Soy sauce (may be made with wheat)</li> <li>• Malt vinegar (made with fermented barley)</li> <li>• Seasoning (may use wheat)</li> <li>• Marinades (may have wheat or barley)</li> <li>• Broth (may be made with wheat)</li> </ul> <p>(Maltodextrin is a starch and is not made from barley. It is gluten-free.)</p>

\*Note: Oats and wheat starch and other forms of these listed grains may be considered gluten-free. Be sure the label says "gluten-free" before using. For more information, refer to the US Food and Drug Administration Web page on food allergen labeling (<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm106890.htm>).

**Notes:**