

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
Gluten-Free Grains and Starches* *Your child should only consume these gluten-free grain products if it says "gluten-free" on the label	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
Protein Foods	Fresh meat, fish, poultry, and eggs Aged cheese Unprocessed nuts and seeds/butters Dried legumes Lentils

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

Foods Not Recommended

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

	has a wheat-based or an unconfirmed source of starch
Dairy	<ul style="list-style-type: none"> • Ice cream with gluten-containing ingredients
Vegetables	<ul style="list-style-type: none"> • Vegetables coated with breading
Fruits	<ul style="list-style-type: none"> • Fruits served in a sauce thickened with wheat
Fats & Oils	<ul style="list-style-type: none"> • Oil used to fry foods containing gluten should not be used to cook gluten-free foods • Butter sauces thickened with wheat
Other Items to Avoid	<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"> • Soy sauce (may be made with wheat) • Malt vinegar (made with fermented barley) • Seasoning (may use wheat) • Marinades (may have wheat or barley) • Broth (may be made with wheat) <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>).

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