



## Guide to Eliminating Gluten

For most people, giving up gluten is life-changing. If you have grown up with the standard American diet, gluten is an abundant presence. Foods such as bread, pizza, donuts and cookies are obvious sources of gluten. In other foods, it is less noticeable. Here are some tips when you are going gluten-free:

1. **Read labels.** To repeat, **read labels.** There are a lot of misconceptions out there about gluten, one is that no flour means no gluten. There are many ingredients that contain gluten that are not-so-obvious. These include:

- wheat
- wheatberries
- durum
- emmer
- semolina
- spelt
- farina
- farro
- graham
- khorasan wheat
- einkorn wheat
- rye
- barley
- triticale
- malt in various forms including: maltodextrin, malted barley flour, malted milk or milkshakes, malt extract, malt syrup, malt flavoring, malt vinegar
- brewer's yeast

If the item does not say “gluten-free,” it probably isn’t. Investigate further by looking online. These ingredients are also on the “caution list”:

- Artificial Colors
- Caramel color and flavoring
- Soy Sauce
- Miso
- Bouillon cubes or stock cubes
- Candy may be dusted with wheat flour; ask.
- Canned soups – Most are not acceptable.
- Cheese spreads & other processed cheese foods.
- Chocolate – may contain malt flavoring.
- Cold cuts, Wieners, Sausages – may have gluten due to cereal fillers.
- Dip mixes
- Dry sauce mixes
- Honey Hams – can be based with wheat starch in coating.
- Ice Cream & Frozen Yogurt – check all dairy. Cows are fed grains and many react to dairy for this reason. Grass fed dairy recommended (or avoid dairy altogether).
- Instant Teas & Coffees – cereal products may be included in the formulation.
- Mayonnaise – check thickener and grain based vinegar ingredients
- Mustard – Mustard powder may contain gluten
- Oil, frying – Check for cross contamination or corn based oils.
- Poultry and meats – Check out the flavorings and basting and inquire about meat glue
- Sour cream – May contain modified food starch of indeterminate source.
- Dry roasted nuts & honey roasted nuts
- French fries in restaurants – Same oil may be used for wheat-containing items.
- Gravies – check out thickening agent and liquid base.
- Vitamin supplements (different brands contain grain based ingredients – check the labels carefully)
- Baking powder (commonly contains grain – wheat or corn)

So, what is left to eat? Your best bet is unprocessed foods...fruits, vegetables, meats, and things that are naturally gluten-free. Most grocery stores now will clearly mark foods as “gluten-free” or have “gluten-free” sections.

Here is a list of local stores that have many gluten-free options:

- Heinen's
- Whole Foods
- Mustard Seed
- Fresh Thyme

You can also shop online, at <https://drsprecherspantry.greenpolkadotbox.com/>. This website allows you to filter selections based on your food allergies and sensitivities, and will only show what works for you.

If you are going somewhere, it is wise to call ahead to see if there are gluten-free options. Buffets can be problematic, as cross-contamination occurs when people use utensils in different bins. At restaurants, always ask how things are cooked. i.e. You may be eating gluten-free pasta, but if they cook it in the same pot of water as other pasta, you will get "glutened." Fries are just potatoes, right? Not if they are cooked in the same fryer as breaded foods. That makes them a gluten-containing food. Apps such as "Find Me Gluten-Free" can be helpful in finding restaurants other gluten-avoiders trust.

Eating at other people's homes can be a challenge as well. If you are concerned, you can bring a dish that you know is safe for you to eat. Or, you can eat ahead of time. Although it is very tempting, it is not a good idea to throw caution out the window...as Dr. Sprecher says, if you have the celiac gene, one bite of gluten pushes the button of inflammation for two weeks.

Any other issues? The following websites are helpful:

<https://www.celiac.com/>

<http://www.neohioceliac.com/>

<https://www.glutenfreeliving.com/>

<https://elanaspantry.com/all-recipes/>