



# NEO Institute of Functional Medicine

...Your Center for *Hope & Healing*

## Guide to Gluten Free

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 for going gluten-free:

**Read Labels.** There are a lot of misconceptions out there about gluten, one is that no flour = no gluten. There are many ingredients that contain gluten that are not so obvious. These include:

- Wheat
- Wheat Berries
- Durum
- Emmer
- Semolina
- Spelt
- Farina
- Farro
- Graham
- Khorasan Wheat
- Einkorn Wheat
- Rye
- Barely
- Triticale
- Malt - maltodextrin, barley flour, malted milk/milkshakes, malt extract, malt syrup, malt flavoring, malt vinegar
- Brewer's Yeast

**If the item doesn't say "Gluten Free", it probably isn't.** Investigate further by looking closely at the label or checking online. These ingredients and foods are 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
- Canned soups - most are not acceptable
- Cheese spreads and other processed cheese foods
- Chocolate - may contain malt flavoring
- Cold cuts, sausages
- Dip mixes
- Dry sauce mixes
- Honey Hams - can be based with wheat starch
- Ice cream and frozen yogurt - check all dairy. Cows are grain fed and many react to dairy for this reason. Grass fed dairy is recommended or avoid dairy altogether.
- Instant tea and coffee
- Mayonnaise - check ingredients
- Mustard - mustard powder may contain gluten
- Oil, frying - check for contamination or corn based oils
- Poultry and meats - check for added flavorings, basting
- Sour cream - may contain modified food starch of indeterminate source
- Dry roasted nuts and honey roasted nuts
- French fries
- Gravies - check thickening agents and liquid base
- Vitamins and supplements - different brands may contain grain based ingredients. Check the labels carefully.
- Baking powder - commonly contains grains such as wheat or corn

**So, what's left to eat?** Your best bet is any unprocessed foods such as fruits, vegetables, grass fed meats and things that are naturally gluten-free. Most brands and grocery stores clearly mark products as gluten-free or have gluten-free sections.

**A list of local grocery stores that have many gluten-free options:**

- Heinen's
- Whole Foods
- Mustard Seed Market & Cafe
- Fresh Thyme
- Thrive Market

**If you are going out to eat,** it's wise to call ahead or look online for gluten-free options and handling. Buffets can be problematic, as cross-contamination can occur. At restaurants, ask how things are cooked i.e. if you order gluten-free pasta, is it cooked in the same pot of water as regular pasta? Are fried foods cooked in the same oil as gluten containing foods? Try the app "Find Me Gluten-Free" to find restaurants that 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 to eat. Or eat ahead of time. Although it is very tempting, it's not a good idea to throw caution out the window. If you have genetic markers for Celiac Disease, one bite of gluten pushes the button of inflammation for two weeks.

**Websites & Resources:**

[www.celiac.com](http://www.celiac.com)

[www.nehioceliac.com](http://www.nehioceliac.com)

[www.glutenfreeliving.com](http://www.glutenfreeliving.com)