

# Special Dietary Considerations

## Gluten

Gluten is the sticky protein found in many cereal grains and flower that allows for bread making. This protein can be very difficult for those with gluten sensitivity to digest. Avoiding gluten containing products can be *very* challenging as these grains make up much of the Standard American Diet. Yet, with good information and a bit of planning a gluten free diet is obtainable by most. First, the person who prepares the patient's food must fully understand the gluten-free diet. Be able to read food labels very carefully. And, be conscious of sources of potential gluten contamination that can occur during typical food preparation. Guidelines follow.

- **Do not eat** anything that contains the following grains: wheat, oats, triticum, rye, spelt or barley.
- The following **can be eaten** in any amount providing you are not also sensitive: corn, potato, rice ~ brown/wild, soybeans, tapioca, arrowroot, carob, buckwheat, millet, amaranth, quinoa, garbanzo (chick pea), nuts and seeds, legumes.
- **Distilled white vinegar** does not contain gluten.
- **Malt vinegar** does contain gluten.

Grains are used in the processing of many ingredients, so it will be necessary to seek out hidden gluten. The following terms found in food labels may mean that there is gluten in the product.

- **Hydrolyzed Vegetable Protein (HVP)**, unless made from soy or corn
- **Flour** or **Cereal** products, unless made with pure rice flour, corn flour, potato flour, or soy flour
- **Vegetable Protein** unless made from soy or corn
- **Malt** or **Malt Flavoring** unless derived from corn
- **Modified Starch** or **Modified Food Starch** unless arrowroot, corn, potato, tapioca, waxy maize, or maize is used
- **Vegetable Gum** unless vegetable gums are carob bean gum, locust bean gum, cellulose gum, guar gum, gum arabic, gum aracia, gum tragacanth, xanthan gum, or vegetable starch
- **Soy Sauce** or **Soy Sauce Solids** unless you know they do not contain wheat

Any of the following words on food labels usually means that a grain containing gluten has been used. **Stabilizer, Starch, Flavoring, Emulsifier, Hydrolyzed plant Protein**

There are now several companies that produce gluten-free products, and several support groups to provide delicious recipes and help patients adapt to the gluten-free diet. For instance, Bob's Red Mill processes their "alternative" grains in a gluten free building.

<b>Food Group</b>	<b>Do Not Contain Gluten</b>	<b>May Contain Gluten</b>	<b>Contain Gluten</b>
<b>Milk &amp; milk products</b> (2 or more cups daily)	whole, low fat, skim, dry, evaporated, or condensed milk; buttermilk; cream; whipping cream; Velveeta cheese food; American cheese; all aged cheeses, such as Cheddar, Swiss, Edam, and Parmesan	sour cream commercial chocolate milk and drinks, non-dairy creamers, all other cheese products, yogurt	malted drinks
<b>Meat or meat substitutes</b> (5 to 6 oz daily)	100% meat (no grain additives); seafood; poultry (breaded with pure cornmeal, potato flour, or rice flour); peanut butter; eggs; dried beans or peas; pork	meat patties; canned meat; sausages; cold cuts; bologna; hot dogs; stew; hamburger; chili; commercial omelets, soufflés, fondue; soy protein meat substitutes	croquettes, breaded fish, chicken loaves made with bread or bread crumbs, breaded or floured meats, meatloaf, meatballs, pizza, ravioli, any meat or meat substitute, rye, barley, oats, gluten stabilizers
<b>Breads &amp; grains</b> (4 or more servings daily)	cream of rice; cornmeal; hominy; rice; wild rice; gluten-free noodles; rice wafers; pure corn tortillas; specially prepared breads made with corn, rice, potato, soybean, tapioca arrowroot, carob, buckwheat, millet, amaranth and quinoa flour; puffed rice	packaged rice mixes, cornbread, ready-to-eat cereals containing malt flavoring, corn starch/flower	breads, buns, rolls, biscuits, muffins, crackers, and cereals containing wheat, wheat germ, oats, barley, rye, bran, graham flour, malt; kasha; bulgur; Melba toast; matzo; bread crumbs; pastry; pizza dough; regular noodles, spaghetti, macaroni, and other pasta; rusks; dumplings; zwieback; pretzels; prepared mixes for waffles and pancakes; bread stuffing or filling
<b>Fats &amp; oils</b> (servings depend on caloric needs)	Butter, vegetable oil. but not recommended: shortening, margarine, lard	salad dressings, non-dairy creamers, mayonnaise	gravy and cream sauces thickened with flour
<b>Fruits</b> (2 or more servings daily)	plain, fresh, frozen, canned, or dried fruit; all fruit juices	pie fillings, thickened or prepared fruit, fruit fillings	none
<b>Vegetables</b> (3 or more servings daily)	fresh, frozen, or canned vegetables; white and sweet potatoes; yams	vegetables with sauces, commercially prepared or seasoned vegetables and salads, canned	creamed or breaded vegetables; those prepared with wheat, rye, oats, barley, or gluten stabilizers

		baked beans, pickles, marinated vegetables	
<b>Snacks &amp; desserts</b> (servings depend on caloric needs)	brown and white sugar, rennet, fruit whips, gelatin, jelly, jam, honey, molasses, pure cocoa, fruit ice, popcorn, carob	custards, puddings, ice cream, ices, sherbet, pie fillings, candies, chocolate, chewing gum, cocoa, potato chips	cakes, cookies, doughnuts, pastries, dumplings, ice cream cones, pies, prepared cake and cookie mixes, pretzels, bread pudding
<b>Beverages</b> (4 to 6 cups or more daily)	tea, carbonated beverages (except root beer), fruit juices, mineral and carbonated waters, wines, instant or ground coffee	cocoa mixes, root beer, chocolate drinks, nutritional supplements, beverage mixes	cocomalt, beer, ale, gin, whiskey, rye, malt-containing drinks, Postum™ Ovaltine™
<b>Soups</b>	those made with allowed ingredients	commercially prepared soups, broths, soup mixes, bouillon cubes	soups thickened with wheat flour or gluten-containing grains; soup containing barley, pasta, or noodles
<b>Thickening agents</b>	gelatin, arrowroot starch; corn flour, germ, or bran; potato flour; potato starch flour; rice bran and flour; rice polish; soy flour; tapioca, sago		wheat starch; all flours containing wheat, oats, rye, malt, barley, or graham flour; all-purpose flour; white flour; wheat flour; bran; cracker meal; durham flour; wheat germ
<b>Condiments</b>	gluten-free soy sauce, distilled white vinegar, olives, pickles, relish, ketchup	flavoring syrups (for pancakes or ice cream), mayonnaise, horseradish, salad dressings, tomato sauces, meat sauce, mustard, taco sauce, soy sauce, chip dips	
<b>Seasonings</b>	salt, pepper, culinary herbs, flavored extracts, cloves, ginger, nutmeg, cinnamon, bicarbonate of soda, baking powder, cream of tartar but not recommended: monosodium glutamate, food coloring	curry powder, seasoning mixes, meat extracts	synthetic pepper, brewer's yeast (unless prepared with a sugar molasses base), yeast extract (contains barley)
<b>Prescription products</b>		all medicines: check with pharmacist or pharmaceutical company	

## Sample Menu

### Breakfast

- cream of rice *1/2 cup*
- skim milk *1 cup*
- banana *1 med*
- orange juice *1/2 cup*
- sugar *1 tsp*

### Lunch

- baked chicken *3 oz*
- rice *1/2 cup*
- green beans *1/2 cup*
- apple juice *1/2 cup*
- ice cream (made with-out wheat stabilizers ) *1/2 cup*

### Dinner

- sirloin steak *3 oz*
- baked potato *1 med*
- peas *1/2 cup*
- fruited gelatin *1/2 cup*
- butter *1 Tbsp*
- tea *1 cup*
- sugar *1 tsp*

<b>This Sample Diet Provides the Following</b>			
Calories	1748	Fat	62 gm
Protein	77 gm	Sodium	1577 mg
Carbohydrates	225 gm	Potassium	2934 mg

Source of chart: <http://www.gicare.com/pated/edtgs06.htm>

#### Other sources of hidden Gluten:

- Imported foods – other countries set different “acceptable” levels.
- Make-up and other facial products.
- Toothpaste.
- Other people in the house hold.
- Corn flower is an industry name for fine ground wheat.’
- School pastes
- Buckwheat “soba” noodles
- Adhesion agent for flavored chips (corn potato, etc), sausage

#### Contamination sources:

- Made on the same machinery as other gluten containing products during milling.
- Cooked in oil, boiled or grilled with other gluten containing products.
- Cooked on a used with other gluten containing products.
- Use of bread machine, toaster, butter, breadboards and knives used with other gluten containing products.
- In fields – wild wheat, farm storage equipment(silos) or transport(trucks, tractors)

The only way to know is if the manufacture put it on the label, even then do we really know? Yet, another reason to be careful with 2<sup>nd</sup> source labeling. i.e. natural source, natural flavor, natural ingredient or spices. This language generally means that they bought a pre-product from another source and by law do not have to put the contents on the final product label.

But then, the only way to *truly* know how you may react to gluten is to see how items containing gluten react in your body while doing careful observation over time.