

GLUTEN-FREE DIET: DOs and DON'Ts

DOs	DON'Ts
<p>Gluten-free Grains and Starches</p> <ul style="list-style-type: none"> • amaranth • arrowroot • buckwheat • corn • flax • millet • montina • oats (cross-contamination with gluten-containing grains possible) • maize • potato • quinoa • rice • sorghum • tapioca • flours made from nuts, beans and seeds <p>Safe Ingredients</p> <ul style="list-style-type: none"> • cornstarch • maltodextrin (made from cornstarch, potato, starch or rice starch) • vinegar (not malt) <p>Alcohol</p> <ul style="list-style-type: none"> • distilled spirits (e.g., whiskey and brandy) • wine 	<p>Grains containing Gluten</p> <ul style="list-style-type: none"> • wheat • rye • barley <p>Foods Containing Lactose (initially)</p> <ul style="list-style-type: none"> • dairy products may be re-introduced after 3–6 months of treatment <p>Unsafe Ingredients</p> <ul style="list-style-type: none"> • maltodextrin made from gluten <p>Malt Products</p> <ul style="list-style-type: none"> • malt vinegar • beers, lagers, ales and stouts

Items to Consider (i.e., may contain gluten)
<ul style="list-style-type: none"> • lipstick/gloss/balms • mouthwash/toothpaste • play dough • stamp and envelope glues • vitamin, herbal and mineral preparations • prescription or OTC medications

Resources

The Canadian Celiac Association <http://www.celiac.ca>
 Celiac.com <http://www.celiac.com>
 The Gluten Intolerance Group <http://www.gluten.net>
 Celiac Disease Foundation <http://www.celiac.org>

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