

Introduction to the Gluten-free Diet

Gluten is TOXIC to someone with celiac disease (CD). Gluten is the protein found in wheat, rye, and barley (malt) and their hybrids. A person with CD can only tolerate foods contaminated with less than 20 parts per million of gluten. For instance: millet flour which has been produced in a facility which also produces wheat can basically only have 20 particles of wheat in a bag of 1 million particles of millet. (Imagine a stack of 999,999,980 pennies with 20 dimes). A gluten-free (GF) product is only as good as the gluten-free process that gets it to the table both in manufacturing and in the kitchen. If coming from a safe source the following are naturally gluten-free.

SAFE

Almond Meal and Nut Flours	Amaranth	Arrowroot	Bean/ Lentil
Buckwheat/ Kasha	Coconut	Corn Starch/Meal/ Semolina/ Flour	Guar Gum
Potato Starch	Quinoa	Brown/White Rice Flour	Potato
Sorghum	Tapioca	Teff	Oats (Please note: Not all celiacs, for an unknown reason tolerate oats well)
Xanthan Gum	Soy	Sweet Rice also known as Glutinous Rice	MSG Monosodium Glutamate

Note: Genetic modification plays no role in gluten status. Corn & soy can be genetically modified while wheat still is not on the market GMO.

UNSAFE (any of the above contaminated in growth, transport, or production)

Barley	Bulgur	Couscous	Durum
Einkorn	Emmer	Farina	Farro
Graham	Rye	Kamut	Spelt
Triticale	Semolina	Malt	Wheat
Tempeh	Seitan		

The best resource for understanding gluten-free safety: <https://www.glutenfreewatchdog/>

Gluten is found in a lot of unexpected places. **READ LABELS.**

Here are a few examples to be aware of.

Cereal (often contain malt or contaminated oats)	Soy Sauce (Look for wheatfree tamari or those marked as gluten-free)	Beer (Barley malt). Please note some beers are now made through a process which removes the protein (the offending agent) from the barley and tests below 20 ppm. It is marketed to the gluten-free community. Not all celiacs or those on a GF diet tolerate this well.	Matzoh/ Communion Wafers (Some wafers are on the market that are gluten-free. Catholic Church law says that the wafer must contain wheat. Those are made with wheat starch which has been processed to remove the protein and tests below 20 ppm.
Soup base, bullion	Croutons	Chips (Pringles, SunChips)	Vegetarian meat products(seitan is wheat gluten)
Canned or packaged sauces or dressings(ie: Enchilada, Alfredo)	Seasonings and spice blends(Taco Bell Taco Seasoning contains flour)	Vinegar (Malt vinegar contains gluten. Apple cider, rice, and distilled are all considered safe).	

A few hints to protect the gluten-free foods which you buy.

Toaster: Toasters have crumbs of bread in them. Only toast gluten-free bread in a toaster dedicated as GF.

Frying: When deep frying, special oil needs to be used for GF items. Glutinous particles float in the oil and then can contaminate a GF food.

Boiling: Use new water for boiling noodles. The gluten from noodles will attach itself to GF pasta in a shared pot. Think about how much starch needs to be scrubbed out of a colander.

Storage: Don't use common storage containers. And always store gluten-free above glutinous.

Regular crumbs can fall on the GF items below.

GOOD LUCK!