**DO AND DON’T EATING FOR GLUTEN-FREE FOOD PLAN**

1. **AVOID** ALL FOODS CONTAINING GLUTEN OR THAT HAVE A POSSIBILITY OF EXPOSURE THROUGH MANUFACTURING, FARMING, OR TRANSPORTATION:

WHEAT: couscous, semolina, orzo, bulgur, graham, and farina

RYE

BARLEY

MILLET

SPELT

KAMUT

TRITICALE

OATS

CHECK FOR HIDDEN WHEAT/GLUTEN ADDITIVES:

SALAD DRESSINGS

HOT DOGS

ICE CREAM

BOUILLON

CHOCOLATE

HYDROLYZED VEGETABLE PROTEIN

SEITAN

1. THESE GRAINS/SUBSTITUTES ARE CONSIDERED **GLUTEN-FREE**

THE FOLLOWING GRAINS/FLOURS:

AMARANTH

ALMOND MEAL

BROWN RICE

BUCKWHEAT

COCONUT

CORNMEAL

CORNSTARCH

GUAR GUM

MILLET

PECAN MEAL

POTATO/STARCH

ROASTED KASHA

QUINOA

SORGHUM

TAPIOCA

TEFF

WHITE RICE

XANTHAN GUM

1. One of the major problems with gluten is that it is very difficult for the body to break down. Check with your primary care provider to see if they would recommend taking a digestive enzyme to aid in digestion. Often taking 1 or 2 with your meals (such as amylase enzymes) can be beneficial.
2. Probiotics: Eating cultured/fermented foods, or asking your provider for recommendations for supplements, can help to aid in digestion by enhancing the intestinal flora.
3. Supplements:

Glutamine

N-acetyl-D-glucosamine

Gamma oryzanol

Multi-vitamin-with minerals, hypoallergenic, no grains or dairy

* It is important to work with your healthcare provider or a trained professional as some supplements need to be monitored, for example, there are times when glutamine can cause increased ammonia levels, which is not beneficial.

\*Resources:

Celiac Foundation, [www.celiac.com](http://www.celiac.com)

Lipski, E. (2020). Digestive wellness: Strengthen the immune system and prevent disease through healthy digestion [5th Edition].