

Department of Gastroenterology 484 Golden Autumn Way Suite 201 Bowling Green, KY 42103 Phone: (270) 781-5111 Fax: (270) 780-0475 www.gravesgilbert.com/departments/gastroenterology

	Gluten-Free Diet Guidelines					
MILK PR	ODUCTS					
	Foods Allowed:	● milk ● cream	• buttermilk •	plain yogurt • ch	neese	
		• cream cheese	processed cheese	e ottage cheese	2	
	Foods to Question:	milk drinks	flavored yogurt	• frozen yogurt	• sour cream	
	Foods Not Allowed:	malted milk				
GRAIN P	PRODUCTS BREADS					
	Foods Allowed: Bread & baked products n corn starch potato				•	
	 ● rice bran ● cornmeal ● buckwheat ● millet ● flax ● teff ● sorghum ● amaranth ● quinoa 					
	Foods Not Allowed: Breads & Baked products of wheat germ ● wheat output on oat bran ● bulgur ● imported foods labeled	bran ● graham flo farina ● wheat-b	our	● durum flour ● spelt ● kamut	wheat starch	
Hot Cere	eals					
	Foods Allowed:	-		hominy grits • bro	own & white rice	
	Foods to Question: ● ric	e cereals • corn o	ereals • rice & s	oy pablum		
	Foods Not Allowed: Cerea ■ barley ■ oats	als made with ingred	dients not allowed:	● wheat ● rye	triticale	
Cold Cer	reals					
	Foods Allowed: ● puffed	d corn puffed r	ice puffed mill	et • rice flakes		
	Foods Not Allowed: • m	alt extract 🌘 mal	t flavoring			
Pastas						
	Foods Allowed: ● macar ● beans ● potato ● p			e, corn or soy $lacktriang$ qu	uinoa	



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Pastas Foods Not Allowed: ● wheat ● wheat starch ● other ingredients not allowed Miscellaneous **Foods Allowed:** • corn taco shells • corn tortillas <u>Foods to Question:</u> ■ rice crackers ■ some rice cakes ■ popped corn cakes **Foods Not Allowed:** • wheat flour taco shells • wheat flour tortillas **MEAT & PROTEIN: Meat, Fish & Poultry** Foods Allowed: All meat that is: ● fresh ● frozen ● canned ● salted ● smoked <u>Foods to Question:</u> Prepared or preserved meats such as: ● lunch meat ● ham ● bacon ■ meat & sandwich spreads
■ frozen meats patties
■ sausages
■ pate
■ wieners ● bologna ● salami ● imitation meats or fish products ● meat product extenders Foods Not Allowed: Fish canned in vegetable broth containing: • hydrolyzed vegetable protein (HVP) • hydrolyze plant protein (HPP) or from ingredients not allowed turkey basted or injected with HVP/HPP Eggs **Foods Allowed:** ● eggs **Foods to Question:** ● egg substitutes ● dried eggs ● egg whites Other Foods Allowed: ● lentils ● chickpeas ● peas ● beans ● nuts ● seeds ● tofu **Foods to Question:** ● baked beans ● dry roasted nuts ● peanut butter **FRUIT & VEGETABLES: Fruits Foods Allowed:** ● fresh ● canned fruit juices <u>Foods to Question:</u> ● fruit pie fillings ● dried fruits Vegetables <u>Foods Allowed:</u> ● fresh ● frozen ● dried ● canned

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Vegetables



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Food	s to Question: • French-fried potatoes (especially those in restaurants)
<u>Food</u>	Is Not Allowed: ■ scalloped potatoes (containing wheat flour) ■ battered dipped vegetables
MISCELLANEC	ous
Soups: Made	from allowed ingredients
Food	Is Allowed: ● homemade broth ● gluten-free bouillon cubes ● cream soups ● stocks
Food	ls to Question: ■ canned soups ■ dried soup mixes ■ bouillon cubs
· ·	Is Not Allowed: ● soups made with ingredients not allowed ● bouillon and bouillon cubes aining HVP or HPP
Fats	
· · · · · · · · · · · · · · · · · · ·	Is Allowed: ● butter ● margarine ● lard ● vegetable oil ● cream ● shortening ome-made salad dressing (made with allowed ingredients)
Food	ls to Question: ● salad dressings ● some mayonnaise
Food	ls Not Allowed: packaged suet
DESSERTS & S	SWEETS: Desserts made with allowed ingredients
• ca	Is Allowed:
· · · · · · · · · · · · · · · · · · ·	Is to Question:
· · · · · · · · · · · · · · · · · · ·	Is Not Allowed: desserts made with ingredients not allowed: ● cakes ● cookies ● ice cream e cream cones ● muffins ● pies ● pastries ● wafers ● waffles ● licorice ● candies
Snack Foods	
<u>Food</u>	ls Allowed: ● plain popcorn ● nuts
<u>Food</u>	Is to Question:
<u>Food</u>	Is Not Allowed: pizza (unless made with allowed ingredients

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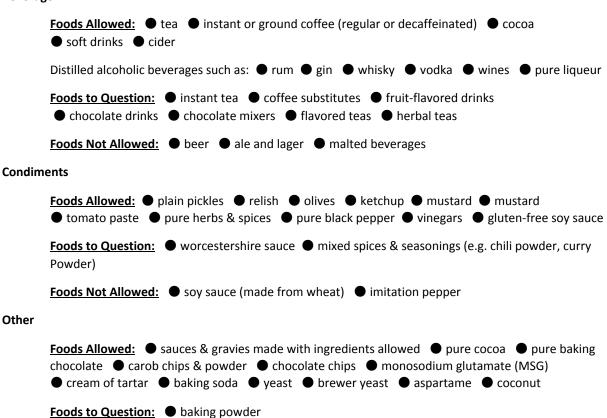


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Beverage

Other



<u>Foods Not Allowed:</u> ■ sauces & gravies made from ingredients not allowed , such as (HVP/HPP)

● HVP/HPP must avoided if the plant source is not identified or if the source is from wheat protein.

oat gumcommunion wafers

Imitation pepper may contain up 45% wheat gum. An example of this is the small pepper packages found in cafeterias, airline meals and some r