

# Thinking about going gluten-free?

Should you be thinking about reducing or eliminating gluten from your diet? Gluten is a protein found in grains like wheat and rye, and it causes a severe reaction called Celiac disease in about 1% of the population. As many as 50% of people may have some level of gluten sensitivity. If you think you may have a problem when you eat wheat products, you should see a doctor who specializes in problems with the digestive system. A dietitian can also help you plan and stay on a gluten-free diet.

## Here are the basics of a gluten-free diet:

You want to avoid	Instead you should choose
<b>All foods containing wheat, rye, triticale, and barley gluten</b> , such as bread, bagels, pasta, pizza, malted breakfast cereals, and crackers.	<b>Flours and foods made with amaranth, arrowroot, buckwheat, corn, flax, millet, potatoes, quinoa, rice, sorghum, soybeans, tapioca, or teff.</b>
<b>Oats</b> may cause symptoms because of contamination with wheat, barley, or rye during processing. It's best to avoid if newly diagnosed, then up to 2 ounces (50 grams) may be eaten daily.	<b>Fresh, frozen, dried, or canned fruits and vegetables.</b> Read labels for any additives that may contain gluten.
<b>Milk products</b> may aggravate symptoms at the beginning of treatment. After symptoms improve, you may be able to add milk back into your diet.	<b>Fresh, frozen, or canned meats.</b> Read labels for any additives that may contain gluten.
<b>Beer products</b> , unless labeled gluten-free.	<b>Wine, liquor (including whiskey and brandy), liqueurs, and ciders.</b>
<b>Hidden gluten.</b> Read ingredient labels carefully. Gluten can be in things like medicines, vitamins and other nutritional supplements, lipstick and lip balm, and various food additives. Products whose labels have the phrase "modified food starch" or "hydrolyzed vegetable protein" may contain gluten.	<b>Eggs and dairy products (i.e., cheese).</b> May need to limit dairy at the beginning of treatment due to aggravated symptoms.

*Adapted from Healthwise, Last Revised October 9, 2012. Author: Healthwise staff. Medical Review: E. Gregory Thompson, MD—Internal Medicine and Jerry S. Trier, MD—Gastroenterology.*

**Call your health coach if you have questions.**

