



Fundamentals of the Gluten-free Diet

Grains that should be avoided

- **Wheat**
(includes spelt, kamut, semolina, triticale)
- **Rye**
- **Barley (including malt)**
- **Oats**

Safe grains (gluten-free)

- **Rice**
- **Amaranth**
- **Buckwheat**
- **Corn**
- **Millet**
- **Quinoa**
- **Sorghum**
- **Teff (an Ethiopian cereal grain)**

Sources of gluten-free starches that can be used as flour alternatives

- **Cereal grains: amaranth, buckwheat, corn (polenta), millet, quinoa, sorghum, teff, rice (white, brown, wild, basmati, jasmine), montina (Indian rice grass)**
- **Tubers: arrowroot, jicama, taro, potato, tapioca (cassava, manioc, yucca)**
- **Legumes: chickpeas, lentils, kidney beans, navy beans, pea beans, peanuts, soybeans**
- **Nuts: almonds, walnuts, chestnuts, hazelnuts, cashews**
- **Seeds: sunflower, flax, pumpkin**

Nutrient Deficiencies

Because the substitute flours are not fortified with B vitamins, deficiencies may occur. Other nutrient deficiencies that are more prevalent in those with celiac include the fat-soluble vitamins (e.g, vitamin A, D, E and K), iron and calcium. Therefore a gluten free multivitamin supplement is advised.

Osteoporosis

All patients should undergo screening for osteoporosis, as the disease is much more prevalent in those with celiac.

Shopping smart:



It is not always obvious that an item may contain gluten. Look for "gluten-free" labeling on products.

