



# *Fundamentals of the* Gluten-free, Casein-free Diet

This diet eliminates all:

**Gluten**, which is the protein in wheat, rye, barley, and some other grains and **Casein**, which is the main protein in cow's milk. I also advise eliminating artificial colors and flavors, which often have behavioral effects.

## Foods to avoid

Therefore your child cannot have any bread, crackers, bagels, waffles, pancakes, or pasta that has wheat in it. There are gluten free substitutes for all of these.

She also cannot have cow's milk, cheese, ice cream or yogurt, unless it is a casein-free type (rice milk, rice cheese, etc.)

During the 60 day trial it is important to eliminate all food with these ingredients. Even 90% is not enough.

However, if a mistake happens, don't worry but just continue the diet. Observe your child carefully to see if there is any reaction.

## What foods can be eaten?

- Any fruit
- Any vegetable
- Any meat
- Any bean
- Any nut including peanut butter
- Rice or any rice product
- Oats - this is controversial I believe they are ok
- Flours like tapioca or almond flour

## Online Resources

Here is a great website with lots of details and ideas. There are recipes, food sources, cooking tips, a hand-out for teachers. You will definitely want to spend some time with this website.

<http://gfcf-diet.talkaboutcuringautism.org>

## Shopping

Local Stores with Gluten-free casein-free products

- **New Life** - 5612 E. Broadway - best gfcf selection
- **Trader Joe's** - most inexpensive
- **Sunflower Markets**
- **Whole Foods** (formerly Wild Oats)
- **Sprouts**

### **Things you can get a Trader Joe's**

- Rice pasta - spaghetti and macaroni
- Rice crackers
- Rice tortillas
- Gluten-free casein-free cereal?
- Rice milk
- Multivitamin
- Gfcf snack bars

Also try Ian's Natural Foods (some Basha's, Whole Foods, Sprouts, etc - they have GFCF chicken nuggets, pizza, corn dogs, etc.