



Grains with gluten

The gluten-free diet (GF) can provide adequate nutrition while eliminating wheat, rye, and barley from the diet as long as GF grains with high nutritional value are used and the diet includes a variety of foods. Gluten is a generic term referring to storage proteins in grains. The fraction of gluten protein in wheat, which injures the intestine of susceptible persons, is gliadin and glutenin. There are equivalent toxic protein fractions in barley and rye. Gluten damages the intestine of persons with celiac disease and dermatitis herpetiformis. It is unclear if it also causes damage in the intestine of persons with non-celiac gluten intolerances. When all sources of gluten from these grains are removed from the diet, the intestine is able to regenerate and normal function is usually restored. Research on oats indicates small quantities (1/2 cup dry) are safe for use in the gluten-free diet. Oats used should be clean and uncontaminated, meeting the proposed FDA guidelines for being labeled gluten free.

Gluten in many foods

The gluten from these grains may be present in foods either as a basic ingredient (that is, listed as wheat, rye, and barley), or added as a derivative when a food is processed or prepared. **READING LABELS CAREFULLY IS VERY IMPORTANT!** The Food Allergen and Consumer Protection Act of 2006 (FALCPA), has made label reading for allergens, including wheat easier. All ingredients and additives in foods monitored by FDA must include allergen labeling for the top 8 allergens (wheat, eggs, dairy, soy, tree-nuts, peanuts, shell fish and fin fish). Therefore wheat is no longer a hidden ingredient, processing aid or additive. A great deal of confusion occurs about the presence of gluten-containing additives in foods. Lists on pages 9-12 of this instruction discuss both questionable ingredients and common additives.

FALCPA requires that allergens contained in food products be declared in plain English in one of two ways:

- (1) By placing an allergen statement at the end of the ingredient listing. The statement will begin with the word "Contains" followed by the name of the food allergen (e.g., "CONTAINS: milk and wheat"); or...
- (2) By placing the common or usual name of the allergen in the list of ingredients followed in parentheses by the name of the food allergen source (e.g., "natural flavoring [eggs, soy]").

FALCPA does not extend to food service establishments, such as restaurants. Since flour and cereal products are often used in the preparation of foods, it is important to be aware of the methods of preparation used as well as the foods themselves. This is especially true when dining out.

Foods to avoid

Foods included in this section should be avoided if safety cannot be established. At times, you may find foods listed here that are gluten-free. The majority of the time this will not be the case. Think of these foods and ingredients as potentially dangerous until you have checked them for safety. Safety is established when all the ingredients and preparations are known to be gluten-free. Getting enough servings from each food group will insure adequate nutrition, including vitamins and minerals. Remember that combination foods such as a sandwich or casserole will have servings from more than one food group. The guidelines for servings in this instruction follow the recommendations of those of the Food Pyramid for adequate nutrition. A balance of proper nutrition, exercise, and rest are important to total health.

At times people newly diagnosed with gluten sensitivity or those who have been following the GF diet may show signs of nutrient deficiencies including B vitamins, calcium, iron, zinc

Questions to ask your doctor:

Should I take medication for this disease?

How long will I need to take this medicine and how will I know when to stop taking it?

What are the side effects of these medicines?

How often do I need to get my blood drawn to monitor this medicine's effect on my body?

What else can trigger DH?

Should I take nutritional supplements?

Could I have associated food intolerances?

Where can I have a bone density study?

What other concerns should I have?

How can I find out about the diet?

How often should I follow-up with the doctor? With the dietitian?



and other nutrients. Speak with your dietitian, physician, or consult with our staff about solving deficiency problems. Occasionally vitamin and mineral supplements may be recommended (these often will include calcium, folate, and other B vitamins, and/or iron). Recommended supplementation will vary with each individual. Once the intestine is healed, provided there is no other health problem that will cause a deficiency, an adequate, well-balanced diet with a variety of foods should provide all the vitamins and minerals you need.

A sample letter to be used when contacting manufacturers about products is included in this document. It is important to be specific when requesting information – i.e.: what is the starch source derived from. Using the term ‘gluten’ can give you incorrect information, since the manufacturers define gluten differently than the medical and gluten-intolerant community. Specifically, you need to know if the product has proteins derived from wheat, rye, or barley or a hybrid of these grains.

GRAINS	Foods Allowed:	Foods to Avoid:	Notes:
<p>Use 6 to 11 servings per day</p> <p>Grains supply many of the B vitamins and minerals required daily. Grains can also supply a significant amount of soluble and insoluble fiber.</p> <p>Not all GF grains have similar nutrient content. Choose whole grains with high nutrient density.</p> <p>Gluten-free bread products are often higher in calories than wheat breads. Read labels to determine a serving. Approximately 100 calories is in a serving of regular bread.</p>	<p>BREADS- Specially prepared breads using only allowed flours: amaranth, arrowroot, bean, buckwheat, chia, corn, flax, Indian rice grass, mesquite, millet, nut, and oats‡ (pure GF), potato, quinoa, rice, sorghum, soy, tapioca, and teff are allowed‡.</p> <p>Breads may be purchased ready-to-eat or as mixes to prepare at home.</p>	<p><i>If safety cannot be established</i></p> <p>Those containing wheat (including einkorn, Durham, faro, graham, semolina, spelt/spelta), rye, barley, triticale, Kamut, bulgur, or couscous.</p> <p>BEWARE: WHEAT-FREE does not always ensure gluten-free! Breads made from “carob-soy flour” can contain 80% wheat flour!</p>	<p>‡ Be sure the source is pure and uncontaminated.</p>
	<p>CEREALS- Hot Cereals: made from the allowed grains and seeds.</p> <p>Cold cereals: Cereals made without malt or malt flavoring.</p>	<p>Those containing wheat (including einkorn, Durham, faro, graham, semolina, spelt/spelta), rye, barley, triticale, Kamut, bulgur, or couscous.</p>	<p>New products with ‘unusual’ grains are constantly being introduced. Do not use them until you clear them with a reliable source.</p>
	<p>CRACKERS & SNACK FOODS- Rice wafers; rice crackers; corn and potato chips*; rice cakes*, pure corn tortillas; popcorn, caramel corn*</p>	<p>Those containing wheat (including einkorn, Durham, faro, graham, semolina, spelt/spelta), rye, barley, triticale, Kamut, bulgur, or couscous, or other questionable ingredients.</p> <p>READ LABELS CAREFULLY. If the product shows ‘brown rice syrup,’ contact the manufacturer to check for “barley malt enzymes” used in processing</p>	<p>*Consult label and contact manufacturer to clarify questionable ingredients.</p>

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GRAINS - continued	Foods Allowed:	Foods to Avoid:	Notes:
		<i>If safety cannot be established</i>	
	<p>SOUPS- Homemade broth & soup using allowed ingredients; a few canned soups*. Specialty dry soup mixes.</p>	<p>Most canned soups* and soup mixes*; bouillon and bouillon cubes.</p> <p>If hydrolyzed vegetable protein (HVP) is from wheat the label will say so.</p> <p>Other added ingredients not allowed.</p>	<p>*Consult label and contact manufacturer to clarify questionable ingredients.</p>
	<p>POTATO, RICE, PASTA & OTHER STARCHES- White and sweet potatoes; yams; hominy; rice, wild rice; special pasta made from rice, soy, corn or other allowed ingredients. Some Asian rice* and bean thread noodles*</p>	<p>Regular noodles; spaghetti or macaroni made from grains not allowed. Most packaged* or frozen rice or pasta side dishes*.</p>	<p>*Consult label and contact manufacturer to clarify questionable ingredients.</p>

FLOURS, GRAINS, & THICKENING AGENTS ALLOWED	Good thickening agent	Good combined with other flours	Best combined with milk & eggs in baked product	Grainy – textured products	Drier product than with other flours	Moister product than with other flours	Adds distinctive flavor –use in moderation	Browns and fries nicely	Short shelf-life
AMARANTH		X	X				X		
ARROWROOT STARCH	X								
BEAN FLOUR		X				X			
BUCKWHEAT		X					X		
CHIA	X	X		X		X			
CORN BRAN		X		X					X
CORN FLOUR		X	X	X			X		
CORN GERM		X							X
CORN MEAL		X	X	X					
CORN STARCH	X							X	
MESQUITE		X				X	X		
MILLET	X	X				X			
MONTINA (INDIAN RICE GRASS)		X				X	X		
OATS (PURE, UNCONTAMINATED)		X				X	X	X	
POTATO FLOUR		X	X		X				
POTATO STARCH (POTATO STARCH FLOUR)	X	X	X		X			X	
QUINOA		X				X		X	
RICE BRAN		X							X
RICE FLOUR (WHITE)		X	X	X	X				
RICE FLOUR (BROWN)		X	X	X	X				X
RICE FLOUR (SWEET)	X	X	X			X			
RICE POLISH		X	X				X		X
RICE STARCH FLOUR	X								
SORGHUM FLOUR	X	X						X	
SOY FLOUR		X	X				X		X
TAPIOCA STARCH	X	X							
TEF		X				X	X		

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FLOURS, GRAINS, STARCHES, & CEREALS TO AVOID									
<i>These flours, starches, grains, and cereals are not recommended on the gluten-free diet unless safety can be established.</i>	BARLEY	CAROB – SOY FLOUR	KAMUT	RYE	SPELT	TRITICALE	WHEAT FLOUR	WHEAT GERM OR BRAN	WHEAT STARCH
Contains gluten-proteins harmful in celiac disease	X		X	X	X	X	X	X	X
A member of the wheat family			X		X	X	X	X	X
This cereal may be contaminated with gluten containing grains or flours		X							

VEGETABLES	Foods Allowed:	Foods to Avoid: If safety cannot be established	Notes:
<p>Use 3-5 servings per day</p> <p>Vegetables are an excellent source of vitamins, minerals, and fiber. Use mostly raw vegetables to retain the fiber content. Fresh vegetables or flash frozen will have the highest nutrient content. Limit the amount of added fats to control caloric intake. One serving = ½ cup cooked or 1 cup raw vegetables.</p>	Use all plain, fresh, frozen, or canned. Some commercially prepared vegetables*	Creamed vegetables*, vegetables canned in sauce*, some canned beans*, commercially prepared vegetables and salads*	*Consult label and contact manufacturer to clarify questionable ingredients.

FRUITS	Foods Allowed:	Foods to Avoid: If safety cannot be established	Notes:
<p>Use 2-4 servings per day</p> <p>Fruits are an excellent source of vitamins, minerals, and fiber. Use of raw, fresh fruits increases the fiber in the diet. If concerned about weight, limit use of processed fruits and juices with added sugars. One serving = ½ cup</p>	All fresh, frozen, canned or most dried fruits*. All 100% fruit juices; some canned pie fillings*.	Thickened or prepared fruits; some pie fillings*.	*Consult label and contact manufacturer to clarify questionable ingredients.

DAIRY	Foods Allowed:	Foods to Avoid: If safety cannot be established	Notes:
<p>Use 2-3 servings per day</p> <p>Dairy foods are our primary source of calcium. If you are dairy intolerant, use of a calcium supplement is highly recommended. Dairy foods are also a good protein source and may be substituted for other protein foods in a vegetarian diet. One serving = 1 cup milk or ½ cup other dairy foods (yogurt, ice cream, etc.) or 1 oz. cheese</p>	<p>MILK- Fresh, dry, evaporated or condensed milk; cream; sour cream*; whipping cream; yogurt.</p>	Malted milk; some commercial chocolate drinks*; some nondairy creamers.*	*Consult label and contact manufacturer to clarify questionable ingredients.
	<p>CHEESE- All aged cheeses, such as cheddar, Swiss, Edam, and Parmesan. Cottage cheese, cream cheese, pasteurized processed cheese*. Veined cheeses, such as blue cheese are also allowed*.</p>	Any cheese product containing products to be avoided.	*Consult label and contact manufacturer to clarify questionable ingredients.

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PROTEIN	Foods Allowed:	Foods to Avoid: If safety cannot be established	Notes:
<p>Use 2-3 servings per day</p> <p>Protein is an essential nutrient for growth, tissue repair and fighting infections. Complete proteins are found in all meats from animals, poultry and fish. Choose lean cuts and cooking methods to limit your fat intake. One serving is equal to the size of a deck of cards (2 to 3 oz) of cooked meat. Red meats are a good source of iron.</p>	<p>MEAT, FISH, POULTRY- All fresh meats, seafood, poultry. Fish canned in water, oil, brine, or vegetable broth; some processed meat products, such as hot dogs, lunch meats, or cured meats*.</p>	<p>Prepared or processed meats containing grains to avoid, such as: some sausages*, hot dogs*; bologna*; and luncheon meats*. Chili con carne*. Bread-containing products, such as Swiss steak, meat loaf, meatballs, and croquettes. Tuna canned with hydrolyzed protein*. Turkey with hydrolyzed vegetable protein (HVP) injected as part of the basting solution. "Imitation Crab or other meat analogs" containing wheat starch or other unacceptable filler. Quick Individually Frozen (QIF) seafood‡.</p>	<p>*Consult label and contact manufacturer to clarify questionable ingredients. ‡May be dusted with flour or other starches in processing.</p>
	<p>EGGS- Plain or in cooking.</p>	<p>Eggs in sauces made from wheat, rye, oats, or barley. Usually wheat flour is used in white sauce.</p>	<p>Be aware that some restaurants may add a wheat-based filler in scrambled eggs and omelets.</p>

FATS & SWEETS	Foods Allowed:	Foods to Avoid: If safety cannot be established	Notes:
<p>Use sparingly.</p> <p>Although fats and sweets are an important part of our diet, in that they provide a desirable taste and texture to meals and snacks, they also often provide unnecessary calories and fat. Use small amounts. When you are able to, use reduced-calorie alternatives or substitutions for these foods.</p>	<p>FATS- Butter, margarine, vegetable oil, olive oil, hydrogenated butter, vegetable oil, shortening, nuts, peanuts, some salad dressings*, mayonnaise*.</p>	<p>Some commercial salad dressings with thickeners*. Some dry roasted nuts may contain wheat.</p>	<p>*Consult label and contact manufacturer to clarify questionable ingredients.</p>
	<p>DESSERTS- Cakes, cookies, quick breads, pastries, puddings made with allowed ingredients. Cornstarch, tapioca and rice puddings. Gelatin desserts*, puddings*. Ice cream w/few, simple ingredients. Sorbet*, frozen yogurt*, sherbet*.</p>	<p>Commercial cakes, cookies, pies, etc., made with grains and flours are not allowed. Products containing brown rice syrup made w/ barley malt enzyme*.</p>	<p>*Consult label and contact manufacturer to clarify questionable ingredients.</p>
	<p>SWEETS- Jelly, jam, honey, brown & white sugar, molasses, most syrups*, some candy*, chocolate, pure cocoa, coconut, marshmallows*.</p>	<p>Some commercial candies. Watch for malt/malt flavoring. Chocolate-coated nuts which may be rolled in wheat flour*. Brown rice syrup made w/barley malt enzyme*.</p>	<p>Consult label and contact manufacturer to clarify questionable ingredients. Wheat must be labeled on all products with oversight by the FDA.</p>

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OTHERS	Foods Allowed:	Foods to Avoid: If safety cannot be established	Notes:
<p>Liquids are important in our body's regulation and balance. Most people need 6-8 glasses of liquids daily.</p> <p>Spices and herbs add flavor and variety to any diet. There is no need for the gluten-free diet to be bland!</p>	<p>BEVERAGES- Instant, ground coffee, and flavored coffee beans; tea, and instant tea; carbonated beverages*; pure cocoa powder; wine and distilled spirits, such as rums, vodka, whiskey, etc.</p>	<p>Grain beverages (such as Ovaltine®), malted milk; ales; beer; some hard ciders; Instant Flavored coffees*. Some herbal teas w/barley or barley malt added*.</p>	<p>*Consult label and contact manufacturer to clarify questionable ingredients.</p>
	<p>MISC- Spices (salt, pepper, cloves, ginger, nutmeg, cinnamon, allspice, etc.).</p> <p>Herbs (oregano, rosemary, etc.).</p> <p>Food coloring.</p> <p>Flavoring extracts and imitation and natural flavorings.</p> <p>Yeast, baking soda, baking powder, cream of tartar, and dry mustard, vinegars, and olives. Monosodium glutamate (MSG).</p>	<p>Some curry powders*. Some dry seasoning mixes or blends*. Some gravy extracts*, meat sauces*, and soy sauces*. Some chewing gum*.</p> <p>Malt vinegar</p> <p>Communion wafers/bread. Note: In Catholic communion, host crumbs are often added to the wine before it is served. A workable solution is to arrange to use a goblet of your own. GF communion wafers are available.</p>	<p>"Spices" on labels refer to pure spices and are GF. Seasonings or blends could include blended spices with a flow or anti-caking agent which needs to be cleared as safe to use. "Flavorings" are only problematic in meat products; however labeling law requires that if wheat is used, it must be declared on meat products. Natural and artificial flavorings regulated, under FDA, are required to identify wheat.</p> <p>Vinegars & distilled spirits do not contain protein, therefore, are gluten-free. All proteins, including gluten, are too large to pass through the distillation process and are not found in end products of distillation. Therefore distilled alcoholic spirits are safe. Use alcoholic beverages in moderation. Malt vinegar may have a malt flavoring added after processing. Malt vinegar should be avoided.</p>

FOOD ADDITIVES THAT ARE SAFE FOR PERSONS WITH GLUTEN INTOLERANCES (This list is not an exhaustive list)

Adipic Acid	Dextrose	Mannitol	Sodium Citrate
Annatto	Dietyl Sodium Sulfosuccinate	Microcrystalline Cellulose	Sodium Hexametaphosphate
Ascorbic Acid	Folic Acid – Folacin	Niacin – Niacinamide	Sodium Nitrate
BHA	Fructose	Polyglycerol	Sodium Silico Aluminate
BHT	Fumaric Acid	Polysorbate 60: 80	Sorbitol
Beta Carotene	Gums: Acacia, Arabic, Carob	Potassium Citrate	Sucrose
Biotin	Bean, Cellulose, Guar,	Potassium Iodide	Sulfosuccinate
Calcium Chloride	Locust Bean,	Propylene Glycol Monostearate	Tartaric Acid
Calcium Pantothenate	Tragacanth, and Xanthan	Propyl Gallate	Thiamine Hydrochloride
Calcium Phosphate	Invert Sugar	Pyridoxine Hydrochloride	Tricalcium Phosphate
Carboxymethylcellulose	Lactic Acid	Sodium Ascorbate	Vanillin
Carrageenan	Lactose	Sodium Acid Pyrophosphate	Vitamins & Minerals
Citric Acid	Lecithin	Sodium Benzoate	Vitamin A (Palmitate)
Corn Sweetener	Magnesium Hydroxide	Sodium Caseinate	
Corn Syrup Solids	Malic Acid		
Deminerlized Whey			
Dextrimaltose			

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QUESTIONABLE INGREDIENTS	Foods Allowed:	Foods to Avoid: If safety cannot be established	Notes:
<p>These must be cleared with the manufacturer before they are eaten. A sample letter requesting information on the questionable ingredients and packaging, and processing of these ingredients is on the last page of this diet instruction.</p>			
DEXTRIN:		<p>May be derived from wheat. Would have to be identified if it contains wheat.</p>	
<p>“HYDROLIZED VEGETABLE PROTEIN (HVP)” or “HYDROLYZED PROTEIN”, “TEXTURIZED VEGETABLE PROTEIN (TVP)”, or “VEGETABLE PROTEIN”*:</p>	<p>Those from soy, corn, milk, or other acceptable vegetable protein sources</p>	<p>Mixtures containing wheat, oats, and barley.</p>	<p>“Hydrolyzed vegetable protein” (HVP) is primarily a combination of wheat, corn, and soy. When wheat protein is hydrolyzed, its large amino acid chains are broken down into smaller chains. Some protein researchers believe the same sequence of amino acids found in these smaller chains contains the same toxicity as the intact gliadin sub-fraction of the gluten protein. Thus, HVP made from wheat is not recommended on a gluten-free diet. HVP should be labeled as to its source.</p>
<p>“FLOUR” or “CEREAL PRODUCTS”:</p>	<p>Rice flour, corn flour, cornmeal, potato flour amaranth‡, quinoa‡, teff‡, millet‡, buckwheat‡, and soy flour or any other allowed grains.</p>	<p>Wheat, rye, barley, spelt, and other flours to be avoided.</p>	<p>‡Be sure the source is pure.</p>
<p>“VEGETABLE BROTH”:</p>	<p>In the US, this must contain 2 or more of the following: beans, cabbage, carrots, celery, garlic, onions, parsley, peas, potatoes, green bell pepper, red bell pepper, spinach, or tomatoes. It cannot contain any other ingredients. IT IS GLUTEN-FREE.</p>		
<p>“MALT” or “MALT FLAVORING”:</p>	<p>Those from corn or sugar sources</p>	<p>Those derived from barley or barley malt syrup.</p>	
<p>“BROWN RICE SYRUP”:</p>	<p>Rice only.</p>	<p>Rice plus barley malt enzyme, if it contains more than 20 ppm gluten.</p>	
<p>“STARCH”:</p>	<p>In the US, it must be CORN STARCH (in food products only).</p>	<p>If made with sources other than corn, it must be labeled as to its source (i.e.: wheat starch)</p>	<p>In medicines 'starch' is not necessarily made from corn.</p>
<p>“MODIFIED STARCH” or “MODIFIED FOOD STARCH”:</p>	<p>Arrowroot, corn, potato, tapioca, waxy maize, or maize.</p>	<p>From source ingredients other than those allowed. If it is made from wheat it must be labeled as such.</p>	
<p>“VEGETABLE GUM”:</p>	<p>Carob bean, locust bean, cellulose, guar gum, Arabic gum, acacia gum, tragacanth, or Xanthan gum.</p>	<p>Oat gum – rarely used due to cost</p>	
<p>“SOY SAUCE” or “SOY SAUCE SOLIDS”:</p>	<p>Those which DO NOT contain wheat (SOY ONLY).</p>	<p>Those brewed from wheat and soy.</p>	
<p>“MONO- and DIGLYCERIDES”:</p>	<p>Always gluten-free. When used in wet products, such as ice cream, there is no concern. In dry products, such as seasoning mixes, they must be 'dried' with a carrier. Those using a non-wheat-based carrier*.</p>	<p>Those using wheat-based carriers in dry products. The problem is the carrier ingredients, not the mono- and diglycerides.</p>	<p>*Consult label and contact manufacturer to clarify questionable ingredients.</p>



MEDICATIONS

Regulations for ingredients in medications are different than regulations for foods. Inactive ingredients are potentially problematic ingredients in medications. **Only medications that come in direct contact with any part of the intestinal tract must be gluten-free.** IV Drugs, medicated patches, liquids, topical agents, and inhalants do not contain ingredients with gluten.

Ask your doctor to add the following statement on all prescription drug orders "OR GLUTEN-FREE EQUIVALENT"

Gluten Free Pharmaceutical Excipients:

Alacia	Croscarmellose Sodium	Magnesium Stearate	Simethicone
Alginic Acid	Dextrose	Matitol	Sodium Benzoate
Alpha Tocopheral	Docusate Sodium	Maltose	Sodium Lauryl Sulfate
Ascorbic Acid	Fructose	Mannitol	Sorbitol
Benzyl Alcohol	Glucose	Microcrystalline Cellulose	Stearic Acid
Calcium Carbonate	Hydrogenated Vegetable Oil	Polydextrose	Sucrose
Carboxymethylcellulose	Hydroxypropyl Cellulose	Povidone	Vanillin
Citric Acid	Lactose	Propylene Glycol	Xanthan Gum
Corn Starch	Magnesium Carbonate	Silicon Dioxide	Zinc Stearate

Medication Ingredient:	Drugs Allowed:	Drugs to Avoid: If safety cannot be established	Notes:
STARCH:	Made from corn, rice, tapioca or potato.	Made from wheat.	
PREGELATINIZED STARCH:	From corn or tapioca starch.	Wheat starch.	
DEXTRIMALTOSE:		Processed by enzymatic action of barley malt on corn flour.	Dextrin & maltose combined.
MALT, MALT SYRUP:			Derived from barley & used in production of other ingredients.
DEXTRIN, DEXTRATES, CYCLODEXTRINS:	From corn or potato starch.	Wheat.	Derived from incomplete hydrolysis or starch.

Medication Ingredient:	Drugs Allowed:	Drugs to Avoid: If safety cannot be established	Notes:
MALTODEXTRIN:	Derived from caramel color – in the USA is generally corn based.	Wheat or oat maltodextrin.	
SODIUM STARCH GLYCOLATE (CARBOXYETHYL STARCH):	From potato, corn, rice or tapioca.	Made from wheat.	
CARAMEL COLOR:		Derived from barley malt syrup or unidentified starch hydrolysates.	Could also request 'dye-free' drugs.
ALCOHOL (DISTILLED ETHANOL):			Distribution separates out pure ethanol from proteins in original starting matter. Distilled spirits are gluten-free.

Sources for Gluten Free Drug Information:

- www.glutenfreedugs.com (Pharmacist controlled site)
- www.strokesrx.com (Some Pharmacist assistance. Fee for service.)
- www.clanthompson.com (Consumer controlled site. Updated frequently.)



WRITING EFFECTIVE LETTERS TO FOOD MANUFACTURERS

It is important that you clarify questionable ingredients on food product labels and in medications before adding them to your gluten-free diet. Manufacturers are usually courteous and prompt when answering questions about their products. The accuracy of their reply often depends on what question is asked. The following letter format can be used as a sample when contacting a manufacturer. Remember to be very specific when asking questions.

Your address

Date

Dear Sir/Madam:

I am on a gluten-restricted diet for the treatment of (your medical condition). I must avoid the 'gluten' protein found in wheat, rye, barley and hybrids of these grains, since they cause an immune response that damages my intestine. I would like to be able to use your product (name product); however the ingredient listing does not provide adequate information for me to determine if it would be safe. Specifically, I need to know * _____

* Examples would be:

- What is the source of starch in your "food starch modified" ("food starch" or "modified food starch")?
- Are your "soy sauce solids" derived from wheat?
- What are the inactive ingredients used in the medication, including those used in the coatings and capsules?

Incidental ingredients, used in the packaging and processing, is another possible source of gluten contamination. I am relying on you to clarify if these substances contain gluten, since these incidental ingredients are not listed on the packaging.

Please send a copy of your response to:

The Gluten Intolerance Group of North America®
31214 124th Ave SE
Auburn, WA 98092-3667

GIG® will be happy to share this information with their clients and health care professionals. If you have questions about these conditions and the dietary restrictions, please call our National Office at (253) 833-6655.

Thank you for your efforts on my behalf.

Sincerely,

Your Signature

This document may be reproduced for educational purpose only.

Other helpful information is available at www.GLUTEN.net.

Advances in celiac disease are fast-paced. If this document is more than 2 years old, please visit our Web site for updated documents.

This information should not be used to diagnose or treat anemia or celiac disease. For questions about anemia and celiac disease consult your healthcare team when considering this information.

Please consider your local GIG branch as another resource.

Gluten Intolerance Group (GIG)
31214 – 124th Ave. S.E.
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Phone: 253-833-6655
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GIG is a nonprofit 501c3 national organization providing support for persons with gluten intolerances, in order to live healthy, productive lives. GIG Branches provide support at a local level.

To make a donation or become a volunteer to GIG, visit our Web site or call the office at 253-833-6655.