



It can be challenging to be a vegetarian and follow a gluten-free lifestyle. However, it is possible! Depending on the degree of dietary restriction as well as varied individual food choices, some people with celiac disease may require the use of additional fortified foods or supplements to ensure adequate intakes of certain nutrients-especially vitamin B12, vitamin D, iron, and zinc.

Restricted Foods (& Their Nutrients) in Vegetarian and Gluten-free Diets

| Type of Diet | Restricted Foods | Nutrients of Concern |
|------------------------|---|---|
| Vegetarian (lacto-ovo) | Meat, poultry, fish/seafood | Iron, Zinc, Omega 3 fatty acids, Protein |
| Lacto-vegetarian | Meat, poultry, fish/seafood, eggs | Iron, Zinc, Omega 3 fatty acids, Protein |
| Ovo-vegetarian | Meat, poultry, fish/seafood, dairy products | Calcium, Iron, Zinc, Vitamin B12, Vitamin D, Omega 3 fatty acids, Protein |
| Vegan | All animal products including meat, poultry, fish/seafood, eggs, and dairy products | Calcium, Iron, Zinc, Vitamin B12, Vitamin D, Omega 3 fatty acids, Protein |
| Gluten-free | Wheat, rye, barley and their derivatives. Often times oats. | B vitamins, Iron, Fiber |

Did you know...?

- Many grains, including amaranth, buckwheat, millet, quinoa, sorghum, teff, and wild rice, contain higher levels of protein than wheat.
- Quinoa, specifically is a complete protein that is a great whole grain to use.
- Gluten-free whole-grain flours such as quinoa, teff, flaxmeal, almond, hazelnut, fava bean and garbonzo bean are highly nutritious and can be used to provide additional sources of iron, calcium, and B vitamins to a veggie diet.
- The soybean is a fabulous highly-versatile food that is naturally gluten-free and a high quality protein source.
- Processed soy products (and other “meat alternatives”) are often gluten-free, but **READ THE LABEL & CONTACT THE MANUFACTURER** to be safe.
- Malabsorption of vitamin D and calcium are common in advanced and untreated celiac disease, thus leading to bone disease (osteopenia, osteoporosis, osteomalacia). Vegans need to be especially careful to include sufficient levels of these nutrients.
- Non-dairy sources of calcium include: leafy greens (except spinach and swiss chard), calcium-set tofu, nuts, seeds, and certain GF grains.
- A vegetarian, GF diet eliminates many of the major sources of iron in a typical diet. For this reason, a supplement may be necessary.
- Zinc absorption is enhanced by animal proteins and therefore is often needed in supplemental form with vegetarians. This nutrient is also high in some vegetarian GF foods like wild rice, teff, pumpkin/squash seeds, and navy beans.
- Plant foods contain high amounts of dietary fiber including fruits, vegetables, legumes and GF whole grains.

Vegetarian Resources Vegetarian Resource Group

www.vrg.org

- American Dietetic Association Position Paper on Vegetarian Diets and A New Food Guide for North American Vegetarians

www.eatright.org
(Position papers link)

- Vegetarian Nutrition Dietetic Practice Group

www.vegetariannutrition.net

- Vegetarian Cooking for People with Allergies

www.vrg.org/catalog/order.htm

www.gluten.net/recipes

Please consider your local GIG branch as another resource.

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GIG is a nonprofit 501c3 national organization providing support for per persons with gluten intolerances, in order to live health, productive lives. GIG Branches provide support at a local level.