

# GETTING STARTED

A Guide to  
Celiac Disease &  
the Gluten-Free Diet



awareness • advocacy • action

[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



## ABOUT *GETTING STARTED*

Did you just learn that you have celiac disease or non-celiac gluten sensitivity ('gluten sensitivity')? If so, you probably are wondering what to do and where to turn. Perhaps you are thinking about all of the foods that you will miss and are unsure if you will ever be able to go out for dinner again.

Relax!

Getting started on the gluten-free diet can seem challenging at first, but you soon will find that it becomes routine. Managing the gluten-free diet requires a lot of preparation and education. Don't worry! Beyond Celiac is here to help.

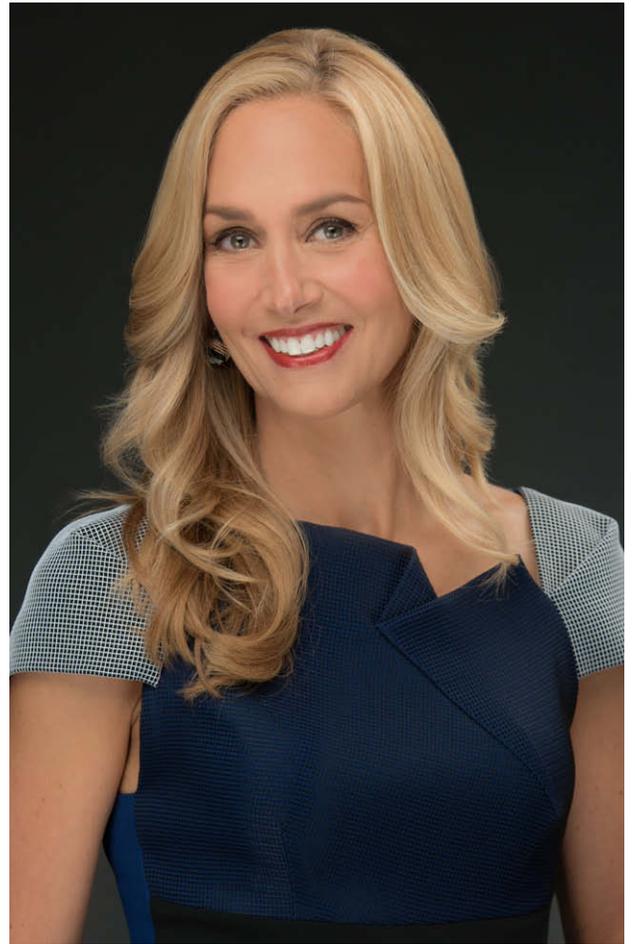
More than ever, there is a wonderful world of delicious gluten-free food available to all of us. The gluten-free marketplace is expanding daily, offering more and more options. Major grocery chains have developed gluten-free sections of their stores, the online gluten-free industry is booming and, increasingly, restaurants offer gluten-free items as a staple part of their menus.

Beyond Celiac has put together this *Getting Started: A Guide to Celiac Disease and the Gluten-Free Diet* to give you the information you need to navigate these early days of your recovery. We provide tips throughout to help to ease what often feels like a difficult path to walk. Here is my personal tip: Keep it simple and work on incorporating naturally gluten-free and nutritious foods into your diet.

As you go through the Guide, you will see that we have left white space in the columns on each page, as well as a blank Notes section at the end. Use this space to track your own important messages, phone numbers and reminders.

So, let's get started!

Alice Bast  
CEO  
Beyond Celiac  
@abast on Twitter



# GETTING STARTED

## A Guide to Celiac Disease & the Gluten-Free Diet

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*The content in this Guide has been updated as of December 2013; Educational content edited by Tricia Thompson, MS, RD.*

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*Celiac disease affects an  
estimated  
**1 in 133** Americans.*

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## WHAT IS CELIAC DISEASE?

Celiac disease is a serious genetic autoimmune disorder where the immune system attacks the tissues of the body. It is triggered by consuming a protein called gluten, which is found in wheat, barley and rye. When people with celiac disease eat gluten, the body recognizes it as a “foreign invader” and attacks itself. This causes damage to the villi in the small intestine, which are finger-like projections that absorb nutrients from food. Damaged villi make it nearly impossible for the body to absorb nutrients into the bloodstream, leading to malnourishment and a host of other problems which may include anemia, bone disease, adverse pregnancy outcomes, and certain types of cancer.

Tragically, the vast majority—an estimated 83% based on research published in 2012—of people with celiac disease in the United States remain undiagnosed or misdiagnosed. The prevalence of celiac disease has increased fourfold since 1950, furthering the need for prompt diagnosis.

### Who Gets Celiac Disease?

In the United States, researchers estimate that 1 out of every 133 persons has celiac disease. Some research suggests that this number may increase to 1 out of 100 for non-Hispanic whites. Celiac disease is genetic, which means that it is more common in people with a family history of the condition.

Because celiac disease is genetically based, biological relatives of people diagnosed with celiac disease are at an increased risk for developing the autoimmune condition. Family members of those diagnosed with celiac disease should be tested. Among relatives, celiac disease occurs in:

-  1 in 22 first-degree family members: parent, child, sibling
-  1 in 39 second-degree family members: aunt, uncle, niece, nephew, cousin, grandparent, grandchild, half-sibling

In some cases, it is believed that stressful events like pregnancy, surgery, infection or severe emotional distress may trigger the onset of the disease in genetically susceptible individuals.

## Seriously, Celiac Disease

It's important to tell your family members about their risk for developing celiac disease. Beyond Celiac did a research project which showed that relatives want to know about their celiac disease risk, but there is a right and wrong way to talk about it. Family members want a serious, in-person, one-on-one conversation about their risk. Beyond Celiac encourages you to talk to them. Tell them the facts. Urge them to test. We can show you how. Visit [www.SeriouslyCeliac.org](http://www.SeriouslyCeliac.org) to watch a video showing you how to have this important conversation. Beyond Celiac offers free downloadable guides at this link which contain all the dos and don'ts for talking to your relatives about getting tested.

## Dermatitis Herpetiformis

Dermatitis herpetiformis (DH) is the skin form of celiac disease. It is characterized by an extremely itchy rash that is triggered when gluten is eaten.

It is important to note that not all people with DH will develop some of the other signs and symptoms that are also associated with celiac disease. In fact, up to 20% of patients with DH will actually have a normal small intestine when examined. Regardless of the presentation or symptoms, a positive diagnosis of DH always indicates celiac disease!

DH is diagnosed through a biopsy of the skin. Treatment includes both a gluten-free diet and medication specifically for the skin rash.

## Non-Celiac Gluten Sensitivity

In addition to celiac disease and dermatitis herpetiformis, there is non-celiac gluten sensitivity ('gluten sensitivity'). Gluten sensitivity is considered a non-autoimmune, non-allergic symptomatic response to gluten. Preliminary research suggests that gluten sensitivity may affect up to as much as 6% of the United States population. Currently, there are no diagnostic tests for gluten sensitivity. A diagnosis may be made after celiac disease and other conditions are ruled out. The treatment for gluten sensitivity is a gluten-free diet.

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**Download your free guide**  
*to talking to your family about  
their risk.*

[www.BeyondCeliac.org/talktellttest](http://www.BeyondCeliac.org/talktellttest)

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**Celiac disease and  
gluten sensitivity** are two  
different conditions.  
Learn the difference.  
[www.BeyondCeliac.org/ncgs](http://www.BeyondCeliac.org/ncgs)

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## FODMAPS

The science on gluten sensitivity is evolving and we're learning new information on the condition regularly. New research suggests that gluten alone may not be responsible for the symptoms produced by the condition currently called gluten sensitivity. Instead, it is showing that perhaps FODMAPs, a group of poorly digested carbohydrates, may be the cause of the symptoms instead. It is also important to note that wheat, barley and rye—gluten-containing grains—are all high in FODMAPs.

Beyond Celiac encourages you to learn about the low-FODMAP diet by downloading the free webinar, "Is Gluten Really the Problem? The Role of FODMAPs in Gluten-Related Disorders," featuring Dr. Sue Shepherd, the creator of the low-FODMAP diet. This can be found in the Beyond Celiac webinar archive at [www.BeyondCeliac.org/webinars/archive](http://www.BeyondCeliac.org/webinars/archive)

## SIGNS & SYMPTOMS OF CELIAC DISEASE

Celiac disease is a serious genetic autoimmune condition with a wide variety of signs and symptoms because it affects multiple systems of the body. With nearly 300 signs and symptoms associated with the disease, doctors often have difficulty diagnosing it and, in many cases, misdiagnose patients with other conditions, such as irritable bowel syndrome. Some of the most common presentations of celiac disease are often gastrointestinal and can include:

-  Abdominal bloating
-  Abdominal pain
-  Constipation
-  Diarrhea
-  Foul smelling & bulky stool
-  Heartburn
-  Irritable bowel syndrome (IBS)
-  Nausea
-  Vomiting
-  Weight loss or weight gain

Prevalent non-intestinal signs and symptoms can include:

-  Anemia
-  Bone disease (osteopenia and osteoporosis)
-  Dental enamel defects
-  Depression
-  Failure to thrive (children)
-  Fatigue
-  Headaches
-  Irritability
-  Itchy skin rash

-  Joint pain
-  Pale mouth sores
-  Peripheral neuropathy (tingling or numbness in hands and feet)
-  Short stature (children)
-  Unexplained elevation in liver enzymes
-  Unexplained infertility
-  Unexplained miscarriage

People who suffer from unexplained signs or symptoms for several months should speak to a doctor about celiac disease as a potential cause. A delayed diagnosis can increase the risk of developing new symptoms or other complications.

There may be an increased risk of celiac disease among people with other autoimmune disease, like autoimmune thyroid disease, type 1 diabetes, Sjogren's syndrome and autoimmune liver disease. An increased risk has also been associated with Down syndrome and Turner syndrome.

## DIAGNOSIS OF CELIAC DISEASE

With a wide variety of signs and symptoms associated with celiac disease, gaining an accurate diagnosis can be difficult in many cases. To determine if a patient has celiac disease, a physician will first order antibody tests (a simple blood test) followed by a small intestine biopsy. This combination of tests is considered the gold standard for diagnosis. Genetic testing may also be used to rule out a diagnosis of celiac disease.

### Antibody Celiac Disease Test

When a physician orders antibody tests to screen for celiac disease, he or she is measuring antibodies to anti-endomysium and anti-tissue transglutaminase. The antibody tests will determine the response a patient's body is having to the gluten protein. A person with celiac disease will have higher-than-normal antibody levels.

The antibody test is made up of a panel consisting of Anti-Tissue Transglutaminase (IgA-tTG), Anti-Endomysial Antibody (IgA-EMA), and Total IgA. If a patient is IgA deficient, it is recommended that the IgA/IgG-DGP (deamidated gliadin peptide) also be ordered.

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*It's important to be on a **normal, gluten-containing diet** when getting tested for celiac disease.*

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**Get more facts on celiac disease testing.**

[www.BeyondCeliac.org/gettested](http://www.BeyondCeliac.org/gettested)

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In order for the test to be accurate, patients must be eating gluten regularly. If a patient has a positive antibody test, they will need a small intestine biopsy to confirm a celiac disease diagnosis.

### Small Intestine Biopsy

If the antibody tests are indicative of celiac disease, patients should undergo a biopsy of the small intestine to determine if there is damage to the villi, which is characteristic of celiac disease.

The biopsy is taken using an endoscope, a long, thin tube that the physician weaves through the mouth and stomach to reach the small intestine. Once the endoscope reaches the small intestine, several tissue samples can be taken.

It is also important that patients maintain a gluten-containing diet prior to undergoing a small intestine biopsy.

### Genetic Testing

When a physician orders a genetic test for celiac disease, he or she is looking for certain genes. About 95% of people with celiac disease have the HLA-DQ2 gene and most of the remaining 5% have the HLA-DQ8 gene. Some people with celiac disease have both DQ2 and DQ8.

If a patient does not have either of these genes, it is nearly impossible for them to develop celiac disease. If these genes are not present, the patient would not need a follow-up antibody test or endoscopy.

While genetic testing can be used to rule out celiac disease, it is not very helpful in diagnosing celiac disease. Approximately 40% of the United States population carries either DQ2 or DQ8, but a very small percentage of them actually go on to develop celiac disease.

When used to rule out a celiac disease diagnosis, genetic testing may be a good option for at-risk or high-risk children, or at-risk or high-risk people already on the gluten-free diet.

### Lab Tests You May Need

Celiac disease damages the villi, which are finger-like projections in the small intestine. Villi are responsible for absorbing nutrients from food. Because of this, it is highly likely that people with celiac disease will

be deficient in essential vitamins and nutrients when diagnosed. Laboratory tests should be done within three to six months following a diagnosis and annually for the rest of your life.

Regular monitoring with blood tests can help to answer the following questions:

- 🍷 Is the small intestine healing?
- 🍷 Am I being screened for common nutritional deficiencies and associated diseases?
- 🍷 Am I getting better?
- 🍷 Am I being exposed to gluten?

Laboratory tests to include in celiac disease management include:

- 🍷 Celiac disease antibodies (IgA-tTG) – See page 7 for more information
- 🍷 Nutritional anemia profile (hemoglobin, hematocrit, folate, ferritin, vitamin B12)
- 🍷 Vitamin profile (thiamin, vitamin B6, 25-hydroxy vitamin D)
- 🍷 Mineral profile (copper, zinc)
- 🍷 Lipid profile
- 🍷 Electrolyte and renal profile
- 🍷 Complete blood count (CBC)
- 🍷 Thyroid stimulating hormone (TSH)

Adults with celiac disease should have a bone mineral density scan within the first year after diagnosis.

The specific tests you receive will vary depending on your situation and your doctor's advice. Please use these tests as a guide to your lifelong management of celiac disease.

While blood tests are extremely helpful, visiting a registered dietitian knowledgeable of celiac disease and the gluten-free diet is considered the "gold standard" for understanding how to know if you are accidentally being exposed to gluten (even if symptoms are not present).

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**Learn more** about the conditions related to celiac disease.

[www.BeyondCeliac.org/ceciac-disease/related-conditions](http://www.BeyondCeliac.org/ceciac-disease/related-conditions)

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## TREATMENT OF CELIAC DISEASE: A GLUTEN-FREE DIET

The treatment for celiac disease is a strict, gluten-free diet. Currently, there are no medications or surgeries that can treat or cure this autoimmune disease. However, researchers are working every day to find a better solution for celiac disease than the gluten-free diet alone.

**What is gluten?** Gluten is a protein found in the grains wheat, barley and rye.

Until a cure, medication or pharmaceutical treatment become available, the gluten-free diet is a lifelong commitment for people with celiac disease. Eating even tiny amounts of gluten can cause damage to the villi of

the small intestine and prevent patients from absorbing nutrients into the bloodstream.

A physician will typically recommend that someone newly diagnosed with celiac disease visit with a registered dietitian skilled in the gluten-free diet. These professionals can help someone with celiac disease learn to read food labels and identify foods that are acceptable on the gluten-free diet. They can also help patients network with local celiac disease support groups and find grocery stores that specialize in gluten-free food items. This will help a patient begin living with celiac disease.

Most patients who strictly follow the gluten-free diet will experience relief of symptoms within a few weeks, although it may take several months or sometimes years for the small intestine to heal. Patients should keep in mind that the time it can take for the small intestine to heal can vary; each person's body is different.

In a small number of patients, symptoms and intestinal damage may persist despite following a strict gluten-free diet. This type of celiac disease is called refractory celiac disease. According to the National Institutes of Health (NIH), researchers are currently evaluating drug treatments for patients with refractory celiac disease.

Due to the harmful and sometimes prolonged effects of gluten exposure, those with celiac disease may have severe nutrient malabsorption issues, and low levels of essential vitamins and minerals. These levels can gradually improve when a gluten-free diet is started, but consulting a doctor or registered dietitian who is knowledgeable about celiac disease during this critical restoration process is strongly encouraged.

If you have been diagnosed with celiac disease, your goal is to stay gluten-free for life. Concentrate on what you CAN eat, and start simply!

A first and simple step is to look for dishes that need very little customization, perhaps just the substitution of one gluten-free ingredient for one that is not gluten-free. For example, make macaroni & cheese or baked ziti with rice, corn or lentil pasta, or prepare enchiladas with corn tortillas instead of the wheat flour variety.

Although single ingredient, fresh foods are a great way to start, packaged gluten-free choices are abundant in local stores. A growing number of restaurants have gluten-free selections and many even offer gluten-free menus. Food manufacturers may change ingredients, so it is still important to read labels, visit websites and/or call manufacturers if you have any questions.

In order to maximize the health and nutritional benefits of a gluten-free diet, you should embrace a diet filled with a variety of naturally gluten-free foods, such as fruits, vegetables, lean meat, poultry, fish, low-fat dairy foods, eggs, nuts, seeds and legumes. Remember that while the growing number of gluten-free products available is both exciting and tasty, a balanced diet containing a variety of healthy foods is best!

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*Focus on **what you CAN eat**,  
not what you can't.*

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*Download a guide  
to reading labels* at  
[www.BeyondCeliac.org/  
readinglabels](http://www.BeyondCeliac.org/readinglabels)

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The gluten-free diet may be high in fat and low in carbohydrates, fiber, calcium, iron, folate, niacin, B12, phosphorus and zinc. As a result, those on a gluten-free diet may continue to suffer from low intakes of certain vitamins and minerals and become susceptible to unwanted weight gain. To help make sure you get the most nutrition from the foods you eat, make sure to:

-  Choose gluten-free whole grain products whenever possible. Read ingredients lists looking for whole grain corn, brown rice, teff, millet, sorghum, wild rice, amaranth, buckwheat, and quinoa as the first ingredient. Whole grains are sources of fiber, B vitamins, iron and zinc.
-  Choose refined gluten-free grain products (e.g., products made with refined flours, such as white rice flour and milled corn, and starches, such as corn starch and tapioca starch) that are enriched or fortified with B vitamins and iron over those that are not enriched or fortified whenever possible. You can tell if a product is enriched or fortified by reading the ingredients list. The added vitamins and minerals will be named. Enriched grain foods are sources of B vitamins and iron.
-  Use the Nutrition Facts panel to compare the total fat and saturated fat content of the grain foods you buy. Choose the versions with the lowest fat and saturated fat content.
-  Eat and drink recommended amounts of milk and milk-based products (or their equivalents, such as calcium and vitamin D fortified soy milk). Milk is a source of calcium, vitamin B12, and phosphorus. To keep fat intake down, choose low-fat and non-fat varieties most often.

This guide provides suggestions for food during the early healing process and while exploring the rapidly expanding marketplace. Most foods containing gluten have a gluten-free equivalent. Yes, even gluten-free beer and gluten-free pizza are available! When reading this guide, remember that any food product suggestions are not individualized to meet daily calorie, protein, mineral and vitamin needs. Remember to work with a registered dietitian, as well as your physician, to determine individual nutrition needs.

## LIVING WITH CELIAC DISEASE

Eating even tiny amounts of gluten can cause damage to the small intestine and prevent nutrients from being absorbed into the bloodstream.

Repeated exposure to gluten can lead to ongoing symptoms and persistent, significant and sustained intestinal inflammation. In other words, if you cheat on your gluten-free diet, you could prevent your intestine from fully recovering, which, research suggests, could even affect your survival rate (Rubio-Tapia, et al. 2010).

Eliminating gluten-containing foods from the diet can seem overwhelming when you are first diagnosed, but with a little extra effort in the kitchen, you can eat delicious food that tastes just as good as the gluten-containing counterparts you are used to.

### THE FIRST STEPS

#### **1. Accept that you have celiac disease (or non-celiac gluten sensitivity).**

The first step to managing a successful gluten-free diet is accepting that this is a necessity for you in order to live a long and healthy life. Having a positive attitude will make managing the diet much easier!

#### **2. Schedule an appointment with a dietitian.**

As soon as you are diagnosed with celiac disease, you should ask your doctor for a referral to a registered dietitian skilled in the gluten-free diet. These professionals can help you learn the basics of a gluten-free diet and make suggestions to get your body healthy. As an added bonus, dietitians also receive hundreds of samples from food vendors, so they may have gluten-free items for you to try!

#### **3. Learn which foods contain gluten.**

Gluten is a protein found in the grains wheat, barley and rye, which means that most breads, pastas, breakfast cereals, baked goods and sweet and savory snacks found on the grocery store shelves are off limits.

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Download a **free Dining Tips** guide at [www.BeyondCeliac.org/diningtips](http://www.BeyondCeliac.org/diningtips)

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For **how-tos, videos, recipes,**  
and more, visit:  
[www.BeyondCeliac.org/  
gluten-free-food](http://www.BeyondCeliac.org/gluten-free-food)

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#### 4. Learn how to read food labels.

It is important to always read the labels of prepared, canned and packaged foods to be sure that they do not include any gluten-containing ingredients. If a food is not labeled gluten-free, look for the words or ingredients “wheat,” “barley,” “rye,” “oats,” “malt” and “brewer’s yeast” to indicate that the food is not safe to eat.

Plain meat, poultry, fish, fruit, vegetables, eggs, milk, nuts, seeds and beans are all naturally gluten-free. There are many naturally gluten-free grains and flours including those made from corn, rice, millet, sorghum, teff, quinoa, buckwheat, and amaranth. Whenever possible, it is important to buy grains and flours that are labeled gluten-free.

#### 5. Research gluten-free manufacturers.

As more people are diagnosed with celiac disease, the gluten-free marketplace continues to expand with more products available in grocery stores, natural food stores and online. There are hundreds of gluten-free products available, including breads, pizzas, pastas, cookies, cakes and crackers.

#### 6. Read gluten-free cookbooks and learn how to make your favorite recipes gluten-free.

There are hundreds of cookbooks available that offer tasty gluten-free recipes. Go to your local bookstore and browse through the cookbook section. To find more fantastic cookbooks, visit the Beyond Celiac website at [www.BeyondCeliac.org/books](http://www.BeyondCeliac.org/books). If you are new to cooking in general, spend some time watching cooking shows on the Food Network or check out a basic cookbook from the library that talks about the various principles of cooking.

#### 7. Prevent cross-contact at home by educating your family.

Teach your family about the gluten-free diet. Learning to prevent cross-contact is key to staying on track. This requires separating gluten-free products from other items in your pantry, as well as washing all cooking surfaces before preparing gluten-free foods. Remind your family not to share utensils, pots and pans, toasters and toaster racks, or other cooking items without thoroughly washing them beforehand. For example, take precautions not to dip a knife into peanut butter that has already touched a piece of bread.

## 8. Attend local celiac disease support group meetings and meet-up groups.

Most cities in the United States have a celiac disease support group. Look up your local chapter and attend a meeting. Vendors send product samples to most meetings, so this is a great opportunity to taste gluten-free goodies. Also, celiac disease meet-up groups are a new social phenomenon! In major cities, individuals with celiac disease have joined together to eat out at restaurants. By joining a group, you will meet other people with celiac disease and learn which restaurants are celiac disease friendly.

In addition to Beyond Celiac ([www.BeyondCeliac.org](http://www.BeyondCeliac.org)), there are several national gluten-free advocacy and support groups. Many of these groups have local chapters that are active in your community.

Celiac Disease Foundation - [www.celiac.org](http://www.celiac.org)

Celiac Support Association - [www.csaceliacs.org](http://www.csaceliacs.org)

Gluten Intolerance Group - [www.gluten.net](http://www.gluten.net)

GI Kids: Health & Hope for Children with Digestive Disorders - [www.gikids.org](http://www.gikids.org)

## 9. Schedule follow-up appointments with your doctor and dietitian.

To make sure your gluten-free diet is successful, schedule follow-up exams and take the celiac disease antibody test when directed by your doctor. If your blood test comes back normal, it will confirm that you are maintaining a completely gluten-free diet! If it remains elevated, you can work with your dietitian to determine how you may be accidentally eating gluten.

## 10. Eat at restaurants.

Ask questions, but don't give up your social life! Download the Beyond Celiac Dining Tips Sheet at [www.BeyondCeliac.org/diningtips](http://www.BeyondCeliac.org/diningtips).

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*To learn more about **cross-contact**, visit [www.BeyondCeliac.org/gluten-free-diet/cross-contact](http://www.BeyondCeliac.org/gluten-free-diet/cross-contact)*

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Visit [www.BeyondCeliac.org/kitchens](http://www.BeyondCeliac.org/kitchens) for a list of restaurants accredited in **safe gluten-free procedures**.

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## GLUTEN-FREE DIET 101

Sticking to a gluten-free diet can be difficult if you don't know what foods contain gluten. If you have celiac disease or non-celiac gluten sensitivity, you must avoid protein from the grains wheat, barley and rye.

You'll soon become an expert at reading labels and inquiring about ingredients. It may take a little time, but with the right support system, you'll be able to navigate the gluten-free diet with ease.

## UNSAFE INGREDIENTS

Grains which should **not** be eaten  
(and ingredients derived from them)

Wheat grain, including all types, such as einkorn, emmer, kamut, and spelt, and most forms, such as wheat flour, wheat bran, wheat germ, hydrolyzed wheat protein, and wheat starch (unless the wheat starch is labeled gluten-free or is an ingredient in a food labeled gluten-free) all contain gluten. There are other words that indicate the presence of wheat when used in an ingredients list, but the word "wheat" should always be listed in either the ingredients list or in the "contains statement" (for foods regulated by the Food and Drug Administration). These words include bulgur, graham, farina, semolina and durum.

Other ingredients to avoid:

-  Wheat grain
-  Barley grain and barley flour
-  Malt, malt extract, malt flavoring (these ingredients are found in many foods, including malt vinegar, malted milk, and malt beverages, such as beer)
-  Rye grain and rye flour
-  Triticale grain and triticale flour (a cross between wheat grain and rye grain)
-  Oats (unless labeled gluten-free)
-  Brewer's yeast (if it is an ingredient in a food product, it may be contaminated with gluten)
-  Modified food starch made from wheat (unless it is an ingredient in a food product labeled gluten-free)
-  Dextrin made from wheat (unless it is an ingredient in a food product labeled gluten-free)

## Packaged foods that may contain gluten

You have to read the labels of all packaged foods. The foods listed below are just a few of the many products that may contain gluten ingredients:

- 🌿 Bouillon/broth
- 🌿 Communion wafers
- 🌿 Deli/lunch meat
- 🌿 Gravies, sauces and marinades
- 🌿 Imitation meat and seafood
- 🌿 Licorice
- 🌿 Salad dressings
- 🌿 Seasoned potato/tortilla chips
- 🌿 Seasoned rice mixes
- 🌿 Soup
- 🌿 Soy sauce
- 🌿 Teriyaki sauce
- 🌿 Vegetables in sauce
- 🌿 Veggie burgers

## Other products that may contain gluten

- 🌿 Children's art supplies—While most children do not eat their art supplies, they often put their hands in their mouths before washing them. While Play-Doh® contains wheat, Aroma Dough ([www.aromadough.com](http://www.aromadough.com)) is gluten-free.
- 🌿 Personal care products used on the mouth—Some lipstick, lip gloss, and other lip care products may contain ingredients derived from gluten. While these products are not eaten per se, they may be inadvertently ingested. Regardless, the amount of gluten they contain and the amount that may be "eaten" is likely very small. If you are concerned, read ingredients lists carefully or contact the manufacturer. An increasing number of cosmetics manufacturers are labeling products gluten-free.
- 🌿 Alcoholic beverages—Malt beverages such as traditionally made beer are NOT considered gluten-free. Specially manufactured gluten-free beers made with a substitute for malted barley are available. Pure distilled alcohol (e.g. vodka) and wine are considered gluten-free.
- 🌿 Vitamins, supplements and medications—Some inactive ingredients, like excipients and binders, may contain gluten. See page 36 of this guide for more information on gluten in medications.

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*It is **not clear if "gluten removed" beer is safe** for people with celiac disease. Read about the remaining questions about gluten-removed beer on our website.*

[www.BeyondCeliac.org/gluten-removed-beer](http://www.BeyondCeliac.org/gluten-removed-beer)

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*Talk to your doctor before reintroducing oats into your diet. Choose only **“pure, uncontaminated”** or **“certified gluten-free”** oats.*

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## Oats: A Special Caution

By definition, oats are naturally gluten-free. In their natural form, oats do not contain the gluten protein. However, fields where oats are grown and mills that produce and store oats may also grow and manufacture wheat, barley or rye. These practices result in cross-contact. The good news is that cross-contact is preventable.

Current research strongly suggests that the majority of patients with celiac disease can tolerate oats in their pure, uncontaminated form. It is important to note that a very small percentage of individuals with celiac disease do react to pure, uncontaminated oats. Although the cause for this reaction is not completely understood, some literature suggests that a protein in oats can trigger a response similar to gluten.

Individuals who would like to add gluten-free oats to their diet should do so under the guidance of their dietitian or physician. For persons with celiac disease, oat intake should be limited to the equivalent of ½ cup of rolled gluten-free oats per day.

Any oats and products containing oats that are eaten must be labeled gluten-free. When shopping, look for oats that are specifically labeled “gluten-free.”

Individuals who develop any new symptoms after adding gluten-free oats to their diet should bring this to the attention of their dietitian or physician.

## SAFE GLUTEN-FREE SUBSTITUTES

If you don't use the correct substitutes when replacing wheat flour in gluten-free recipes, your cookies may come out of the oven flat and tasting like rubber. Below is a list of the most useful gluten-free flours that can be used when substituting for wheat flour and some tips on how to make your favorite recipes gluten-free!

### **Almond Meal Flour**

Almond meal flour is made from whole almonds that have been finely ground into a powder. It is used in cookies, cakes and other desserts. Be sure to store almond meal flour in the freezer.

### **Amaranth Flour**

Amaranth has a very high protein and fiber content and adds a nutty flavor to gluten-free baked goods. It is most commonly used in combination with other flours to make breads, pasta, pancakes and other recipes. Make sure to buy amaranth flour that is labeled gluten-free.

### **Brown Rice Flour**

Brown rice flour packs a bit more of a nutritional punch than white rice flour. Use this flour in muffins and breads when a heartier product is desired. Be sure to buy brown rice flour that is labeled gluten-free.

### **Buckwheat Flour**

Although buckwheat is a grain-like ingredient, it has no relation to wheat and is, in fact, gluten-free. Buckwheat is used throughout Europe to make pancakes and serves as a fantastic alternative for gluten-free cooking, especially when used to make breakfast cereal and gluten-free breads. Make sure that any products you buy containing buckwheat are labeled gluten-free.

### **Coconut Flour**

Coconut flour is a delicious and healthy alternative flour that has a high fiber content. It provides a natural sweetness and adds moisture to baked goods.

### **Corn Flour**

Compared to cornmeal, corn flour has a blander taste, as well as a lighter and finer texture, when used in baked goods. Whenever possible, buy corn flour that is labeled gluten-free.

### **Cornstarch**

Cornstarch is made by grinding up the starchy (carbohydrate) portion of a corn grain and turning it into a very fine powder. Cornstarch is typically

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*Gluten-free **baking can be challenging** at first, but it gets easier in time.*

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*For recipes, videos,  
tips and tricks for  
gluten-free baking, visit  
[www.BeyondCeliac.org/baking](http://www.BeyondCeliac.org/baking)*

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used as a thickening agent, for soups, sauces and stews. It is also used in pre-made gluten-free flour blends because it creates a smoother texture.

### **Garbanzo Bean Flour (Chickpea Flour)**

Garbanzo bean flour, aka chickpea flour, is like all bean flours in that it is high in protein and fiber content. As opposed to rice, tapioca and potato flours, bean flours more closely mimic the texture of white wheat flour when used in baked products.

### **Guar Gum**

Guar gum is made from guar beans and has eight times the thickening ability of cornstarch. It works well for thickening sauces and is often used to make gluten-free breads.

### **Millet Flour**

Millet flour looks and tastes a lot like corn flour or cornmeal and is a great source of fiber. Use this flour in muffins and cornbreads. Be sure to buy millet flour that is labeled gluten-free.

### **Potato Flour**

Potato flour is made by grinding potato roots and subsequently removing the fibrous material. Potato flour is most commonly used to thicken sauces and is generally included in gluten-free flour blends because it adds moisture to baked goods.

### **Quinoa Flour**

Quinoa is one of the more nutritionally packed gluten-free substitutes. It is loaded with protein and a host of other vitamins and minerals. Quinoa is known for its mild nutty flavor. It can add both texture and moisture in baking. Be sure to buy quinoa flour that is labeled gluten-free.

### **Sorghum Flour**

Sorghum is a millet-like grain and adds a strong flavor to gluten-free baked goods. Be sure to buy sorghum flour that is labeled gluten-free.

### **Tapioca Flour**

Tapioca flour can add chewiness to baked goods and is a wonderful thickening agent. Tapioca flour is known for being one of the more flavorless gluten-free flours, so it won't affect the taste of your dish.

### **Teff Flour**

Teff flour is a nutritional powerhouse and has a mild nutty flavor and a very soft, fine texture. It works well in cookies and pie crusts. Be sure to buy teff flour that is labeled gluten-free.

### **White Rice Flour**

White rice flour is made from finely ground white rice and is most often used as a replacement for wheat flour in gluten-free breads. Be sure to buy white rice flour that is labeled gluten-free.

### **Xanthan Gum**

Xanthan gum is used to add volume or fluffiness to gluten-free breads and other baked goods. It is made from the fermentation of sugar by the organism *Xanthomonas campestris*.

## **BAKING WITH GLUTEN-FREE FLOURS**

Gluten-free baked goods will generally turn out better if a combination of gluten-free flours and starches is used. Gluten-free flours have different tastes and textures. Gluten-free cooking and baking is all about experimenting! In general, you do not want to substitute a single gluten-free flour for the wheat flour called for in a recipe. You may want to try substituting  $\frac{3}{4}$  cup of a gluten-free flour and  $\frac{1}{4}$  cup of a gluten-free starch (carbohydrate portion of grain) for 1 cup of wheat flour. It may be easiest to buy an all-purpose baking mix when you are first getting started (see next page under "All Purpose Gluten-Free Flour.") The gluten-free marketplace continues to expand with replacement options that can be substituted one-for-one with wheat flour. (Be sure to read intended use and instructions.)

When you are first learning to bake gluten-free, it may be helpful (and far less frustrating) to use a cookbook. Following tried and true recipes at first will help you learn about the various flours, including their tastes and textures.

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***When starting out, follow recipes exactly to get a sense of the different tastes and textures. Gluten-free batters are thinner than wheat batters, for example.***

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# TIPS FOR INCORPORATING GLUTEN-FREE FLOURS AND STARCHES INTO FAVORITE FAMILY RECIPES

## All Purpose Gluten-Free Flour

Find a prepared gluten-free baking mix to keep handy in your refrigerator. Several gluten-free manufacturers produce these mixes. These tried and true mixtures of gluten-free flours, starches and leavening agents can often be substituted for wheat flour on a one-for-one basis.

## Flouring or Breading Meat and Fish

There are several companies that make gluten-free breadcrumbs, but you can also make your own gluten-free coating. Try cornmeal, potato or quinoa flakes or mixtures of gluten-free flours. Whirl some dry gluten-free bread or gluten-free corn tortilla chips in a food processor until finely ground. Some people enjoy crumbled gluten-free waffles or gluten-free crisped rice. These are not usually sweetened and, when seasoned with salt, pepper, garlic powder, crushed red pepper flakes, etc., create a tasty, crunchy coating. Using crushed nuts as a topping is also a great way to increase the nutritional value of your dish.

## Gravy

Use arrowroot starch as a thickener.

## Pudding and Pie Filling

Try gluten-free starches such as cornstarch, potato starch, tapioca or arrowroot.

## Roux or White Sauce

Use rice flour, as you will likely find that bean and soy flours have too strong a taste.

## Stuffing

Make your favorite recipe with gluten-free cornbread or gluten-free sandwich-style bread (homemade or store-bought), or experiment with rice stuffing.

## The Growing Gluten-Free Market

The gluten-free packaged foods industry has been growing rapidly. The gluten-free market is a \$20 billion industry (SPINS, 2014). Prepared gluten-free substitutes and mixes are now available for nearly all of your favorite gluten-containing foods. Even so, many people with celiac disease find that they enjoy freshly-baked breads, cookies, muffins and pie crusts. Learning to master gluten-free cooking and baking is also a great way to bring families together for quality time. Visit our Gluten-Free Recipe Boxes and Gluten-Free Recipe of the Week at [www.BeyondCeliac.org/recipes](http://www.BeyondCeliac.org/recipes).



## WHERE TO PURCHASE GLUTEN-FREE FOOD

Grocery stores and food distributors nationwide are responding to the demand for gluten-free products. No matter where you live, you should be able to find many products that are labeled gluten-free in your local grocery store. Some grocery stores will have separate gluten-free sections. Others may intermingle gluten-free items in the regular sections. Some supermarkets even have Registered Dietitians who are able to give you a store tour to help you find gluten-free items.

In addition to your regular grocery store, any big box stores and even pharmacies are now offering gluten-free products. There is also an abundance of online stores who can ship gluten-free food right to your door.

# GLUTEN-FREE FOOD LABELING

## Food Labeling 101

The gluten-free marketplace is booming and new gluten-free products are filling grocery store shelves on a regular basis. Just as more gluten-free products have increasingly become available over time, so too has it become easier to identify gluten-free products from gluten-containing ones.

The key to gluten-free food safety is not only learning how to identify gluten-containing ingredients by reading food labels, but also understanding which food products have a high-risk for cross-contact with gluten.

As you begin your gluten-free journey, Beyond Celiac suggests some simple tips for navigating the grocery store:

-  Stick to packaged and processed foods that have only a few simple ingredients—their labels are easier to read!
-  When in doubt, purchase products that are labeled gluten-free.
-  Look out for less-obvious sources of barley, specifically malt and brewer's yeast.
-  Whenever possible, purchase naturally gluten-free grains, flours and starches that are labeled or (preferably) certified gluten-free by a third party.
-  When foods containing “smoke flavor” aren't labeled gluten-free, verify their status with the food manufacturer.
-  Avoid poultry and meat products that do not list the source of dextrin or starch on the product label.
-  Products labeled “wheat-free” are NOT necessarily gluten-free—remember to read all ingredients.
-  Avoid purchasing from bulk bins—cross-contact can easily occur with scoops and gluten-containing items.
-  Opting for fresh, whole foods that are naturally gluten-free instead of gluten-free packaged and processed foods is not only safer, but can also be more nutritious.

## Food Labeling 201

While Beyond Celiac encourages all consumers to carefully read food and beverage labels before completing their gluten-free purchases, we trust you will find that it has never been easier to tell if a food product includes gluten-containing ingredients. Since 2004, the celiac disease community has made significant progress working with food manufacturers and the government to ensure that foods labeled gluten-free are truly safe to eat.

### **Labeling Requirements: The Food Allergen Labeling & Consumer Protection Act (FALCPA)**

The Food Allergen Labeling and Consumer Protection Act (FALCPA) mandates that if a packaged food product regulated by the U.S. Food and Drug Administration (FDA) includes an ingredient that contains protein from any of the top eight allergens, the allergen must be named in either the ingredients list or a separate “Contains” statement immediately following or next to the ingredients list. The top eight allergens are milk, eggs, peanuts, tree nuts, fish, Crustacean shellfish, soy and wheat.

This means that if you do not see the word “wheat” in the ingredients list or Contains statement of a packaged food product regulated by the FDA, none of the ingredients in that food product include wheat protein. Barley and rye are not considered to be top eight allergens, so they are not part of FALCPA.

### **FALCPA also required a federal standard to be set defining the term “gluten-free” and rules for using the term on product labels.**

On August 2, 2013, the FDA announced that if a product bears the label “gluten-free,” the food must contain less than 20 parts per million (ppm) gluten, as well as meet other criteria. The rule also applies to products labeled “no gluten,” “free of gluten,” and “without gluten.”

**The labeling of food products as gluten-free is a voluntary action for manufacturers and manufacturers are not required to test for gluten.**

In addition to containing less than 20 ppm gluten, any product that carries a gluten-free claim must also meet other criteria. Either the

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*Did you know? **The “gluten-free” labeling rule was a landmark event** that took over eight years to finalize.*

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**Learn more about gluten and cosmetics on our website.**

[www.BeyondCeliac.org/  
gluten-in-cosmetics](http://www.BeyondCeliac.org/gluten-in-cosmetics)

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product inherently does not contain gluten, such as a bag of raw carrots or bottle of water, or meets the following criteria:

-  Does **not** contain an ingredient that is a whole, gluten-containing grain (i.e. wheat, barley, rye or crossbred hybrids of these grains)
-  Does **not** contain an ingredient that is derived from a gluten-containing grain and has **not** been processed to remove gluten (i.e. wheat flour)
-  May contain an ingredient that is derived from a gluten-containing grain that has been processed to remove gluten (i.e. wheat starch) as long as the food product contains less than 20 parts per million (ppm) of gluten

The gluten-free labeling rule became effective on September 4, 2013, and manufacturers choosing to label products “gluten-free” are required to comply with this regulation as of August 5, 2014. While the regulation is voluntary, what’s important to know is that any product that is labeled gluten-free must meet the FDA requirements—that accountability is key.

Other basic important information to know about food labeling requirements includes:

-  The use of a “gluten-free” label does not replace or eliminate the need to comply with the mandatory allergen labeling which requires wheat to be listed as described above.
-  A product whose label indicates the presence of wheat may be gluten-free if the wheat-containing ingredient (e.g. wheat starch) has been processed to remove gluten and results in a gluten content of less than 20 ppm. In such situations, the labeling must indicate that, “The wheat has been processed to allow this food to meet FDA requirements for gluten-free foods.”

The new regulation also applies to dietary supplements, such as vitamins and minerals. The rule does not apply to:

-  Foods regulated by the U.S. Department of Agriculture (USDA)
-  Alcoholic beverages regulated by the Alcohol and Tobacco Tax and Trade Bureau (TTB)

-  Prescription and over-the-counter drugs
-  Pet food
-  Cosmetics

## Label Reading

**Consumers need to be aware that the use of a gluten-free label is optional, and non-labeled products may still be gluten-free.** Reading the label to check ingredients remains an essential part of successfully managing the gluten-free diet.

If a product regulated by the FDA bears a “gluten-free” claim, it is considered to have met the FDA regulations of less than 20 ppm gluten and should be safe to eat.

It is essential to read the ingredients label in its entirety, whether or not the product bears a “gluten-free” claim. Look for the following ingredients and these words in the ingredients list or “Contains” statement:

- |  |  |
|--|--|
|  Wheat  |  Malt   |
|  Barley |  Brewer’s yeast                                 |
|  Rye    |  Oats (unless specifically labeled gluten-free) |

The labeling requirements in FALCPA only apply to food products regulated by the FDA. Those products regulated by the U.S. Department of Agriculture (USDA) are not required to comply with FALCPA. The USDA regulates egg products, poultry products, meat products and mixed food products that generally contain more than three percent raw meat or two percent or more cooked meat or poultry (e.g. soups, chilis, frozen entrees).

Even though USDA-regulated products are not required to comply with FALCPA, it’s estimated that 80 to 90% of these products voluntarily comply. If there is any doubt about whether a USDA-regulated product is complying with FALCPA labeling, the following ingredients may be derived from wheat and need to be avoided or investigated: Starch, food starch, modified food starch and dextrin. It is important to note

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**The USDA regulates** egg, poultry, meat and some mixed food products. The USDA is not required to follow FALCPA, but 80-90% of these products voluntarily comply.

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that in USDA-regulated products, the single word “starch” can mean either “corn starch” or “wheat starch.”

If you contact a food manufacturer to verify the source of an ingredient, specify the ingredients and the lot number of the food in question. State your needs clearly - be patient, persistent and polite.

### Special Cautions

Because a strict, lifelong gluten-free diet is the only treatment for celiac disease, individuals with celiac disease must be aware of potential food products that carry an increased risk for cross-contact with gluten.

### Naturally Gluten-Free Grains and Flours

Oats are not the only food product with an increased risk for cross-contact with wheat, barley or rye due to growing and manufacturing processes. Naturally gluten-free grains, flours and starches are also at an increased risk for cross-contact. Therefore, it is recommended that individuals with celiac disease should purchase naturally gluten-free grains, flours and starches that are labeled gluten-free. This recommendation also applies to mixed food products made with naturally gluten-free grains, flours and starches, such as corn tortillas, buckwheat noodles and rice noodles.

### Herbs and Spices

While individual herbs and spices are naturally gluten-free, recent research has found that some may be contaminated with small amounts of gluten-containing grain.

For example, spices can be mixed with wheat flour or wheat starch to reduce costs. (If wheat-based ingredients are added to a spice or dried herb, U.S. food regulations require that wheat be included on the food label, or the spice will be deemed misbranded.) It is also possible that spices and herbs may come into cross-contact with a gluten source during the manufacturing and packaging processes. However, in most cases, the researchers concluded that the trace amounts of gluten did not pose a health risk for individuals with celiac disease.

It is important to remember that herbs and spices are typically consumed in small quantities during an average meal, and, therefore, detectable levels of gluten in a spice or herb are not very likely to pose a health risk for a person with celiac disease.

If you have any questions regarding the steps a manufacturer of herb and spice products takes to decrease cross-contact with gluten, Beyond Celiac suggests that you contact the company directly. We also encourage you to stay up-to-date regarding the latest research in this particular area by visiting our website.

## Allergen Advisory Statements

Allergen advisory statements are voluntary and not defined by any federal regulations. These types of statements generally refer to processing procedures and read something along the lines of “processed in a facility that also processes wheat.” Because these statements are voluntary, some manufacturers use them while others do not. You may come across a product labeled gluten-free that also includes an allergen advisory statement for wheat.

Foods with allergen advisory statements for wheat that also are labeled gluten-free must comply with the FDA’s gluten-free labeling rule. This means that if you come across a product labeled gluten-free that also includes the statement “processed in a facility that also processes wheat,” the food is not mislabeled and must contain less than 20 ppm gluten, even when the source of gluten is from cross-contact.

## How Much is 20 ppm Gluten?

Twenty parts per million means there are 20 milligrams of gluten (or less) per 1 million milligrams (1 kilogram) of the product.

If a one-ounce slice of bread contains 20 ppm gluten, it contains approximately 1/2 milligram of gluten (0.56 milligrams). This is a very small amount.

Many celiac disease experts believe that up to 10 milligrams of gluten can be eaten each day without causing damage to the small intestine.



**One wheat seed in 5,000 sorghum seeds is more than 20 ppm.**



## GLUTEN-FREE CERTIFICATION

As you walk through the grocery store, you'll see a lot of products labeled "gluten-free." As of August 5, 2014, those products should follow the FDA's gluten-free labeling rule, but how can you be sure?

Gluten-free certification is a process designed to protect consumers with gluten-related disorders by confirming that a food, drink or supplement meets strict standards for gluten-free safety.

It assures consumers that there is third-party oversight confirming the legitimacy of the manufacturer's gluten-free claims. This is particularly important because the FDA gluten-free labeling rule does not require testing to confirm the gluten-free status of a product, nor does the rule outline best practices that manufacturers should be implementing throughout the entire production process.

There are several certifying bodies that offer gluten-free certification, and each has its own criteria to ensure safety for consumers. Typically, the criteria include testing the gluten content of the finished product. The current systems for gluten-free certification require a range of criteria for gluten-free products. Some promote products that contain less than 5 ppm, others set a testing threshold of 10 ppm and still others certify to the FDA standard of less than 20 ppm. Certification programs also have different standards when it comes to management systems, so transparency in the certification process is an important factor.

When looking to meet the FDA criteria, strong gluten-free manufacturing processes dictate that plants manage their ingredient sourcing, verification, transportation, storage and production systems to keep under a testing limit of 10 ppm throughout the process. Because testing methods can vary, this ensures that brands are not in danger of recall as natural slippage in the supply chain occurs. Certification provides an added level of assurance for consumers and an extra point of distinction for manufacturers because a true third-party certification process verifies that companies are managing their risks appropriately.

It's important to note that the proposed federal regulations for gluten-free labeling cover food products and supplements only. Some gluten-free certifications, on the other hand, will allow for medications and non-food products like cosmetics to be certified gluten-free. Again, this depends on the certifying body and its criteria.

In the grocery store, gluten-free certification makes it easier to identify safe and trusted products. Products that have been certified gluten-free will typically bear a symbol on the label, so customers with celiac disease and other gluten-related disorders can quickly and easily recognize the symbol and know that the product has earned approval.

## Beyond Celiac Endorsed Gluten-Free Certification Program (GFCP)

Beyond Celiac endorses the Gluten-Free Certification Program (GFCP), originally created by the Canadian Celiac Association.

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**Learn more** about the *Beyond Celiac endorsed* **Gluten-Free Certification Program** at [www.gf-cert.org](http://www.gf-cert.org)

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This alliance makes the GFCP the first North American program endorsed by leading celiac disease organizations both in the US and Canada.

The GFCP is a management system based certification. What this means is that the program does not rely solely on end-product testing to ensure safety, but examines the entire production process of the facility, including ingredient sourcing, employee training, cleaning practices, cross-contact controls, operational management and, finally, an effective end-to-end testing plan.

The GFCP approves only those facilities that continually meet strict manufacturing practices in gluten-free production. Certification audits are conducted annually by trained and approved, independent International Organization for Standardization (ISO) accredited auditing companies. Manufacturers may use the Beyond Celiac trademark on the packaging of any gluten-free product made in facilities that have been audited to meet GFCP standards.

By having a different entity involved in each major step of the certification process, the GFCP creates a system of checks and balances that eliminates any conflict of interest between the manufacturer's relationship with the program, its certifying bodies and/or Beyond Celiac. Learn more about the Beyond Celiac endorsed GFCP at [www.gf-cert.org](http://www.gf-cert.org).

Other organizations that certify or approve gluten-free products include:

-  Gluten-Free Certification Organization
-  Celiac Support Association
-  NSF International



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**Choose a *GREAT* Kitchen!** Find restaurants trained in gluten-free safety at

[www.BeyondCeliac.org/kitchens](http://www.BeyondCeliac.org/kitchens)

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## GUIDELINES FOR DINING OUT

Just because you have celiac disease or gluten sensitivity doesn't mean you have to forgo dining out with your friends and family! Here are some suggestions to help streamline the process and minimize the chance of gluten exposure.

### 1. Make reservations in person when possible.

Speaking with the chef and restaurant manager ahead of time to discuss your dietary restrictions can be really helpful for everyone involved. Stop in during off-peak times when you are more likely to have their full attention.

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*Don't have a **GREAT** trained restaurant in your area? Talk to your favorite place about GREAT Kitchens training.*

[www.BeyondCeliac.org/great-gluten-free-foodservice-training](http://www.BeyondCeliac.org/great-gluten-free-foodservice-training)

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## 2. Review menus online.

Many restaurants post their menus online. Whether you have time to meet with a chef ahead of time or not, look over the online menu prior to eating out. This will help you to get ideas of what you want to order and identify questions you have for the chef upon arrival. An increasing number of restaurants include gluten-free options among their offerings. Most restaurants do not mind if you choose different items from various menu options to create your own meal.

## 3. Ask about cross-contact.

Explain what cross-contact is and ask what precautions are taken to prevent it. Make sure the kitchen staff uses clean utensils, cutting boards, pots, pans, etc. when preparing your meal. If a grill is used, request that they place a barrier like aluminum foil between your food and the grill surface, or ask that your food be pan-grilled. If condiments are included, like mayo on a gluten-free sandwich, ask if the staff uses squeeze bottles or has a dedicated set of gluten-free condiments.

## 4. Ask about how food is prepared.

Items to be especially wary of include:

-  Soups and broths
-  Grilled foods
-  Anything with a sauce
-  Items that may be breaded or include breadcrumbs
-  French fries or other foods that may be cooked in a shared fryer
-  Soy sauce
-  Marinated meats
-  Rice made with stock

Remember to make sure croutons are not included with your salad, and don't forget to avoid malt vinegar. Also, confirm that vegetables are cooked in a separate pot. Some restaurants cook them in the same water as used for pasta.

## 5. Build relationships with local chefs.

Frequent the same restaurants and make connections with the staff. They appreciate your patronage and truly want to please you, just as you value the security and comfort of a delicious, gluten-free meal!

## 6. Bring resources and information for chefs and restaurant staff.

Providing information about celiac disease and the gluten-free diet can be another helpful way to educate and raise awareness, but never let this replace a personal conversation with any chef or restaurant manager.

## 7. Communication, compliments and kudos!

Follow up with a quick “thank you” before leaving the restaurant to let the chef know you appreciate the extra efforts that went into accommodating your needs. A personal note highlighting the helpfulness of the staff is always welcomed. If you had an unpleasant meal, politely inform the manager or follow up with a letter.

## 8. Show your gratitude with a big tip.

Budget this into your expected costs of dining out. By getting to know the chefs and tipping well, you will guarantee exceptional service in the future. Over time, you will develop strong relationships with local restaurants and you will find that you can eat out safely with confidence!

## 9. Be polite and informative.

Even though celiac disease has become more common, many people still do not know about it. Be patient with chefs and waiters as you explain your needs. Do not be demanding or threatening with them, or they will be less willing to serve and accommodate you. Should there be a mistake or problem, try your best to be patient and understanding.

## 10. Ask questions.

If you do not understand the wording of how something is prepared, do not be afraid to ask. If your plate looks suspicious, it is fine to double check (or even triple check).

## 11. BYOB - Bring Your Own Backup!

Call and ask the restaurant if you are permitted to bring your own bread, pasta, crackers, etc. When providing your own additions to a meal, be sure to give the kitchen enough time and advanced notice to make it possible and convenient. Include cooking information so your meal is timed appropriately. And, just in case, pack a small emergency gluten-free snack stash (prepackaged nuts, crackers or cookies).

## 12. Have fun!

A diagnosis of celiac disease or gluten sensitivity is not the end of social dining. It may seem like a burden and an inconvenience at first, but once you get the hang of it, you will be eating out in better style than you ever were before.

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*Even if a restaurant offers a gluten-free menu, **it is still extremely important to ask questions** about ingredients and preparation practices.*

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## GLUTEN IN MEDICATIONS

Although people with celiac disease are generally focused on the food they eat, it is important to remember that it is possible to be exposed to gluten when taking medication.

Wheat may be used in medications as an inactive ingredient. Inactive ingredients include excipients, which help bind pills together. There are several types of excipients that drug companies may use. It is important to check with the manufacturer, your pharmacist or a reputable website such as [www.glutenfreedrugs.com](http://www.glutenfreedrugs.com) to be sure that the particular medication you are taking is free of gluten-containing ingredients.

### Potential Concerns

- 🌿 Prescription and non-prescription medications do not have to comply with the Food Allergen Labeling and Consumer Protection

Act (FALCPA). This means that wheat protein may be present in an ingredient and wheat does not need to be declared on the product label.

- 🌱 Non-prescription medications include lists of both active and inactive ingredients on product packaging. However, consumers may not always be provided with the ingredients list of prescription medication. Ask your pharmacist for the package insert from the manufacturer.
- 🌱 Starches and hydrolyzed starches may be ingredients in medications, and wheat may occasionally be used. Unfortunately, the source of the starch ingredient does not have to be named.
- 🌱 Potential sources of gluten in medications are not well recognized by healthcare professionals and patients.
- 🌱 Inactive ingredients (and their sources) used in medications may vary between the name-brand drug and generic variety.

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***If you think you are being exposed to gluten through your medication, talk to your doctor or pharmacist about your concerns.***

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### Grain Sources of Starches Found in Medications

- 🌱 Corn (most common)
- 🌱 Potato
- 🌱 Tapioca
- 🌱 Rice
- 🌱 Wheat (not often used)

### Starch Ingredients Used in Medications

- 🌱 Starch
- 🌱 Pregelatinized starch
- 🌱 Sodium starch glycolate
- 🌱 Maltodextrin
- 🌱 Maltose
- 🌱 Dextrates

Resource for checking if medication contains gluten:

[www.GlutenFreeDrugs.com](http://www.GlutenFreeDrugs.com). This list is maintained by Steven Plogsted, PharmD, a pharmacist at Nationwide Children's Hospital in Columbus, OH.

Sources for this section:

The chapter, "Gluten in Medications and Supplements" by Steven Plogsted, PharmD and Julie Edmonds, RPh in the book *Real Life with Celiac Disease* by Melinda Dennis, MS, RD, LDN, and Daniel Leffler, MD, MS.

[www.drugs.com](http://www.drugs.com)

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Available at:

<http://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfCFR/CFRSearch.cfm?CFRPart=201>

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## RESOURCES AVAILABLE FROM BEYOND CELIAC

### Symptoms Checklist

After submitting this simple online checklist, you will be able to download a printer-friendly form for your doctor that includes information on celiac disease testing.

[www.BeyondCeliac.org/checklist](http://www.BeyondCeliac.org/checklist)

### Getting Started Guide

Download this guide online.

[www.BeyondCeliac.org/gettingstarted](http://www.BeyondCeliac.org/gettingstarted)

### Monthly e-Newsletter

Beyond Celiac produces a free monthly e-newsletter which covers a variety of topics, including health & wellness articles, food & lifestyle tips, gluten-free product reviews, recipes and news updates.

[www.BeyondCeliac.org/subscribe](http://www.BeyondCeliac.org/subscribe)

### Free Webinars

Beyond Celiac hosts monthly webinars that provide gluten-free individuals and dietitians with valuable information and resources to help manage celiac disease and the gluten-free diet, as well as improve general health and wellness. Webinars are a free service to the community.

[www.BeyondCeliac.org/webinars](http://www.BeyondCeliac.org/webinars)

### Non-Celiac Gluten Sensitivity

Find answers to frequently asked questions about non-celiac gluten sensitivity, with input from expert researchers. [www.BeyondCeliac.org/celiac-disease/non-celiac-gluten-sensitivity](http://www.BeyondCeliac.org/celiac-disease/non-celiac-gluten-sensitivity)

### Kids Central

Beyond Celiac hosts a web portal for gluten-free kids and their parents, featuring family-friendly gluten-free recipes, personal stories and advice.

[www.BeyondCeliac.org/kids](http://www.BeyondCeliac.org/kids)



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Beyond Celiac has **educated more than 530 medical providers** and prompted downloads of its associated newsletter by more than **7,680 people**.

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More than **1,000 people registered for GREAT Kitchens** gluten-free training in the first year since the program was re-launched. (June 2012–November 2013)

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## Gluten-Free in College

College students face a unique set of challenges when living gluten-free on campus. This special web section includes blogs, articles and a digital magazine authored by students with gluten-related disorders.

[www.BeyondCeliac.org/college](http://www.BeyondCeliac.org/college)

## Gluten-Free Labeling Updates

This section of the Beyond Celiac website includes the latest updates on gluten-free labeling regulations. Read FAQs and browse blog posts on this important topic in the gluten-free community.

[www.BeyondCeliac.org/FDA](http://www.BeyondCeliac.org/FDA)

## Gluten in Medications

Current United States regulations do NOT require manufacturers to label the inactive ingredients in drugs. Learn all about the inactive ingredients in medications so you can stay safe when taking them.

[www.BeyondCeliac.org/medications](http://www.BeyondCeliac.org/medications)

## GREAT Kitchens

Beyond Celiac offers comprehensive, online gluten-free training for foodservice professionals through the GREAT Kitchens program. Gluten-free training is also available for universities, colleges, schools and camps through the GREAT Schools, Colleges and Camps program.

[www.BeyondCeliac.org/great-gluten-free-foodservice-training](http://www.BeyondCeliac.org/great-gluten-free-foodservice-training)

## GLUTEN-FREE RECIPES

Get free access to hundreds of recipes at

[www.BeyondCeliac.org/recipes](http://www.BeyondCeliac.org/recipes)

## GET INVOLVED!

Dedicated volunteers, generous contributors and involved community members are key players in the success of Beyond Celiac and its mission. Want to help us raise awareness and make gluten-free living easier? There are several ways you can get involved!

### Donate

It really is true that no amount is too small—or too large. Please consider a donation to Beyond Celiac. Financial contributions support our educational initiatives and free patient resources, including this guide.

[www.BeyondCeliac.org/donate](http://www.BeyondCeliac.org/donate)

### Fundraise

Fundraising is an excellent way to support the cause while raising awareness at the same time. Sign up to create a personalized online fundraising page to share with your friends.

[www.BeyondCeliac.org/volunteer](http://www.BeyondCeliac.org/volunteer)

### Distribute Educational and Awareness Materials

Help Beyond Celiac spread awareness of gluten-related disorders and get those who may have undiagnosed celiac disease tested and diagnosed. Distribute Beyond Celiac brochures at your local doctor's office, pharmacy, supermarket, health fairs or community event.

[www.BeyondCeliac.org/volunteer](http://www.BeyondCeliac.org/volunteer)

### Advocate for Safe Gluten-Free Menus

Many restaurants now offer gluten-free options, but those meals aren't always safe. Encourage your favorite restaurants to get proper gluten-free training through Beyond Celiac's GREAT Kitchens program.

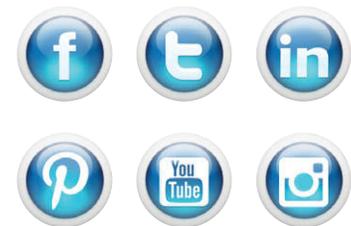
[www.BeyondCeliac.org/great-gluten-free-foodservice-training](http://www.BeyondCeliac.org/great-gluten-free-foodservice-training)

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**To date, Beyond Celiac has distributed more than one million Celiac Disease Symptoms Checklist brochures.**

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## FOLLOW BEYOND CELIAC









## OVEN FRIED CHICKEN

**Makes 8 drumsticks**

½ c. allergy-friendly mayonnaise

2 T. fresh lemon juice

1 T. water

1 t. seasoning salt

1 bag **Enjoy Life Foods Garlic and Parmesan Plentils®**

8 chicken drumsticks

**Preheat oven to 400°F.**

Line a sheet tray with parchment paper and set aside.

In a medium bowl whisk the allergy friendly mayonnaise with lemon juice, water and seasoning salt.

Pour the Plentils into a bowl of a large food processor and crush until they are fine breadcrumbs. Pour into another medium bowl.

One by one take a drumstick, dip in the mayonnaise mixture, shaking off the excess, and then coat completely in the crushed Plentils and lay on the parchment sheet. Drizzle lightly with oil.

Bake at 400° for 20-25 minutes until cooked through.

# CHOCOLATE CHIP BANANA MINI MUFFINS

## Makes 24 Muffins

- ¾ C. organic cane sugar
- ⅓ C. shortening
- 2 T. flaxseed meal + 6 T. hot water, mixed together
- 1 C. mashed very ripe bananas
- ⅓ C. water
- 1 T. pure vanilla extract
- 1 ½ C. **Enjoy Life Foods All-Purpose Flour Mix**, sifted
- ½ t. cinnamon
- 1 t. baking soda
- ½ t. salt
- ¼ t. baking powder
- 1 C. **Enjoy Life Foods Semi-Sweet Chocolate Mini Chips**

## Preheat oven to 350°F

Line a 24-well muffin tin with papers or grease and set aside.

With an electric hand mixer, combine organic cane sugar and shortening in medium bowl and mix 3-4 minutes.

In separate bowl mix together the all-purpose flour mix, cinnamon, baking soda, salt, baking powder and chocolate mini chips. Set aside.

Combine the flaxseed/hot water mixture, the shortening/sugar mixture, the mashed bananas, water and vanilla extract and mix another 2 minutes with the hand mixer.

Add the flour mixture and mix another 1-2 minutes with wooden spoon until incorporated.

Evenly portion into the greased or paper lined muffin tin and bake for 16-18 minutes. Preheat oven to 350°F

Line a 24-well muffin tin with papers or grease and set aside.

With an electric hand mixer, combine organic cane sugar and shortening in medium bowl and mix 3-4 minutes.

In separate bowl mix together the all-purpose flour mix, cinnamon, baking soda, salt, baking powder and chocolate mini chips. Set aside.

Combine the flaxseed/hot water mixture, the shortening/sugar mixture, the mashed bananas, water and vanilla extract and mix another 2 minutes with the hand mixer.

Add the flour mixture and mix another 1-2 minutes with wooden spoon until incorporated.

Evenly portion into the greased or paper lined muffin tin and bake for 16-18 minutes.





## MEDITERRANEAN RICE-STUFFED TOMATOES

1-2 C. cooked rice (we like long grain white, but any will do)

$\frac{3}{4}$  C **Enjoy Life Foods Beach Bash®** Seed & Fruit Mix

1 T. extra virgin olive oil

$\frac{1}{4}$  t. finely minced lemon zest

Juice of  $\frac{1}{2}$  lemon

$\frac{1}{2}$  t. sea salt

1 T. fresh parsley, finely chopped

Pinch cumin

Pinch cayenne

Fresh black pepper to taste

3 large tomatoes, at least  $\frac{1}{2}$  lb. each (we prefer heirlooms, but any will work)

Additional extra virgin olive oil, sea salt and pepper for drizzling

Combine all of the above except the tomatoes in a bowl and toss until combined.

Add additional salt to taste, if needed.

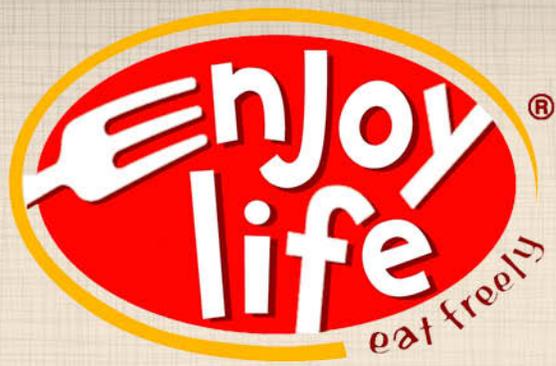
Slice off the very top of each of the tomatoes, leaving enough to make a lid for the stuffed tomato. Hollow out 3 tomatoes, leaving a wall about  $\frac{1}{8}$ "- $\frac{1}{4}$ " thick. From the removed sections, remove as much of the seeds as possible and finely chop up about half of it, and add it back into the salad.

Discard the seeds, the remaining tomato, and the juice, unless more tomato is desired in the salad.

Stuff the hollowed out tomatoes with the rice salad and top with the tomato "lid."

Drizzle with olive oil and sprinkle with sea salt and black pepper before serving.

May be made several hours in advance.



# eat freely!

**ALWAYS FREE-FROM:**  
gluten, wheat, dairy, peanuts,  
tree nuts, egg, soy, fish & shellfish



find us in the  
**GLUTEN-FREE**  
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[enjoylifefoods.com](http://enjoylifefoods.com)  
#eatfreely



# BEYOND CELIAC

awareness • advocacy • action

**Beyond Celiac** advances widespread understanding of celiac disease as a serious genetic autoimmune condition and works to secure its early diagnosis and effective management. We empower our community to live life to the fullest and serve as a leading and trusted resource that inspires hope, accelerates innovation and forges pathways to a cure.

**BeyondCeliac.org** offers free, comprehensive information and support materials for individuals and families affected by gluten-related disorders, as well as the foodservice and healthcare professionals who serve this population.

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[www.BeyondCeliac.org](http://www.BeyondCeliac.org)



[www.enjoylifefoods.com](http://www.enjoylifefoods.com)

Enjoy Life is proud to support  
Beyond Celiac.