**Food** **Elimination:** **Gluten**

To eliminate gluten from your diet, be sure to consider obvious sources (e.g. wheat flour) as well as hidden, common sources where you will need to read food labels. Note that “wheat-free” does not mean “gluten-free” as there are many other gluten-containing grains you will want to avoid.

**The** **following** **is** **a** **list** **of** **gluten-containing** **grains:**

■Wheat ■Bulgur ■Barley ■Kamut

■Rye ■Kashi (multi-grain blend) ■Farina ■Matzo meal

■Graham flour ■Spelt (a form of wheat) ■Semolina ■Triticale

■Durham

**Though** **sometimes** **confused** **with** **gluten** **foods,** **the** **following** **are** **fine** **to** **eat** **for** **elimination.**

(If you have celiac disease, you may also wish to look for “gluten-free” confirmation on the label, indicating no/low risk of cross-contamination during food manufacture – an extra precaution.)

■Rice, Amaranth, Millet, Buckwheat (aka kasha), ■Oats (make sure they are labeled “gluten-free” ■Quinoa, Teff as many oat products are contaminated with ■Corn and cornmeal (but make sure organic) wheat during manufacturing/processing)

■Soy (but make sure organic) ■ Potato and Tapioca starch (though I do not ■Potatoes (all types) recommend these for regular consumption as ■Wine and distilled liquors, ciders and spirits they are very high-glycemic and can aggressively ■Garbanzo and other bean/legume flours spike blood sugar)

**In** **general,** **avoid** **any** **processed** **food** **ingredient** **that** **includes** **the** **words** **wheat.** Unfortunately many processed foods use preservatives or additives for texture that include gluten, but they can be hidden from you. In particular, this means you will need to avoid almost all baked goods unless they are specifically labeled gluten-free. To help you to be diligent in your elimination, here are some particular foods and gluten sources to be wary of and read their ingredient labels carefully:

■Breads, Rolls, and Tortillas ■Breading for All fried foods ■Cereals, Pasta and Noodles

■Crackers and Chips (besides corn and potato; nearly all “multigrain” options include wheat) ■Croutons

■Cookies, Cakes Pastries, Pies ■Soups and Gravies

■Tabbouli

■Sauces (including soy sauce unless gluten-free) ■Salad dressings

■Coffee creamer ■Beer

■Flavored coffee and tea, especially mixes ■Stuffing

■Spice and Marinade mixes and any pre-seasoned meat items (especially a key risk at restaurants) ■Baking soda and powder

■Bouillon and Stocks ■Artificial butter flavor ■Candy

■Imitation meat or seafood

■Sausages and other preserved meats ■Processed luncheon meats

■Self-basting poultry

■Medications & vitamins (gluten as binding agent) ■Lipstick and lip balms

■Toothpaste

■Postage stamps and mailing envelopes ■Play dough

**Food** **additives** **you** **will** **want** **to** **avoid** **include** **the** **following:**

Bran, Malt, Malt flavoring, Gelatinized starch, Germ, Artificial flavoring, Natural flavoring, Hydrolyzed vegetable protein, Modified food starch, Modified starch, Vegetable Starch, Rice Syrup (unless product is specifically labeled gluten-free), Monosodium Glutamate (MSG), Caramel coloring.

Information compiled from these excellent resources: [www.celiac.com](http://www.celiac.com/) , <http://celiacdisease.about.com/>, [www.mayoclinic.com/health](http://www.mayoclinic.com/health) , <http://www.webmd.com/>

Positive Moves Consulting, www.PositiveMoves.Us