

Going gluten-free

Gastroenterology and Nutrition Department



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Boston Children's Hospital
Until every child is wellSM

Wheat, barley, rye and oats

Wheat

Other names for wheat:

- Atta
- Bulgur
- Couscous
- Dinkel
- Durum
- Emmer
- Farina
- Faro
- Frumento
- Fu
- Graham flour
- Kamut
- Matzah
- Modified Wheat Starch
- Spelt
- Semolina
- Triticale
- Wheat Bran
- Wheat Flour
- Wheat Germ
- Wheat Starch

Although it is helpful to remember the common varieties of wheat, the food label will also have the word wheat clearly marked.

Barley

Terms on a label that indicate the presence of Barley:

- Barley
- Ale
- Barley (flakes, flour or pearl)
- Beer
- Brewer's Yeast
- Brown Rice Syrup (if made from malt extract added to brown rice)
- Lager
- Malt Extract
- Malt Syrup
- Malt Flavoring
- Malt Vinegar
- Malted Milk

Barley is used as a flavor enhancer in many products. It is most often labeled as malt flavoring, but this is **NOT** required by law.

Rye

Terms on a label indicating the presence of rye:

- Rye Bread
- Rye Flour

Oats

Oats are naturally gluten-free, but they are grown in the same fields and processed in the same plants with barley, wheat and rye. Therefore they are contaminated unless careful steps are taken to avoid the contamination.

These terms on a label indicate the presence of oats:

- Oatmeal
- Oat Bran
- Oat Flour
- Oat Gum
- Oats

Companies that make gluten-free oats include

- Chateau Cream Hill Estates
- Bob's Red Mill
- Gifts of Nature
- Only Oats
- Gluten-free Oats, LLC
- Legacy Valley

Although uncontaminated oats are tolerated by most people with celiac disease, we recommend that you discuss the addition of oats to your diet with your health care provider.

If a decision to include oats has been made, it is important that only products labeled gluten-free are included.

Surprising sources of gluten

Reading a food label

Food Group	Sources
Dairy	Flavored products, yogurt with toppings, ice cream with added cookies.
Breads	Any containing wheat, barley, oats or rye.
Cereals	Any containing wheat, barley, oats, or rye. Watch for added malt flavoring in otherwise safe grains like corn or rice-based cereals.
Fruits	*Some pie filling may be thickened with wheat.
Vegetables	Some vegetables with added sauces or those with flavoring added such as french fries or breaded vegetables such as onion rings.
Condiments	Some sauces (barbecue, steak sauce, mustard).
Snack Foods	Some potato chips, multi-grain chips, corn chips.
Candy	Some have added malt flavoring or wheat.
Cake Frosting	Some have added wheat for thickening.
Soups	Some have added wheat for thickening, pasta added, or in the stock.
Pasta	All pasta, unless made from a gluten-free grain. Best to purchase those labeled gluten-free.
Cookies, Cakes	All except those made from gluten-free grains. Best to purchase those labeled gluten-free.
Beverages	Malt flavored milk, soy and rice milk can have added malt flavoring.
Meat	Imitation seafood, some processed meats.

*“Some” means that not all products in this category contain gluten, but the ingredients in these products must be reviewed each and every time they are purchased.

Take home message

Look for the following words within the ingredients list and the “contains” statement to determine whether gluten has been added to the food or beverage.

Wheat

Barley

- Malt (extract)
- Malt (flavoring)
- Brown Rice Syrup (unless stated gluten-free)
- Beer
- Ale
- Malt Beverages

Rye

Oats (unless stated gluten-free)

Brewers Yeast (not all yeast, this is the nutrition supplement)

Although natural flavoring can be a hidden source of gluten, it is rare that the natural flavoring is from a gluten-containing grain. Even more rare if the flavoring agent is not labeled as malt flavoring.

Ingredients often questioned

Brown Rice Syrup	Check to assure that malt barley extract is not used to produce this product.
Caramel Coloring	If this product is produced in North America, it will be from corn and therefore gluten-free.
Dextrins	Usually not from wheat, but if it were it would be identified as a wheat-containing ingredient on the food label.
Maltodextrins	Usually not from wheat, but if it were it would be identified as a wheat-containing ingredient on the food label.
Flavoring	The gluten-containing grains used as flavorings are wheat and barley. If wheat is used, it will be clearly labeled. If barley is used, it is most often listed as malt flavoring. It is rare but possible that malt flavoring will only be listed as natural flavoring.
Hydrolyzed Plant Protein	Safe unless the plant protein is from wheat (would be labeled).
Monosodium Glutamate	Not a source of gluten.
Modified Food Starch	Modified food starch can be from wheat, but would be labeled modified wheat starch. Otherwise it is safe.

Flour	The label would indicate wheat if wheat was the source.
Seasonings	A mixture of several ingredients; read carefully for wheat, barley, oats and rye.
Spice and Herbs	These terms refer to single ingredients and therefore are gluten-free (like thyme, dill, pepper, salt). If more than one spice is present it is referred to as a seasoning.
Starch	The single word starch refers to corn starch, which is safe.
Vinegar	Although made from unsafe grains, during the distillation process gluten is removed. Exception would be malt flavored vinegar when malt has been added after the vinegar is complete.
Distilled Alcohol	Examples: vodka, bourbon and rum. The distillation process leaves alcohol gluten-free, except for beer and products to which flavoring has been added back into the product.
Vanilla	In the past this was questioned because it is distilled from an unsafe grain. We now know that the distillation process removes the gluten.

Grocery shopping

THESE NATURALLY GLUTEN-FREE, PLAIN FOODS ARE UNLIKELY TO BE LABELED GLUTEN-FREE, BUT THEY ARE SAFE.

- Vegetables**
 - Artichokes
 - Asparagus
 - Beets
 - Broccoli
 - Cabbage
 - Cauliflower
 - Carrots
 - Celery
 - Corn
 - Cucumbers
 - Eggplant
 - Garlic cloves
 - Green onions
 - Lettuce
 - Onions
 - Peppers
 - Potatoes
 - Salad greens
 - Spinach
 - Squash
 - Tomatoes
 - Zucchini
- Fruits—Fresh or plain**
 - Apples
 - Apricots
 - Avocados
 - Bananas
 - Berries
 - Cherries
 - Grapefruit
 - Grapes
 - Kiwi
 - Lemons
 - Limes
 - Melons
 - Nectarines
 - Oranges
 - Papaya
 - Peaches
- Pears
- Plums
- Pomegranate
- Watermelon
- Breakfast**
 - Grits
- Meat**
 - Bacon
 - Chicken
 - Ground beef
 - Ground turkey
 - Ham
 - Pork
 - Steak
- Seafood—Fresh**
 - Cod
 - Crab
 - Halibut
 - Lobster
 - Oysters
 - Salmon
 - Shrimp
 - Tilapia
- Frozen**
 - Fruit
 - Ice
 - Ice pops
 - Juice
- Baking**
 - Baking soda
 - Shortening
 - Sugar
 - Cocoa
 - Cornmeal
 - Cornstarch
 - Rice flour
 - Tapioca flour
- Nut flour
- Food coloring
- Snacks**
 - Fruit snacks
 - Gelatin
 - Pudding
 - Raisins
- Grains**
 - Brown rice
 - Quinoa
 - White rice
- Dairy products**
 - Half & half
 - American cheese
 - Milk
 - Mozzarella
 - Sour cream
 - Swiss cheese
 - Whipped cream
 - Butter
 - Cheddar cheese
 - Cream
 - Cream cheese
- Cans and jars**
 - Applesauce
 - Baked beans
 - Black beans
 - Canned fruit
 - Canned vegetables
 - Jam/jelly
 - Mushrooms
 - Olives
 - Peanut butter
- Refrigerated**
 - Eggs
 - Egg substitute
- Spices (like)**
 - Basil
 - Cinnamon
 - Cumin
 - Curry
 - Dill
 - Garlic
 - Oregano
 - Paprika
 - Sage
 - Salt & pepper
 - Vanilla extract
- Sauces and condiments**
 - Honey
 - Horseradish
 - Lemon juice
 - Mayonnaise
 - Olive oil
 - Relish
 - Salsa
 - Vegetable oil
 - Vinegar (except malt flavored)
- Drinks**
 - Coffee, unflavored
 - Soft drinks
 - Juice
 - Tea, unflavored

Grocery shopping

THE FOLLOWING ITEMS REQUIRE CAREFUL LABEL READING WITH CLOSE ATTENTION TO INGREDIENTS AND ARE UNLIKELY TO BE LABELED GLUTEN-FREE:

- Breakfast**
 - Instant breakfast drink
- Meat**
 - Deli meat
 - Hot dogs
 - Turkey, watch for self-basting
 - Sausage
- Seafood**
 - Tuna (careful with added flavor)
- Frozen**
 - Ice cream
 - Meat
 - Potatoes
 - Vegetables with sauce
 - Veggie burger
- Pet food (if they lick you!)**
 - Cat food
 - Dog food
 - Treats
- Baking**
 - Baking powder
 - Candy chips
 - Frosting
- Snacks**
 - Candy
 - Flavored popcorn
 - Dried fruit
 - Gum
 - Flavored nuts
 - Potato chips
 - Tortilla chips
- Rice mixes**
 - Rice mix
- Cans and jars**
 - Broth
 - Bullion cubes
 - Chili
 - Creamed corn
 - Pasta sauce
 - Pickles
 - Pie filling
 - Soup
- Refrigerated**
 - Dip
 - Processed cheese
 - Shredded cheese
 - Yogurt
- Seasoning**
 - Barbecue seasoning
 - Gravy mix
 - Italian seasoning
 - Marinade
 - Meat tenderizer
 - Seasoned salt
 - Soup mix
- Sauces and condiments**
 - Barbecue sauce
 - Catsup
 - Hot sauce
 - Mustard
 - Salad dressing
 - Soy sauce
 - Steak sauce
 - Sweet & sour
 - Teriyaki
- Drinks**
 - Coffee, flavored
 - Energy drinks
 - Tea, flavored

Grocery shopping

Nutrition pitfalls of gluten-free foods

BUY ONLY IF LABELED GLUTEN-FREE:

Bakery

- Bagels
- Bread
- Donuts
- Cake
- Cookies
- Croutons
- Dinner rolls
- Hamburger buns
- Hot Dog buns
- Muffins
- Pastries
- Pie
- Pita bread
- Tortillas

Pasta and rice mixes

- Burger helper
- Elbow macaroni
- Lasagna
- Mac & cheese
- Noodle mix
- Spaghetti

Refrigerated

- Biscuits

Breakfast

- Cereal
- Oatmeal
- Pancake/waffle mix

Frozen

- Chicken tenders, bites (anything breaded)
- Pastry desserts
- Fish sticks
- Pie shells
- Pizza
- Pot pie
- Waffles
- French toast

Baking

- Bread crumbs
- Cake mix
- Muffin mix
- Pie crust

Snacks

- Cookies
- Crackers
- Graham crackers
- Granola bars
- Pretzels

Beverages

- Beer

NEED TO CALL THE COMPANY, FOOD ALLERGY LABELING LAWS DO NOT APPLY:

Personal

- Lip care
- Lotion
- Makeup
- Mouthwash
- Shampoo
- Sunscreen
- Hand soap

Gluten-free foods may be low in

- Iron
- Zinc
- Vitamin D
- Thiamin
- Niacin
- Riboflavin
- Folate
- Calcium
- Fiber

Why?

Enriched gluten-containing grains are a primary source of iron, folic acid and B-vitamins in children's diets.

Gluten-free products are often made from refined flours.

How to increase the intake of these vitamins

Use the MyPlate guide to assist with meal planning.

Provide a gluten-free multivitamin that contains all of the B-vitamins (thiamin, riboflavin, and niacin) in addition to iron and zinc.

- Freeda (available from www.freedavitamins.com).
- Note: many vitamin & mineral supplements are gluten-free; however, always check the label because ingredients can change without warning.
- Note: most gummy vitamins do not contain all of the B-vitamins.