

Gluten-free Diet Guidelines

The Gluten-free diet is used to treat celiac disease and nontropical sprue. Use of the gluten-free diet will help reduce symptoms of distension, gas, and diarrhea and weight loss often associated with these diseases.

Gluten is a protein found in many grains including barley, buckwheat, oats, rye and wheat. Breads, cereals, muffins, crackers, and any food containing these grains should be omitted from the diet. Rice, corn, millet, potato, soybean flours and products can be used on the gluten-free diet.

Careful label reading for hidden sources of gluten is very important. Be sure to check the list of ingredients on food labels for wheat starch, vegetable protein or other items that do or potentially could be a source of gluten. Consider contacting the product manufacturer if you are unsure about the gluten-content of a product.

Don't assume that medications are gluten-free. Check with your doctor or pharmacist before taking any prescribed or over the counter medications.

Food Category

Breads, cereals, pasta,
etc.

Meat and meat substitutes

Vegetables and fruit	with allowed flours. All fresh beef, pork, poultry, game or fish, dried beans and peas, nuts, peanut butter, eggs soybean products as tofu, cold cuts if made without items to be avoided.	Items made with gluten stabilizers or fillers as wheat, rye, oats, barley. Canned pork and beans, poultry injected with HVP or TVP, fish canned with hydrolyzed protein, breaded fish or meat loaf
Dairy and non-dairy products	All plain fresh, frozen or canned fruit, vegetable or juice.	Any creamed or breaded vegetable, thickened or prepared fruit, prepared pie filling.
Fats	All pure fluid milk, cheese, or soy milk products.	Cheese or cheese spread made with oat gum, commercial chocolate beverages, non-dairy cream, cereal beverages
<p>Foods Allowed</p> <p>Items made with tapioca, arrowroot, corn, rice, soy, potato starch or flour. Gluten-free bread mix, pure corn tortillas, rice cakes, puffed rice, cream of rice, cornmeal, hominy grits, popcorn, enriched or wild rice, rice noodles, or items made</p>	<p>Butter, margarine, homemade salad dressing, mayonnaise with apple cider derived vinegar, vegetable oils.</p> <p>Foods to Avoid</p> <p>Items made with wheat, rye, oats, kasha, barley, buckwheat, durum or graham or wheat starch. Commercial mixes for biscuits, etc. Wheat germ, bran bulgur, millet, triticale, crackers, pretzels, cereals with malt flavoring or malt derived from barley.</p>	<p>Commercial salad dressings containing gluten stabilizers.</p> <p>Sweets and Misc.</p> <p>Sugar, most syrups, honey, jelly, jam, hard candy, plain chocolate, pure cocoa, coconut molasses, marshmallows, meringes</p> <p>Items made with stabilizes containing gluten.</p>

Label Reading on a Gluten-free Diet

(HVP) or Textured Vegetable Protein (TVP) or “flavoring” in meat and poultry products

Caution Ingredients

Four or cereal products

Hydrolyzed vegetable protein

Malt or malt flavoring	Soy or corn
Starch, modified starch or food starch	Rice flour, corn flour, cornmeal, potato flour, soy flour
Vegetable gum	Derived from corn
	Derived from arrowroot, corn, potato, tapioca, waxy maize, maize
Soy Sauce or soy sauce solids	Carob bean, locust bean, cellulose gum, Guar gum, Gum Arabic, Gum Acacia, Gum Tragacanth, Xanthan Gum
L1 Include if from one of the following sources	Those without wheat

Baking and food preparation tips on the Gluten-free diet

1. A variety of starches can be substituted for wheat flour in recipes. When baking, substitute one of the following for each 1 cup of wheat flour:

	7/8 cup rice flour (white or brown)
	5/8 cup potato starch flour
starch flour	1 cup of soy flour + _ cup potato
	1 cup corn flour (finely milled)
rice flour	1/3 cup soy flour, 1/3 cup potato flour, 1/3 cup
_ cup soy flour + _ cup potato starch flour	
1 scant cup fine cornmeal	
2. Potato flour is a very fine flour which works well as a thickening agent. Potato flour can be used in baked products as sponge cakes where substantial structure is due to the egg content. In most baked items, use potato flour in combination with other flour as it has a strong flavor.
3. Rice flour has a bland flavor and produces a grainy texture. It works well combined with potato flour. Rice flour can be made smoother by blending it with the liquids in the recipe, bring the mixture to a boil, then cool it before adding the other ingredients.
4. Muffins and biscuits made of rice flour have a better texture if they are baked in smaller sizes.

5. Soy flour has a nutty flavor. It has a high protein and fat content. It is most successfully used in combination with other flours and recipes containing chocolate, nuts, spices where its nutty flavor is desirable.
6. Corn flour, a refined starch has a finer texture than cornstarch. It can make an excellent substitute for wheat flour. Try adding equal parts of potato or rice flour with corn flour in a recipe.
7. For convenience, sift several cups of your favorite flour combination, store in a cool dry place and use in recipes.
8. Baked goods prepared from rice and soy flour require a longer baking time and lower temperature than conventional preparation.
9. Gluten-free baked products rise better if the leavening agent is dissolved in the liquid before being added to the other ingredients.
10. Try doubling the leavening in your own recipes for a lighter product.
11. Breads made without gluten containing products often taste better toasted.
12. Store baked goods made from gluten-free flours in tightly closed containers to preserve moisture.
13. Gluten free flours are comparatively expensive when purchased at the supermarket or health food store. Try purchasing the special flour directly from the milling company.
14. Oriental food stores have many rice-based foods as rice noodles and rice crackers.
15. For snacking, have on hand salted or unsalted nuts and cheese sticks. (check the label, most are made with cornmeal)
16. Good thickening agents include arrowroot starch, cornstarch, tapioca starch, rice starch, or sweet rice flour.
17. When thickening, substitute one of the following for each 1 tablespoon of wheat flour:
 - 1+1/2 teaspoon cornstarch or potato starch or arrowroot starch or sweet rice flour
 - 2 teaspoons quick-cooking tapioca
18. Potato flour, potato starch flour and plain or brown rice flour result in a drier product. Sweet rice flour results in a moister product.
19. To order gluten-free ingredients and mixes contact: Ener-G Foods, Inc. 6901 Fox Avenue South, Seattle WA 99108.
20. Xanthin gum makes food have a smoother texture and can hold particles of food together, making it a good stabilizer and consequently can add greatly to products that are gluten-free. It can be purchased in 1/2 pound, 1 pound or 100 pound units from the Gluten Intolerance Group, PO Box 23053 Seattle, WA 98102-0353.
21. Xanthin Gum can be added to the gluten-free flours in the following amounts:

add _ tsp per cup of gluten-free flour	Cake add 1 tsp
per cup of gluten-free flour	Bread add 1 tsp
Pizza crust add 2 tsp per cup of gluten-free flour	

Recipes

Rice Flour Yeast Bread

3 cups rice flour
5/8 cup (10T) potato starch flour
2 pkgs dry yeast
2 T sugar
1 tsp salt
2 T baking powder
1 cup dry milk
_ cup instant mashed potatoes
2 cups very hot tap water
_ cup soft butter or margarine
4 eggs, beaten

1. Sift together flours. Measure 2 cups into large mixer bowl. Add dry yeast, sugar, salt, baking powder, and dry milk. Mix.
2. Combine instant mashed potatoes and hot tap water, whip lightly with a fork.
3. Add potato mixture and soft butter to dry ingredients in mixer bowl. Beat 3 minutes on medium speed
4. Add remaining flour and eggs, beat 3 minutes on medium speed. Mixture will be like thick cake batter.
5. Leave batter in bowl. Cover and let rise in warm place for 1 hour.
6. Punch down and knead gently.
7. Divide into 2 loaves and place in two 9"x5" loaf pans. Cover and let rise 30 minutes
8. Bake 30 to 35 minutes until lightly browned.

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1. Sift together dry ingredients
2. Beat together eggs, milk, and oil. Add to dry ingredients, mixing just until dry ingredients are moistened.
3. Bake on hot, greases griddle or waffle iron.

Basic Pancakes or Waffles

2 cups rice flour
1 T sugar
4 tsp baking powder
1 tsp salt
3 eggs
1 1/2 cup milk
_ cup salad oil

