

## Quick Start Gluten-Free Diet

The Gluten-Free diet is the only medical treatment for Celiac Disease.

Celiac disease is an autoimmune disease, which is triggered by gluten. The autoimmune response causes damage to the small intestine and food is not properly absorbed. Some people have symptoms such as stomach aches and diarrhea. Other people have no symptoms at all.

Labels must be read carefully.

**\*Avoid these words on food labels:**

**Wheat**

**Barley**

**Rye**

**Malt (malt flavoring, malt extract, malt vinegar)**

**Brewer's yeast**

### Contains Gluten

Regular: breads, pasta, pretzels, crackers, cookies, brownies, pies

White or wheat tortillas

Breaded meats such as chicken nuggets

Soy sauce (wheat fermented)

Most meat loaf, meatballs (contain breadcrumbs)

Malt vinegar

Most veggie burgers

Ice cream cones

Most restaurant French fries (cooked in same fryer with breaded items)

Licorice

Gluten-free foods must be prepared separately from gluten containing foods. A separate toaster for gluten-free bread is needed as well as separate butter, peanut butter, and jelly containers.

\* "Wheat" must be listed on food labels.

Barley and rye are not required to be listed legally. Barley usually is listed as malt.

### Gluten-Free

- Potatoes
- Rice
- Corn
- Corn tortillas
- Corn chips
- Plain potato chips
- Quinoa
- Nuts
- Beans
- Fruits
- Vegetables
- Plain fresh or frozen meats, fish and poultry
- Milk
- Most yogurt
- Most lunch meats
- Cheese
- Juice
- Most soft drinks
- Most ice cream
- Popcorn
- Lemonade
- Cheese
- Ketchup
- Most mustard
- Most spices
- Soy
- Peanut butter
- Corn meal
- Coffee
- Tea
- Tapioca
- Millet
- Arrowroot
- Plain chocolate



# Gluten-Free Diet



## **What is Celiac Disease?**

Celiac disease is an autoimmune, digestive disease that damages the small intestine and interferes with the absorption of nutrients.

It is one of the most common inherited autoimmune diseases. It is estimated that 1% or 1: 133 people have celiac disease. All first and second degree relatives should also be tested. First degree relatives (parent, sibling, child) have a 5-15% risk. Second degree relatives (aunts, grandparents, uncles) have a 2-3% risk.

The gluten-free diet is designed to decrease symptoms such as: abdominal distension, diarrhea, steatorrhea and weight loss often associated with ingestion of foods containing gluten, a protein found in **wheat, rye and, barley**. Also, to interrupt the autoimmune process triggered by gluten. There are many, many different symptoms for celiac disease.

Many people have “silent celiac disease”, with no obvious symptoms; however, there is still damage to the small intestine.

A strict gluten-free diet is a very effective treatment for celiac disease. It helps to relieve symptoms and prevent future complications.

## **The Gluten-Free Diet**

**The gluten-free diet is the only treatment for celiac disease** and dermatitis herpetiformis (DH). There are no medicines or other medical treatments for celiac disease available at this point in time, though some possible treatments are being researched.

The consequences of continuing to eat gluten containing foods include increased risk of lymphoma, infertility, nutrition deficiencies, osteoporosis and triggering other autoimmune diseases.

Nutrition management includes the gluten-free diet along with a gluten-free multivitamin with iron.

***Life-long elimination of gluten-containing products is required, even when symptoms have subsided.***

## **Medications**

Some use gluten as the filler for tablets and capsules. Ask your pharmacist and/or contact manufacturers. This includes over the counter as well as prescription medicines and vitamins.

The website [www.glutenfreedrugs.com](http://www.glutenfreedrugs.com) is a helpful resource. Food labeling laws do NOT apply to medicines.

## Gluten-Free Food Labeling:

Food may be labeled gluten-free if it is

- 1) inherently gluten-free or does not contain any of the prohibited grains : **wheat, rye or barley**
- 2) The final food product meets the standard of <20ppm of gluten. This is considered a safe threshold of unavoidable gluten through cross-contact.
- 3) Ingredients derived from a gluten-containing grain that has been processed to remove gluten and final product contains <20ppm

## **The gluten-free food label regulation applies to FDA regulated foods only and is VOLUNTARY.**

Allowed legal terms:

gluten-free  
No gluten  
Free of gluten  
Without gluten

(other terms such as “made without gluten containing ingredients” are not regulated.)

\*processed to allow this food to meet FDA gluten-free requirements”  
(This is for hydrolyzed, fermented or distilled foods)

Certified



**Gluten-Free** This symbol is helpful to look for on packages. This represents certification by the Gluten Intolerance Group of North America. These items are tested at < 10ppm of gluten.

Food Allergen Labeling and Consumer Protection Act (FAL CPA) January 1, 2006.

Per this law wheat (not barley or rye) must be labeled in plain terms, such as “contains WHEAT”.

*Wheat can be listed in ingredient list **OR** lower on package as “contains wheat”*

Foods under USDA regulation are not required to list allergens. This includes meats, broth, poultry and eggs. However, unprocessed all are gluten free. Processed meats, such as deli meats, hot dogs, sausage may contain gluten. However, most companies choose to label allergens. These symbols identify USDA foods:



This is a general list for your information and does not replace the need to read food labels.

**Always** remember to read the full ingredient list when purchasing any product. If in doubt, contact the manufacturer about ingredients used in packaging or processing.

## LABEL READING GUIDELINES

### **Avoid: Wheat**

**Barley**

**Malt (malt vinegar, malt extract, malt flavor)**

**Rye**

**Brewer's yeast**

### Gluten-free

Ascorbic acid  
Carmel color  
Corn starch  
Dextrin  
Dextrose  
Fructose  
Guar gum  
Hydrolyzed soy protein  
Lactic acid  
Lactose  
Mannitol  
Maltose  
Maltodextrin  
Mono and diglycerides  
Monosodium glutamate (MSG)  
(made in USA)  
Natural color and flavor  
Sodium benzoate  
Starch (always from corn in USA)  
Stearic acid  
Vinegar (NOT malt vinegar)  
Vegetable oil  
Whey

### Contains Gluten

Barley  
Barley malt  
Bran  
Brewer's yeast  
Couscous  
Durum  
Graham  
Malt  
Malt extract  
Malt flavoring  
Malt syrup  
Malt vinegar  
Miso  
Rice malt  
Rye  
Semolina  
Soy sauce (wheat fermented)  
Wheat  
Wheat Flour, white and wheat  
Brewer's yeast

**Many foods are naturally gluten-free even if they are not labeled "gluten-free"**

**It is not necessary to avoid "may contain"  
or "processed in a plant with" statements.**

## GRAINS

### GLUTEN-FREE

Amaranth  
 Arrowroot  
 Bean  
 Buckwheat (pure)  
 Carob  
 Corn (bran, meal, starch)  
 Corn tortillas  
 Chick pea (garbanzo)  
 Flax  
 Garfava  
 Hominy  
 Job's tears  
 Mesquite  
 Millett  
 Montina  
 (indian rice grass)  
 Nuts  
 Pea flour  
 Potato  
 Quinoa  
 Ragi  
 Rice  
 Rice bran  
 Sago  
 Sorghum (milo)  
 Soy  
 Sweet potato  
 Tapioca  
 (cassava, manioc)  
 Taro  
 Teff  
 Wild rice  
 Oats grown under purity  
 protocol production

### FOODS TO QUESTION

Rice or potato mixes

#### **\*OATS:**

Oat bran  
 Oat flour  
 Oat Groats  
 Rolled oats  
 Oatmeal  
 Steel cut

**(Oats are HIGH  
 RISK for  
 contamination  
 with wheat and  
 barley)**

### CONTAINS GLUTEN

Atta  
 Barley  
 Bulgar  
 Cake flour  
 Couscous  
 Einkorn  
 Emmer  
 Farina  
 Farro  
 Graham  
 Kamut  
 Gluten  
 Low gluten flour  
 Matzo/matzah  
 Pumpernickel  
 Rye  
 Semolina  
 Spelt  
 Triticale  
 Wheat  
 Wheat starch  
 Wheat bran  
 Wheat germ  
 Wheat tortillas  
 White tortillas  
 Most oats  
**(most contain  
 Wheat or barley  
 from cross-  
 contamination)**

**\* Oats are frequently cross-contaminated with wheat and barley. This happens in the fields, during transportation or during processing. Mechanically or optically sorted oats are NOT recommended**



## CEREALS

### GLUTEN-FREE

Cornmeal  
Cream of rice (brown  
or white)  
Hominy grits  
Quinoa flakes  
Polenta  
Puffed Amaranth  
Puffed corn  
Puffed rice  
Rice flakes

Chex® select flavors;  
rice, corn, honey nut,  
chocolate, cinnamon,  
vanilla, apple cinnamon

Cream of buckwheat

Specialty gluten-free  
cereals

### FOODS TO QUESTION

Corn flakes  
Rice crispies

[Usually contain malt  
flavoring, (barley)]

All oat containing  
cereals

### GLUTEN CONTAINING

All cereals containing  
Wheat, rye, barley or  
malt flavoring

## **PROTEIN FOODS**

### GLUTEN-FREE

Beans and legumes  
Eggs  
Nuts  
Most peanut butter  
Plain tofu  
Plain fresh or frozen  
meats, fish and poultry

### FOODS TO QUESTION

Dried meats  
Baked beans  
Canned pork and beans  
Marinated meats  
Processed meats;  
deli meats, ham,  
hot dogs, sausage, pate  
Imitation meat or fish  
Meat loaf  
Meat balls  
Basted turkey/meats  
Tempeh  
Miso  
Sushi  
Glazed ham  
Surimi (imitation crab)  
Imitation bacon bits

### GLUTEN CONTAINING

Breaded meats  
Most Gravy Packets  
Turkey with stuffing  
Fu  
Seitan  
Most veggie burgers

Many vegetarian meat  
substitutes (most contain  
soy sauce)

## DAIRY FOODS

### GLUTEN-FREE

Milk; fresh, dry,  
evaporated, condensed  
Buttermilk  
Lactaid milk®  
Butter  
Cheese  
Cream cheese  
Cream  
Sour cream  
Most ice cream  
Most yogurts

### FOODS TO QUESTION

Flavored yogurt  
Flavored milk drinks  
Frozen yogurt  
Cheese sauce  
Cheese spread

### GLUTEN CONTAINING

Malted milk  
Yogurt toppings  
Ice cream *containing  
cookies or malt*

## BEVERAGES

### GLUTEN-FREE

Most soft drinks  
Most root beer  
Juice  
Most Tea  
Coffee  
Milk

Most non-dairy  
drinks: rice, soy,  
coconut, almond  
milk

### FOODS TO QUESTION

Flavored coffee  
Hot chocolate mixes  
Oat milk

### GLUTEN CONTAINING

Malted beverages  
Ovaltine®  
Postum®  
Barley Tea

## SOUPS

### GLUTEN-FREE

Homemade broth or stocks  
Stocks/*soups made with gluten-free ingredients*

Gluten-free bouillon cubes  
Gluten-free broth

### FOODS TO QUESTION

Bouillon cubes  
dried soup mixes  
canned soups  
Restaurant soups

### GLUTEN CONTAINING

Most canned soups  
Ramen noodle soups  
Soups *made with wheat, rye or barley*  
Udon noodle soup

## FRUITS

### GLUTEN-FREE

All fruits; fresh, frozen or canned

### FOODS TO QUESTION

Dried fruits  
Fruit pie fillings

### GLUTEN CONTAINING

Fruits *topped with streusel or granola*

## VEGETABLES

### GLUTEN-FREE

All vegetables; fresh, frozen and canned  
Dried vegetables

French fries *cooked in a dedicated gluten-free fryer*

### FOODS TO QUESTION

Au gratin/scalloped potatoes  
Creamed vegetables  
French fries

### GLUTEN CONTAINING

Vegetables; breaded or batter dipped

Most restaurant/fast food  
French fries (cooked in same fryer as gluten containing foods)

Tobouli/Tabbouleh  
Tempura

## SWEETS AND DESSERTS

### GLUTEN-FREE

Fruit ice  
Gelatin  
Gummy candy  
Honey  
Jam/jelly/marmalade  
Corn syrup  
Maple syrup  
Molasses  
Sugar (brown and white)  
Pure chocolate  
Sherbet  
Whipped topping  
Marshmallows  
Specialty gluten-free  
desserts

### FOODS TO QUESTION

Candy  
Chocolate bars  
Caramel  
Nougat candy  
Chewing gum  
Icing/frosting  
Lemon curd  
Custards  
Flourless cakes

### GLUTEN CONTAINING

Regular cookies, pies and  
cakes  
Candy *with malt or crispy  
rice (contain barley)*  
Ice cream cones  
Licorice

## **SNACK FOODS**

### GLUTEN-FREE

Most rice or popcorn  
cakes  
Most nuts  
Popcorn  
Most potato chips  
Most seeds  
Most tortilla/corn chips  
Specialty gluten-free  
crackers or pretzels

### FOODS TO QUESTION

Flavored/seasoned chips  
Soy nuts

### GLUTEN CONTAINING

Chex mix®  
Pretzels  
Pringles®  
Crackers  
Nuts and seeds made with  
wheat starch coating

## FATS

### GLUTEN-FREE

Butter  
Margarine  
Vegetable oil  
Shortening  
Lard

*Keep a separate container for items such as butter, PB, jelly, mayo to be used only with GF items*

### FOODS TO QUESTION

Mayonnaise  
Salad dressing  
Nonstick spray (may contain flour)

### GLUTEN CONTAINING

Salad dressing *made with wheat, rye or barley*  
Wheat germ oil

## CONDIMENTS

### GLUTEN-FREE

Ketchup  
Most mustard  
Most spices  
Olives  
Plain pickles  
Pure herbs and spices  
Distilled vinegar  
Red wine/cider vinegar  
Relish  
  
MSG (monosodium Glutamate, made in USA)  
  
Specialty gluten-free soy or teriyaki sauce

### FOODS TO QUESTION

Marinades  
Worcestershire sauce  
Mustard pickles  
Steak sauce  
Teriyaki sauce  
Seasoning mixes  
Curry paste  
Barbeque sauce  
Rice vinegar  
Blended vinegars  
Smoke flavoring

### GLUTEN CONTAINING

Malt vinegar  
Regular soy sauce  
Yeast malt

## MISCELLANEOUS FOODS

### GLUTEN-FREE

Baking soda  
Chocolate chips  
Coconut  
Cream of tartar  
Carob chips and powder  
Sauces and gravies *made with gluten-free ingredients*  
Gluten-free communion wafers  
Vanilla extract  
Most yeast

Most tooth paste and dental products

### FOODS TO QUESTION

Baking powder

Low gluten communion wafers

To order:

Benedictine Sisters of  
Perpetual Adoration  
Altar Breads  
31970 State Hwy P  
Clyde, MO 64432

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

[clydeguests@benedictinesisters.org](mailto:clydeguests@benedictinesisters.org)

(660) 944-2221  
(800) 223-2772

### GLUTEN CONTAINING

Regular communion wafers

Sauces/gravies *made from wheat, rye or barley*

Brewer's yeast



## Cross-Contact

Cross-contact occurs when a gluten-free food comes into contact with a gluten containing food and causes the food to contain gluten. This usually occurs unintentionally. A very small amount of gluten (less than a bread crumb) can cause a reaction in a person with celiac disease.

Cross-contact can occur:

- In the field during growing, harvesting, milling or transporting of some grains
- During food manufacturing or storing
- At home while preparing and serving gluten-free foods
- At a restaurant during food preparation or serving

Many people choose to buy grains from manufacturers who have dedicated facilities (only manufacture gluten-free grains/foods.) This eliminates the risk of cross-contact during manufacturing.

The risk of cross-contact has been difficult to determine when purchasing foods. The food labeling law for Gluten-free foods by the FDA in effect August 2014 takes into account cross-contact and by law foods labeled gluten-free will need to be tested <20ppm, which is a safe level for person with celiac disease. *Gluten-Free labeling is voluntary.*

### **Tips to avoid cross-contact at the grocery store:**

- Always read labels thoroughly and every time a food is purchased as ingredients can change.
- Contact manufacturers of products that use contains statements such as “processed in a plant that also processes wheat or uses shared equipment”. This is a voluntary statement and may or may not be reflective of cross contact. Ask about “good manufacturing practices”, these include cleaning and staggering production times of products.
- Avoid bulk bins, especially when gluten containing foods are nearby.
- Ask for deli slicer to be cleaned before slicing your meats or cheese.

## **Tips to avoid cross-contact at home:**

- Keep all gluten-free foods separate from gluten-containing foods at all stages of food preparation. Gluten-free (GF) foods must be kept on a separate plate/dish.
- Do not use the same spoon to stir gluten containing food and a gluten-free food.
- Use separate pots and utensils, including serving utensils. It may be helpful to have separate colors.
- Thoroughly wash all utensils, pots, pans, bake wear and grills that were previously used for gluten containing foods. It may be helpful to have a separate colander, though it can be washed.
- Make sure all counter tops and any other areas foods are placed, such as the bottom of the microwave are clean and free of crumbs. Always put food on a clean plate.
- If you are preparing gluten-free and gluten containing foods at the same time prepare the gluten-free food first.
- Do not eat any food that was prepared or served with gluten containing foods, such as stuffing in a turkey, a bun that was removed or croutons taken off a salad. Gluten cannot be removed from these foods.
- **Use a separate toaster** and flour sifter for GF foods and flours. A toaster is impossible to clean, so a separate GF toaster should be used only for GF breads. Toaster bags are an option.
- Use a separate GF bread machine.
- **Keep separate butter, margarine, mayonnaise, peanut butter containers. These should be labeled GF and used only on GF foods. “Double dipping” with gluten-containing breads puts gluten into the container. Squeeze bottles are a good option for ketchup and mustard.**
- Wash hands
- Place GF items above gluten-containing items in the pantry and refrigerator, so gluten particles do not fall into GF foods.
- In a buffet setting have the GF diner go first or have their food set aside to reduce the risk of cross-contact. All items should have separate serving utensils.

## **For small children:**

- Small children tend to put everything in their mouth. Some suggestions for keeping them safe:
- Avoid gluten containing play clay as they may eat it. Use GF clay that may be purchased at a school supply store.
- Be sure the child does not eat gluten-containing crumbs from the floor.
- Be sure the child does not eat any pet food that may contain gluten.

## Gluten-Free Dining Tips

First and most helpful is to know the gluten-free diet well. It is much easier to manage a menu when you know what foods are likely to contain gluten.

- Choose a restaurant that has a gluten-free menu, has many naturally gluten-free foods or is accommodating. Do your home work and visit the website first.
- Identify yourself or your child as having a food allergy. This is better understood and taken more seriously.
- Ask to speak with manager or chef if necessary.
- Be prepared to leave if your needs are not taken seriously.
- Do not hesitate to send food back. Do not just take a bun off of a hamburger. A fresh hamburger must be prepared.
- Bring some GF foods along, especially for young children, such as GF crackers to have while waiting.
- Remind the server and the chef that your food must be prepared on a clean cooking surface, with clean utensils.
- Ask questions:
  - What items are gluten-free?
  - What items can be modified to be gluten-free?
  - Could you please ask the chef what would be safe?
  - Is flour or soy sauce used?
  - Is the fryer used for gluten-containing foods, such as chicken nuggets?
  - Are there croutons in the salad?
  - Is the food dusted with flour?
  - Is there a separate preparation area for gluten-free foods?
  - What is in the BBQ sauce?
  - Is the meat marinated? (may contain soy sauce)?
  - Are the pans/cooking surfaces cleaned before GF food preparation?
- It may be helpful to dine early or late, during less busy times for the staff.
- Order simple dishes that are naturally gluten-free, such as meat, potato and a vegetable or tacos with a corn tortilla and rice.
- Avoid salad bars or buffets. There is a high risk of cross-contact, especially from mixed utensils.
- Use one of the many GF dining apps, [www.findmeglutenfree.com](http://www.findmeglutenfree.com) App and website to help find gluten-free friendly restaurants
- GF dining cards can be very helpful:  
[www.glutenfreepassport.com](http://www.glutenfreepassport.com)

English	Spanish Translations
I cannot eat the smallest amount of gluten which is wheat, rye or barley.	No puedo comer ni la más mínima cantidad de gluten que provenga del trigo, el centeno o la cebada.
<p>I am allergic/intolerant/hypersensitive to:</p> <ul style="list-style-type: none"> <li>gluten</li> <li>wheat</li> <li>wheatflour</li> <li>bread</li> <li>breadding</li> <li>bread crumbs</li> <li>pasta</li> <li>soy sauce</li> </ul>	<p>Soy alergico o hipersensibile:</p> <ul style="list-style-type: none"> <li>al gluten</li> <li>al trigo</li> <li>harina de trigo</li> <li>pan</li> <li>empanizado</li> <li>migade pan</li> <li>pastas</li> <li>salsade soya</li> </ul>
I cannot eat these foods because I will become ill.	No puedo comer estos alimentos, porque me enfermaré.
Is this food dusted with wheat flour prior to cooking?	¿Se espolvorean estos alimentos con harina de trigo, antes de cocinarlos?
Is this food fried in the same fryer as items fried with breadding?	¿Se fríe esta comida en la misma sarten que los platos apanados fritos?
I have a condition called celiac/coeliac disease.	Tengo un a problema, llamado "la enfermedad celíaca".
Thank you for your help.	Gracias por su ayuda.

Excerpted from the award-winning *Multi-Ungual Phrase Passport*  
 For more information please visit: [www.GlutenFreePassport.com](http://www.GlutenFreePassport.com)

# Gluten Free Pantry

Recipes and Pantry list By: Chef Denise SanFilippo

Denise is a professional chef and someone living with Celiac Disease.

Denise is a member of our Council of Advisors; Pediatric Celiac Center; Advocate Children's Hospital and teaches gluten-free cooking classes for our patient community at the hospital.

**Everyday Staples:** Vegetables and Fruits (Eat the rainbow and Cook with the seasons)  
Proteins: Eggs, Beans, Fresh Meat, Poultry and Fish (not injected, not marinated, no added spices or additives)

**Lunch Ideas:** Gluten Free Deli Meats, Chicken or Turkey Salad, Left-overs (GF Noodle Soup, Veggie Soup, GF Mac & Cheese, GF Spaghetti and GF Meatballs, GF Lasagna, GF Tacos), Nut Butter and Jam sandwiches, Black Bean Salsa and GF Tortilla Chips, Smoothies, GF Protein Bars, Apple and Nuts, Cheese Slices, fruit, veggies with hummus or yogurt dip, Veggie wraps with rice paper or lettuce, chicken tenders with GF dressing, dehydrated fruit, sushi with tamari or GF soy sauce

**Pantry Staples:** Rice (White, Jasmine, Brown, Red, Black, Arborio), Quinoa, Millet, Buckwheat  
GF Pasta – Quinoa, Rice, Buckwheat, Blends or Veggie noodles (ex. Zucchini Noodles, Spaghetti Squash)  
Legumes - Kidney, pinto, black, cannellini, mung beans, lentils  
Dried peas and seeds (chia, flax, pumpkin, sunflower)  
Nuts (walnuts, cashews, almonds, pecans)  
Raisins, dried cranberries, dates, dried cherries  
Vinegar (Balsamic, Apple cider, brown rice)  
GF Chicken, Vegetable and Beef Stocks/Broth  
GF Vanilla  
Kosher/ sea salt  
Peppercorns  
Fresh/ dried herbs  
Spices (1 ingredient)  
Candied ginger  
Chocolate Chips (Enjoy Life)  
GF Cereal, Pretzels, Crackers  
Popcorn, GF Tortilla Chips  
GF Peanut Butter/ Sunflower Butter

**Oils and other fats:** Coconut oil, Butter, Ghee (Clarified Butter), Olive oil, EVOO, Canola oil, Vegetable Oil, Grape seed oil, Peanut Oil

**Sweeteners:** Organic maple syrup, Agave syrup, Stevia, Coconut palm sugar, Cane sugar, and pure fruit jams, Applesauce, Molasses

**Condiments:**

(Huy Fong) Sriracha, (Hellmann's) Real Mayo, (Grey Poupon) Dijon Mustard, (Heinz) Ketchup and Mustard, Tamari, SanJ Asian sauces, Bragg's Liquid Aminos (Soy Sauce replacement)

**Freezer:**

Fruit, Berries,  
Gluten Free Corn Tortillas, GF Pizza Crusts, GF Bread  
Nuts  
Sautéed Mirepoix (onions, celery and carrots)  
Homemade Stock - frozen in ice cube trays  
Homemade Soups  
GF Bacon

**Flours:** Brown or White Rice, GF Oat, Sorghum, Coconut, Quinoa, Millet, Chickpea (Garbanzo), Potato, Banana, Almond, Teff, Buckwheat, Tapioca, Amaranth, Millet, Arrowroot

\*If purchasing a pre-mixed Gluten Free All Purpose Flour: Note whether or not the mix already includes Xanthan Gum.

**Thickeners:** Arrowroot, Corn Starch, Potato Starch, Tapioca Starch

**Binding Agents:** Eggs, Chia Seed Slurry, Flax Seed Meal, Xanthan Gum/ Guar Gum, Applesauce, Powdered Egg Replacer (EnerG)

**Other dry ingredients:** Cornmeal, Almond meal, GF Oats, Baking Yeast, Nutritional yeast, GF Baking Powder, Baking Soda, Cocoa powder

# ***Gluten-Free Breakfast Enchiladas***

## ***Ingredients:***

- 4 to 6 Gluten Free Tortilla shells (Udi's)
- 2 Tb Olive Oil
- ½ cup diced green onion
- ½ cup diced red pepper
- 2 cup Gluten Free diced ham (can use GF deli ham)
- 3 cup Cheddar Cheese – shredded (GF)
- 3 large eggs
- 1/3 cup half & half
- 2 tsp GF cornstarch
- ¼ tsp salt
- ¼ tsp black pepper

\*Garnish with Gluten-Free Salsa, Sour Cream and fresh chopped Cilantro

## ***Directions:***

Preheat oven to 375F. Spray 9 x 13 inch baking dishes with GF non-stick spray. In skillet, heat oil, then sauté green onion, red pepper and ham for 7 to 10 minutes. Wrap tortilla shells in foil and bake for 5 minutes, until soft and warm. Lay tortilla shell flat. Add some ham, green onion, red pepper, cheddar cheese, roll tortilla. Repeat until all tortilla shells are filled. Lay side by side flat in baking dish. In a bowl whisk eggs, half & half, cornstarch, salt and pepper then pour over stuffed tortillas. Cover with foil and refrigerate for 1 hour then, bake covered for 40 minutes. Uncover with add remainder of cheddar cheese over Enchiladas, continue baking for 10 minutes more or until cheese has melted. Serves 4 to 6 servings

\*Serve with Salsa, Sour cream and Cilantro.

***Recipe by: Chef Denise SanFilippo***

# ***Gluten-Free Chocolate Chip Buckwheat Pancakes***

## **Ingredients:**

- 1 cup Buckwheat Flour
- 1 cup All-Purpose Gluten-Free Flour (with xanthan gum)
- 2 TB sugar
- 2 tsp Gluten Free baking soda
- 2 tsp baking powder
- ½ tsp salt
- 2 large eggs
- 2 ½ cup buttermilk
- 1 tsp pure GF vanilla extract
- 1/2 cup Chocolate Chips (Enjoy Life Semi-Sweet)
- \*Serve with Pure Maple Syrup, Butter and fresh berries

## **Directions:**

In a large bowl whisk flours, sugar, baking soda, baking powder and salt. In separate medium bowl beat buttermilk, eggs and vanilla. Add wet ingredients to dry ingredients. Whisk briefly to combine, may have small lumps left in batter. Fold in Chocolate Chips. Heat a non-stick griddle to medium-low heat. \*Test with small drop of batter for correct temperature. (it should be golden in color when flipped) Pour ¼ cup batter into warm skillet. Repeat. Cook for 2 to 3 minutes or until small bubbles form on surface of pancake and edges look dry. Flip and cook for 1 to 2 minutes more, until light golden brown. Transfer to a covered plate and repeat. Makes 8 to 10 pancakes.

\*Serve with Pure Maple Syrup, butter and fresh berries

**Recipe by: Chef Denise SanFilippo**



# Very Berry Smoothie

By Chef Denise SanFilippo

## Ingredients:

- 1 cup bananas
- 1 cup mangos
- 1 cup blueberries
- 1 cup of apples
- 1 cup GF Greek yogurt
- 1 1/2 cups almondmilk
- 2 Tbs. honey
- 1 tsp. GF vanilla

## Directions:

In a blender, combine the bananas, mangos, blueberries, apples, yogurt, almond milk, honey, vanilla and puree until smooth. Pour into glasses and serve.

\*Note: You may use fresh or frozen fruit.

Makes about 6 cups.

## ***Antioxidant Berry Yogurt Smoothie***

### **Ingredients:**

- 1 cup bananas
- 1 cup mangos
- 1 cup blueberries
- 1 cup of apples
- 1 cup Greek yogurt
- 1 1/2 cups almond milk
- 2 Tbs. honey
- 1 tsp. vanilla
- 2 Tbs. Antioxidant smoothie mixer (or ground flax seeds)

**Directions:** In a blender, combine the bananas, mangos, blueberries, apples, yogurt, almond milk, honey, vanilla and smoothie mixer and puree until smooth. Pour into glasses and serve. Makes about 6 cups.

## ***Dreamsicle Green Smoothie***

### **Ingredients:**

- 2 cups of ice
- 4 frozen bananas
- 2 cup milk
- 1 ½ cup orange juice
- 1 teaspoon orange zest
- ½ teaspoon vanilla
- 1 cup spinach
- 2 teaspoon honey
- \*Add Whip Cream and orange zest for garnish

**Directions:** In a blender, combine the ice, bananas, milk, orange juice, orange zest, vanilla, spinach and honey. Then puree until smooth. Pour into glasses and serve. Makes about 6 cups.

## ***Banana – Peanut Butter Smoothie***

### **Ingredients:**

- 4 ripe bananas
- 3/4 cup creamy peanut butter
- 2 cups milk
- 2 Tbs. honey
- 2 cups ice

**Directions:** In a blender, combine the bananas, peanut butter, milk, honey and ice. Blend until creamy and smooth. Makes about 5 cups

**Recipes by: Chef Denise SanFilippo**

## ***Gluten-Free Breaded Chicken Tenders***

By: Chef Denise SanFilippo

### **Ingredients:**

2TB of Olive Oil  
1 ½ cup Gluten-Free Breadcrumbs  
Dash of salt and pepper (to taste)  
½ tsp red pepper flakes  
½ tsp garlic powder  
½tsp parsley  
½ tsp oregano  
1 Pound GF Chicken Tenders \*Can substitute with whole boneless skinless chicken breasts (sliced in half lengthwise)  
3 large eggs (beaten)

### **Directions:**

Preheat oven to 375F

Brush baking pan with oil, set aside. Whisk all dry ingredients in a shallow dish. Dip Chicken tenders into eggs, then coat both sides of chicken with breadcrumb mixture. Lay on baking sheet, repeat until all chicken pieces are coated. Put baking sheet in oven and bake for 25-35 minutes, or until internal temperature reaches 165 degrees.

Serve with Gluten Free Barbeque Sauce (Sweet Baby Ray's) or Homemade Honey Mustard Dip

### **Honey Mustard Dip Recipe**

1/2 cup honey  
2 Tb Gluten-Free Mayonnaise (Hellmann's Real Mayonnaise)  
1/2 cup Gluten-Free Dijon Mustard (Grey Poupon)  
1 Tb. Lemon Juice  
A dash of Salt & pepper (to taste)

Mix in bowl and serve. Store in airtight contain for up to 7 days.

# **Cheesy-Quinoa Bites**

By Chef Denise SanFilippo

## **Make Ahead Quinoa**

3 ½ cups Water

2 Cups of Quinoa (Rinsed & Drained)

Bring water to a boil. Add Quinoa, reduce to a simmer and cover for 12-15 minutes. Turn heat off and let sit for an additional 5 to 10 minutes, leaving cover on. Fluff with a fork and cool.

\*Quinoa will double/triple in size. Reserve extra for future use.

\*Note: To check doneness, texture will be similar to cooked rice and tails of the Quinoa will curl out.

## **Ingredients:**

2 Cups of cooled cooked Quinoa

1 TB Parsley

2 TB Shallots (diced small)

½ Cup Carrots (Peeled and diced small)

2 Eggs (Beaten)

2 TB Gluten-Free Flour

1/2 Cup Cheddar Cheese (May replace with Mozzarella, Fontina or Gruyere Cheese)

½ Tsp Salt (to taste)

¼ tsp Pepper (to taste)

## **Directions:**

Preheat oven to 375 degrees. Spray parchment lined baking pans with GF cooking spray.

(\*Note: May use mini muffin tins instead)

Combine all remaining ingredients in a large bowl. Form small balls and place on parchment lined sheet pan. Repeat until all mixture is used. Place baking pan in oven and bake for 20 minutes. Serve with Honey Mustard Dip.

Makes 25-40 (depending on size)

## **Variation:**

**Quinoa and Veggie Stuffed Red Peppers:** Fill Red Peppers with this filling and bake at 350 degree for 30-45 minutes, until centers are hot.

## **Honey Mustard Dip Recipe**

1/2 cup honey

2 Tb Gluten-Free Mayonnaise (Hellmann's Real Mayonnaise)

1/2 cup Gluten-Free Dijon Mustard (Grey Poupon)

1 Tb. Lemon Juice

A dash of Salt & pepper (to taste)

Mix in bowl and serve. Store in airtight contain for up to 7 days.

## Gluten – Free Shopping List

### Dairy

Milk  
GF Yogurt  
Cheese  
GF Ice cream

### Protein Foods

Fresh meats, poultry, fish, seafood  
Eggs  
Plain frozen meats  
GF deli meats  
Beans or lentils  
Nuts  
Seeds  
Tofu

### Fats

Vegetable oils  
Butter  
Margarine  
GF Mayonnaise  
GF Salad dressing  
Cream Cheese

### Produce

Fruit / vegetables – fresh, frozen, canned

### Grains

Rice  
Corn  
Potatoes  
Millet  
Quinoa  
Pure buck wheat  
GF Flours  
GF Breads  
GF Cereals  
GF Baking mixes

### Miscellaneous

GF Bouillon, broth, soups  
GF Soy sauce  
GF BBQ sauce  
Vinegar (except malt vinegar)

## Gluten-Free Resources

### **Advocate Children’s Hospital-Park Ridge, Pediatric Celiac Center**

Pediatric celiac center dedicated to treating children and families with celiac disease and to well as to raise awareness and partner with the community.

(847) 723-7181

[www.advocatechildrenshospital.com/care-and-treatment/celiac-center/](http://www.advocatechildrenshospital.com/care-and-treatment/celiac-center/)

### **Celiac Disease Foundation**

Celiac Disease Foundation is a non-profit organization providing services and support through programs of awareness, education, advocacy and research.

(818)716-1513

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

### **National Celiac Association**

Represents and serves individuals with celiac disease and gluten sensitivities.

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

(888) 4-CELLIAC

### **Gluten Intolerance Group of North America (GIG)**

GIG is a nonprofit organization with many local branches in Illinois. Their website contains information on their many outreach programs and services.

(253) 833-6655

[www.gluten.net](http://www.gluten.net)

### **Generation GF Chicago**

GIG: Gluten Intolerance Group

Support group for kids, teens, and young adults living gluten-free.

[generationGF.chicago@gluten.org](mailto:generationGF.chicago@gluten.org)

**Beyond Celiac**

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

Dedicated to raising awareness of celiac disease.  
Very good guide on going to college gluten-free.  
(844) 856-6692

**Gastro Kids**

Help and hope for children with digestive disorders.

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

**Celiac.com**

Find hundreds of gluten free recipes, safe and unsafe food lists, reviews of gluten free products and a forum for discussions.

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

**Gluten Free Drugs**

This website contains lists of gluten free medications as well as over the counter medications.

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

**The Gluten-Free Dietitian**

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

**Gluten-Free Watch Dog**

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

**Gluten-Free Travel**

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

**Gluten-Free Allergy Free**

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

**Carol Fenster Cooks**

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

**Jules Shepard, gluten-free living and products**

<http://www.gfjules.com/>

**Find me Gluten-Free**

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

Website and app very helpful to find GF friendly restaurants.

**GF Dining Out Cards**

These small, plastic cards can be handed out to waiters at restaurants. These can be especially helpful for people who have difficulty verbalizing their dietary restrictions.

<http://glutenfreepassport.com/airlines-tips/translation-cards/>

**Books**

**Gluten Freedom: The Nation's Leading Expert offers the Essential Guide to a Healthy, Gluten-Free Lifestyle, 2014**

By Alessio Fasano

**Gluten-Free, The Definitive Resource Guide, 2016**

Shelley Case, R.D.

A comprehensive gluten free reference book which includes meal plans, nutrition information and practical strategies for healthy gluten-free living.

<http://www.glutenfreediet.ca/>

**Real Life with Celiac Disease: Troubleshooting and Thriving Gluten-Free, 2010**

By Melinda Dennis, R.D



**Gluten-Free Kids: Raising Happy, Healthy Children with Celiac Disease, Autism and other conditions, 2010**

By Danna Korn

**Celiac Disease Nutrition Guide, 3rd edition, Academy of Nutrition and Dietetics, 2014**

By, Tricia Thompson MS, RD

**Gluten-Free Recipes for People with Diabetes**

By Nancy S. Hughes and Lara Rondinelli-Hamilton, RD, LDN, CDE

**Gluten-Free Friends: An activity book for Kids**

By Nancy Patin-Falini



## Celiac Disease and the School Setting

Talk with your school nurse and teacher as soon as possible. Your child needs to continue to eat a gluten-free diet during school. Some schools are very accommodating. It may be helpful to request a [504 Accommodation Plan](#). This is a legal document that outlines reasonable accommodations for the child in the classroom such as:

- Objectives and goals of the plan
- Meals and snacks
- Bathroom access
- Classroom activities (art projects)
- Field Trips / extracurricular activities
- Communication
- Emergency evacuations / shelter-in-place
- Parental notification
- Emergency contacts

### School Lunch

Your child's school may provide gluten-free foods. More schools are providing access to gluten-free options. Parents still need to ask questions and ensure foods are "safe" just as when eating in a restaurant. The choices will vary depending on the school system.

The laws surrounding the school's requirement to provide gluten-free foods are still unclear. Some students may abide by the Americans with Disabilities Act.



## **Diabetes and Celiac Disease**

Many people have celiac disease and diabetes in combination, especially type 1 diabetes (insulin requiring or child onset). Celiac and diabetes are both auto-immune diseases. Before people know they have celiac disease they can have unpredictable blood sugars and unintentional weight loss or poor growth in children. This is due to the body's difficulty absorbing nutrients and carbohydrates normally. Diabetes management should improve when established on a gluten-free diet.

It can be very challenging to navigate a gluten-free diet while carbohydrate counting to control blood sugars. Carbohydrate content of many gluten-free foods varies greatly, unlike the gluten-containing foods, such as breads. All carbohydrate containing gluten-free foods must be counted in total carbohydrate intake.

***Gluten-Free foods will not have the same amount of carbohydrate as the gluten-containing foods.***

The goals are to: 1) Maintain good blood sugar control  
2) Eliminate gluten from the diet

One slice of GF bread can contain 10-35gms carbohydrate.

A medium GF bagel can contain 45-72gms carbohydrate.

Gluten-free pasta: ½ cup can contain 35-50gms carbohydrate.

**READ LABELS VERY CAREFULLY**



## Follow-up Care Recommendations

The gluten-free diet is the only medical treatment for celiac disease. Once families have learned the gluten-free diet and are comfortable with reading labels, cooking and eating in restaurants many do not realize they still need follow-up medical care.

After diagnosis people with celiac disease should have their blood antibody (tTg) levels retested in 3-6 months and at one year. Patients should see the doctor and have blood tests yearly. It may be necessary to have more frequent follow-up appointments, especially if the child is growth delayed.

The tTg levels should be decreasing and should normalize in time. It takes some time for the small intestine to heal. The goal is a negative antibody test. If the blood levels remain high it is a sign that gluten is still being ingested somehow. It sometimes is difficult to determine the source.

Parents often worry that they are doing a good job in providing a gluten-free diet for their child. A negative blood test can be very reassuring that gluten containing foods are not in the diet.

It is recommended that all patients also follow-up with the nutritionist yearly to review the gluten-free diet. The gluten-free diet is always changing as our food supply and food labeling changes over time.





The Celiac Center of Advocate Children's Hospital includes:



**Dr. Samuel Leung**  
*Medical Director*  
*Pediatric Gastroenterologist*  
847.318.9330



**Stephanie Wells, MS,RD,LDN**  
*Registered Dietitian/Nutritionist*  
*Coordinator, Pediatric Celiac Center*  
847.723.7181  
***stephaniewells@aah.org***

Your care team may also include a nurse, social worker or other health professionals as needed.

