

Certain grains, such as oats (jaee), can be contaminated with wheat during growing and processing stages of production. For this reason, doctors and dietitians generally recommend avoiding oats unless they are specifically labeled gluten-free. You should also be alert for other products that you eat or that could come in contact with your mouth that may contain gluten. These include:

- Food additives, such as malt flavoring, modified food starch and others
- Medications and vitamins that use gluten as a binding agent

Not sticking to the gluten-free diet

- If you accidentally eat a product that contains gluten, you may experience abdominal pain and diarrhea. Some people experience no signs or symptoms after eating gluten, but this doesn't mean it's not damaging their small intestines. Even trace amounts of gluten in your diet may be damaging, whether or not they cause signs or symptoms. Over time, not following a gluten-free diet if you have celiac disease can lead to serious complications including small intestinal cancer.

Reference: Krause's food & the nutrition care process /St. Louis, Mo.: Elsevier/Saunders,

Guidelines For Gluten Free Diet



A gluten-free diet is a diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley (jau), oats (jaee) & rye. Many healthy and delicious foods are naturally gluten-free:

- Beans, seeds and nuts in their natural, unprocessed form
- Fresh eggs
- Fresh meats, fish and poultry (not breaded, batter-coated or marinated)
- Fruits and vegetables
- Most dairy products

It's important to make sure that they are not processed or mixed with gluten-containing grains, additives or preservatives. Many grains and starches can be part of a gluten-free diet, such as:

- Corn and cornmeal, Hominy (corn)
- Flax (alsi)
- Gluten-free flours (rice, soy, corn, potato, bean, gram)
- Millet (bajra)
- Rice
- Sorghum (charri)
- Soy

Always avoid. Avoid all food and drinks containing:

- Wheat
- Barley [malt, malt flavoring and malt vinegar are usually made from barley/grains for example Horlicks, Ovaltine, Malta (soft drink), Super Malt, Malted Milk]
- Rye
- Triticale (a cross between wheat and rye)

Avoiding wheat can be challenging because wheat products go by numerous names. Consider the many types of wheat flour on supermarket shelves bromated, enriched, phosphated, plain and self-rising. Here are other wheat products to avoid, mentioned in food labels:

- Semolina (suji) & Farina (made from suji)
- Durum flour & Graham flour (names for different varieties of wheat)
- Spelt (hulled wheat)

In general, avoid the following foods unless they're labeled as gluten-free or made with corn, rice, soy or other gluten-free grain:

- Breads
- Cakes and pies
- Candies and Licorice
- Cereals
- Communion wafers
- Cookies and crackers
- Croutons
- French fries
- Gravies
- Imitation meat or seafood, meatballs & meatloaf
- Pastas
- Processed luncheon meats, sausages & cold cuts
- Salad dressings
- Sauces, including soy sauce
- Seasoned rice mixes
- Seasoned snack foods, such as potato and tortilla chips
- Self-basting poultry
- Soups, soup bases and boxed soup mixes
- Vegetables in sauce
- Falafel