

GLUTEN RESTRICTED DIET

Breakfast

Cereal	1/2 cup
Egg	1
Gluten Free Toast	1 slice
Butter or Margarine,	1 tsp.
Jelly	1 tsp.
Sugar	2 tsp.
Milk	1/2 cup
Beverage	

Lunch

Broth	1/2 cup		
Meat or substitute	2 oz. Potato or substitute	1/2 cup Vegetable	1/2 cup
Salad	3/4 cup		
Salad dressing	1 Tbsp. Bread (Gluten free)	1 slice Butter or	
Margarine	1 tsp.		
Fruit	1/2 Cup		
Milk	1.cup		
Sugar	1 tsp:		
Beverage			

Dinner

Fruit Juice	1/2 cup		
Meat or substitute	2 oz. Potato or substitute	1/2 cup Vegetable	1/2 cup
Salad	3/4 cup		
Salad dressing	1 Tbsp.		
Bread (Gluten free)	1 slice		
Butter or Margarine	1 tsp.		
Dessert	1/2 cup		
Milk	1/2 cup		
Sugar	1 tsp.		
Beverage			

GLUTEN-INDUCED ENTEROPATHY COMMON INGREDIENT LIST

The following ingredients are frequently listed on product labels. Patients should be advised to check the *sources* of these ingredients. Those from wheat, rye, oat or barley sources must be excluded from the diet.

Ingredient	Permitted
1. Hydrolyzed vegetable protein (HVP) texturized vegetable protein (TVP)	Only those from soy or corn
2. Flour or cereal products	Those from rice, corn, potato, soy tapioca and arrowroot
3. Vegetable protein	Soy or corn
4. Malt or malt flavoring	Those derived from corn
5. Modified starch or modified food starch	Arrowroot, corn, potato, tapioca, maize
6. Vegetable gum	Carob or locust bean; cellulose or sugar gum; gum acacia, arabic tragacanth or xanthan
7. Soy sauce, soy sauce solid	Those without wheat
8. Monoglycerides or diglycerides	Those using a gliadin-free carrier
9. Monosodium glutamate	USA domestic-made brands, derived from Sugar beets

*Adapted with permission from Hartsook, RI.
Gluten-Restricted Gliadin-Free Diet Instruction. Seattle, WA
The Gluten Intolerance Group of North America

* Beaudette, Adverse Reaction of Food, American Dietetic Association. 1991 Adapted.

TERMS INDICATING THE PRESENCE OF COMMON ALLERGENS

Common Allergens	Terms	Common Allergens	Terms
Milk	Casein Caseinate Casein hydrolysate OMS (dried milk solids) Lactalbumin Milk solid pastes Sweetened condensed milk Whey or whey solids	Legume	Food gums from the legume family Acacia gum Arabic gum Carob Haraya gum Locust bean gum Tragacanth
Egg	Albumin Dried egg solids Globulin Ovomucin Ovomucoid Ovoglobulin Livetin Vitellin	Soy	Hydrolyzed vegetable protein Soy concentrate Soy protein Soya flour TVP (textured vegetable protein) Vegetable protein concentrate
Corn	Corn solids Cornstarch Corn Syrup Vegetable starch Dextrose Glucose Corn oil Corn alcohol Corn sugar Food starch-modified	Gliadin	HVP (hydrolyzed vegetable protein) Soy sauce, soy sauce solids Malt flavoring Natural flavorings

* Adapted from Clinical Staff Dietary Department
University of Iowa Hospitals, *Iowa Diet Manual*. Recent
Advances in Therapeutic Diets. Iowa City, Iowa:
Iowa State University Press, 1989.
and

Hartsook E. *Gluten-Restricted, Gliadin-Free Diet
Instruction*, Seattle, WA: The Gluten Intolerance
Group of North America, 1991.

*Beaudette, Adverse Reaction to Food, American Dietetic Association, 1991 Adapted