

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.