

Celiac Disease

National Digestive Diseases Information Clearinghouse



National
Institute of
Diabetes and
Digestive
and Kidney
Diseases

NATIONAL
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The Gluten-Free Diet: Some Examples

In 2006, the American Dietetic Association updated its recommendations for a gluten-free diet. The following chart is based on the 2006 recommendations. This list is *not* complete, so people with celiac disease should discuss gluten-free food choices with a dietitian or physician who specializes in celiac disease. People with celiac disease should always read food ingredient lists carefully to make sure that the food does not contain gluten.

Allowed Foods		
Amaranth	Job's tears	Sago
Arrowroot	Legumes	Seeds
Buckwheat	Millet	Soy
Cassava	Nuts	Sorghum
Corn	Potatoes	Tapioca
Flax	Quinoa	Wild Rice
Indian rice grass	Rice	Yucca
Foods To Avoid		
Wheat		Barley
• Including einkorn, emmer, spelt, kamut		Rye
• Wheat starch, wheat bran, wheat germ, cracked wheat, hydrolyzed wheat protein		Triticale (a cross between wheat and rye)
Other Wheat Products		
Bromated flour	Graham flour	Self-rising flour
Durum flour	Phosphated flour	Semolina
Enriched flour	Plain flour	White flour
Farina		
Processed Foods that May Contain Wheat, Barley, or Rye*		
Bouillon cubes	French fries	Seasoned tortilla chips
Brown rice syrup	Gravy	Self-basting turkey
Chips/potato chips	Imitation fish	Soups
Candy	Matzo	Soy sauce
Cold cuts, hot dogs, salami, sausage	Rice mixes	Vegetables in sauce
Communion wafer	Sauces	
* Most of these foods can be found gluten-free. When in doubt, check with the food manufacturer.		



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Adapted from the following resource: Thompson T. *Celiac Disease Nutrition Guide*. 2nd ed. Chicago: American Dietetic Association; 2006. Used with permission. For a complete copy of the *Celiac Disease Nutrition Guide*, please visit www.eatright.org.

Acknowledgments

The gluten-free diet chart was reviewed by Alice Bast and Nancy Dickens, National Foundation for Celiac Awareness; Cynthia Kupper, R.D., C.D., Gluten Intolerance Group; and Elaine Monarch, Celiac Disease Foundation.

The Celiac Disease Awareness Campaign

To meet the need for comprehensive and current information about celiac disease, the National Digestive Diseases Information Clearinghouse (NDDIC), a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), launched the Celiac Disease Awareness Campaign. The Awareness Campaign is the result of the combined ideas and efforts of the professional and voluntary organizations that focus on celiac disease, along with the NIDDK, the National Institutes of Health, and the Centers for Disease Control and Prevention.

Visit www.celiac.nih.gov to learn more about the Awareness Campaign.

National Digestive Diseases Information Clearinghouse

2 Information Way
Bethesda, MD 20892-3570
Phone: 1-800-891-5389
Fax: 703-738-4929
Email: nddic@info.niddk.nih.gov
Internet: www.digestive.niddk.nih.gov

The National Digestive Diseases Information Clearinghouse (NDDIC) is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The NIDDK is part of the National Institutes of Health of the U.S. Department of Health and Human Services. Established in 1980, the Clearinghouse provides information about digestive diseases to people with digestive disorders and to their families, health care professionals, and the public. The NDDIC answers inquiries, develops and distributes publications, and works closely with professional and patient organizations and Government agencies to coordinate resources about digestive diseases.

Publications produced by the Clearinghouse are carefully reviewed by both NIDDK scientists and outside experts.

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This fact sheet is also available at www.digestive.niddk.nih.gov.



U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES
National Institutes of Health

NIH Publication No. 07-4269
Addendum May 2007