Gluten-Free Diet

For celiac disease (gluten-sensitive enteropathy) and dermatitis herpetiformis

Purpose: this diet eliminates the protein gluten, found in wheat, rye, and barley, for people with celiac disease or gluten sensitivity. All protein sources are acceptable except those containing gluten; products made from arrowroot, corn, potato, rice, and soybean flours and starches replace products made from wheat, rye, and barley.

Reading Labels — the Most Important Skill

- Choose products labeled "gluten-free" whenever possible — that label is regulated and is your safest guide.
- Wheat must be declared on U.S. food labels as a major allergen. Watch for: malt and malt flavoring (usually from barley), and hydrolyzed/textured vegetable protein (HVP/TVP) unless it is from soy or corn.
- Flour or cereal products are safe only when made from rice, corn, potato, or soy.
- Soy sauce usually contains wheat — choose tamari or a soy sauce labeled gluten-free.
- Modified food starch on U.S. labels is typically corn-based; when a product is labeled gluten-free, you do not need to investigate further.
- Modern updates: certified gluten-free oats are safe for most people with celiac disease, and pure buckwheat is naturally gluten-free despite its name — the risk with both is cross-contact, so buy certified products.
- Prevent cross-contact at home: use a separate toaster or toaster bags, clean shared surfaces, and avoid shared fryers and bulk bins.

Food List

Food Group	Foods Allowed | Foods to Avoid
Breads & Grains	Allowed: cornmeal and corn tortillas, hominy, rice and rice cereals (e.g., Cream of Rice, Rice Krispies), puffed rice/corn, arrowroot, tapioca, and breads/cereals made with gluten-free flours and starches (rice, corn, potato, soy, tapioca). Avoid: wheat, rye, barley, and regular oats; oatmeal, macaroni, noodles, spaghetti, crackers, chips, cereals containing malt flavoring; buckwheat mixes, kasha, and bulgur; prepared cake, bread, pancake, or waffle mixes.
Fruits & Vegetables	Allowed: all fresh, frozen, and canned fruits and vegetables except those to avoid. Avoid: creamed or breaded vegetables; thickened or prepared items with wheat-based fillings.
Milk & Dairy	Allowed: milk, cream, and cheese except those to avoid. Avoid: commercial chocolate milk with cereal added; malted milk; instant milk drinks; hot cocoa mixes; nondairy substitutes and processed cheese foods/spreads containing a gluten source; cheese containing oat gum.
Meat & Protein	Allowed: any plain meats, poultry, fish, and eggs. Avoid: meats prepared with stabilizers or fillers — frankfurters, lunch meats, sandwich spreads, sausages, and canned meats; breaded fish or meats; poultry prepared with hydrolyzed or textured vegetable protein (HVP/TVP) from wheat.
Desserts & Sweets	Allowed: gelatin desserts, ices, homemade ice cream, custard, junket, rice pudding; cakes, cookies, and pastries prepared with gluten-free starch; sugar, jelly, jam, honey, corn syrup, molasses, marshmallow. Avoid: all desserts unless labeled gluten-free — read labels.

Food Group	Foods Allowed | Foods to Avoid
Beverages	Allowed: carbonated beverages, fruit juices, tea, coffee and decaffeinated coffee to which no wheat flour has been added. Avoid: Postum, Ovaltine, ale, beer, and root beer (unless confirmed gluten-free).
Other	Allowed: herbs, spices, pickles, vinegar, syrups, popcorn, molasses, potato chips, jelly, jam, honey, butter or fortified margarine. Avoid: commercial salad dressings except pure mayonnaise (read labels); foods prepared with wheat, rye, oats, barley, or buckwheat mixes; some catsup, chili sauce, soy sauce, mustard, horseradish, seasoning mixes, pickles, distilled white vinegar, and steak sauce if they contain gluten stabilizers; some chewing gum, chip dips, and malt or malt flavoring unless derived from corn; baking powder unless labeled gluten-free.

A Note on Nutrition

This diet can meet all your nutritional needs with an added effort to ensure adequate fiber — lean on rice, corn, potato, and certified gluten-free whole grains, plus fruits and vegetables. Ask Dr. Tarugu whether you need vitamin levels checked.