



Gluten-Free Nutrition Therapy General Overview

Your child has a sensitivity to gluten, the protein found in wheat, barley, and rye. Gluten-free nutrition therapy will allow your child's intestine to heal. It also will help prevent complications like bone disease that can happen if celiac disease goes untreated.

Recommended Foods

Food Group	Recommended Foods
<i>Gluten-Free Grains and Starches</i>	Amaranth Arrowroot Bean flours Buckwheat Cassava (manioc) Corn (corn bran, corn grits, hominy, masa harina, cornmeal, corn flour) Chia seeds/flour Flax Indian rice grass (montina) Job's tears Mesquite Millet Nut flours Potato (potato starch and potato flour) Quinoa Rice (all forms) Salba Sorghum Soy Tapioca Tef Wild rice Yucca

Food Group	Recommended Foods
<i>Milk and Milk Products</i>	All types
<i>Meat and Other Protein Foods</i>	Fresh meat, fish, poultry, and eggs Aged cheese Unprocessed nuts and seeds Dry beans, peas, lentils
<i>Vegetables</i>	All fresh vegetables
<i>Fruits</i>	All fresh fruits
<i>Fats and Oils</i>	Vegetable oils Butter

Foods Not Recommended

Food Group	Foods NOT Recommended
<i>Gluten-Containing Grains*</i>	<p>The following grains should <u>not</u> be eaten in a gluten-free meal plan. These ingredients are found in many food products, including flours, bread products, pasta, breakfast cereals, cakes, and cookies:</p> <ul style="list-style-type: none"> • Wheat: <ul style="list-style-type: none"> ▪ All kinds, including spelt, kamut, einkorn, emmer (faro or farro), durum, semolina, triticale, and atta ▪ All forms, including wheat bran, couscous, graham flour, matzo, wheat germ, cracked wheat, farina, and tabbouleh • Rye • Barley: <ul style="list-style-type: none"> ▪ All forms, including malt, malt flavoring, malt extract, malt syrup, and malt vinegar • Untested oats*

Food Group	Foods NOT Recommended
<i>Other Ingredients to Avoid</i>	<p>Any ingredient derived from wheat, rye, oats, or barley, including malt. Read labels to ensure these five words are not included in the ingredients.</p> <p>The following ingredients, which are often overlooked, should be avoided or questioned:</p> <ul style="list-style-type: none"> • Soy sauce (may be made with wheat) • Malt vinegar (made with fermented barley) • Seasoning (may use wheat) • Marinades (may have wheat or barley) • Broth (may be made with wheat)

***Note:** In the past, oats were believed to be harmful to persons with celiac disease. Some tested oats and wheat starch and other forms of these listed grains may be considered gluten-free. If your child would like to eat gluten-free oats, you should discuss this with your physician and dietitian. For more information, refer to the Food and Drug Administration Web page on food allergen labeling: <http://www.fda.gov/Food/LabelingNutrition/FoodAllergensLabeling>

Manufacturers of gluten-free oats include Cream Hill Estates, Only Oats, Gluten-Free Oats, Bob's Red Mill, and Gifts of Nature.

Sample 1-Day Gluten-Free Menus

The following menus are designed for a child between the ages of 7 and 10 years. Ask your child's registered dietitian whether they are suitable for your child.

Menu 1

A gluten-free meal plan does not have to be all that different from a wheat-based meal plan. There are gluten-free versions of almost all foods that are usually made from wheat.

Breakfast	1 whole-grain, gluten-free waffle 2 tablespoons pancake syrup and 2 teaspoons margarine ½ cup strawberries 8 ounces low-fat milk
Lunch	1 slice gluten-free cheese frozen pizza topped with 2 tablespoons green pepper and 6 slices pepperoni ½ cup baby carrots 1 apple 8 ounces low-fat milk
Snack	Parfait: ½ cup low-fat yogurt mixed with 2 tablespoons whole grain gluten-free cereal and ½ cup blueberries
Evening Meal	1 cup whole grain or enriched gluten-free pasta topped with ½ cup spaghetti sauce and ¼ cup ground turkey ½ cup peas 8 ounces lemonade
Snack	2 gluten-free snickerdoodle cookies

1,800 kcal; 58 g protein; 245 g carbohydrate; 21 g fiber; 58 g fat.

Menu 2

This sample menu uses foods commonly available in grocery stores. The meals do not require the use of any specially made gluten-free foods.

Breakfast	2 cups Rice or Corn Chex cereal 8 ounces low-fat milk 4 ounces orange juice
Lunch	2 ounces taco meat seasoned with chili powder, 2 corn taco shells, 1 ½ cups lettuce/tomato, 2 tablespoons shredded cheese 1 apple 8 ounces low-fat milk
Snack	1 ounce string cheese 3 cups plain microwave popcorn
Evening Meal	2 ounces chicken and 1 cup fresh vegetables stir-fried in 1 teaspoon oil and spices ½ cup plain brown rice or plain enriched white rice ½ cup mandarin oranges 8 ounces water
Snack	½ cup vanilla ice cream with 2 tablespoons plain peanuts

1,800 kcal; 78 g protein; 220 g carbohydrate; 16 g fiber; 70 g fat.

Additional Information:

If you have questions, call: _____, Registered Dietitian

Phone: (717) 531- _____ or (717) 531-8406