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WHAT'S GLUTEN-FREE AND WHAT'S NOT?

Good websites:

- www.celiac.com → celiac.com/gluten-free (forum)
- www.celiac.org
- gluten.org Gluten Free Intolerance Group
- www.glutenfree.com
- www.gfco.org (gluten free certification organization)
- www.gffoodservice.org (gluten free food service)
- www.glutenfreerestaurants.org
- www.tagsatgig.org (Teen Advocates for Gluten Sensitivity)
- www.gluten.net/downloads/print/QuickStartDiet.pdf
- www.glutenfreemall.com
- www.wholegrainscouncil.org/whole-grains-101/gluten-free-whole-grains
- www.Glutenfreeliving.com/ingredient.php
- www.savorypalate.com (baking tips)
- www.glutenfreeregistry.com
- www.energfoods.com
- **Udi's Gluten Free Foods Facebook Page:** www.facebook.com/udisglutenfree

Apps:

- Gluten Free Recipe
- Find me Gluten Free

Books:

- **"Gluten Free for Dummies"**
- The First Year: Celiac Disease and Living Gluten Free, Julies Dowler
- Gluten Free Quick and Easy, Carol Fenster

Magazines:

- Gluten-Free Living
- Living Without

FOODS: READ ALL INGREDIENTS AND LOOK FOR GLUTEN/GLUTEN FREE ON LABEL

Grains, Breads, Pastas, Cereals

1. **YOU CAN EAT:** Rice, corn, soy, arrowroot, potato, tapioca, arrowroot, pea, nuts, chestnuts, beans, millet, buckwheat, quinoa, amaranth. GLUTEN FREE Oats are okay.



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2. **YOU CANNOT EAT:** Wheat, couscous, seminola, durum, kamut, spelt, triticale, udon noodles, farina, orzo, wheat bran/germ, panko, graham flour, faro, seitan, bulgur, barley, barley malt, oats, rye

Vegetables: *Okay unless sauce contains gluten.*

Fruits: Okay unless sauce contains gluten

Meats:

1. **YOU CAN EAT:** Fresh, frozen, and canned meats should be fine if only the pure meat. Processed meats must say "GLUTEN FREE"—Dietz and Watson at Albertson's and Boarshead claim gluten free on many of their products.

2. **YOU SHOULD WATCH:** Prepared meats including luncheon meats, sausages, and canned meats containing grain and starch fillers with gluten. Self-basting turkey and other fowl often contain fillers with gluten. Fresh ground meats containing "Oattrim" or "LeanMaker". No meats coated, battered, fried.

Dairy Products: *Read label. Pure dairy is gluten free. Watch ice cream, dips, soft cheeses, etc.*

Salad Dressings: *Check for gluten free. Vinegars are usually fine (wine, rice, balsamic, apple cider).*

Drinks and Juices: Please refer to: celiacdisease.about.com/od/Gluten-Free-Beverages

Condiments and Additives:

1. **YOU CAN EAT:** Gluten free soy sauce, Bragg's amino acids or coconut aminos. Vegetable gum from carob, locust bean, cellulose gum, guar gum, gum arabic, gum acacia, gum tragacanth, xanthan gum are all okay.

2. **YOU SHOULD NOT EAT:** Potential harmful ingredients include: unidentified starch, modified food starch, hydrolyzed vegetable protein, seitan, texturized vegetable protein, binders, fillers, excipients, malt barley, other food additives.

Misc: Prescription medications may contain gluten.

Gluten is NOT found in envelope or stamp adhesives, at all. You can lick either!

Gluten is found in cosmetics: Follow this only if you have Celiac disease

1. **YOU CAN USE THESE** cosmetics: Pure Skin; Afterglow Cosmetics; Peacekeeper Cause-metics; Red Apple Lipstick; No Gluten Natural Girl; Gluten Free Beauty;



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AndreaRose.com; youniqueproducts.com; juicebeauty.com; 100percentpure.com;
Arbonne.

Which alcoholic beverages are safe?

1. **YOU CAN DRINK:** Wine, rum, tequila, and sake are usually safe as their alcohols do not generally come from grains. Potato vodkas are also okay. Gluten Free beer is okay.

Grain alcohols are one of those controversial items. While the distillation process should leave no room for glutes to wind up in the end product, many celiac patients do report problems with ingestion. (One theory is that some of the original "mash" may be added back in at the end of the process for flavor. This is worth researching with the manufacturer of your favorite product.)

2. **YOU SHOULD AVOID:** whiskey, bourbon, gin, and rye.

Baking

"Check out the **Art of Gluten-Free Baking:** www.theartofglutenfreecooking.com

When you're using a recipe that calls for all-purpose flour or whole wheat flour, try a combination of equal parts sorghum flour, tapioca flour, and rice flour. (A basic recipe follows below.)

2. **Alternative Baking items:** Nut flours (almond, pecan, macadamia, etc: Nuts.com), coconut flour, cauliflower, xanthum or guar gum, baking powder