

Gluten intolerance handout

Although you may not be able to have some foods you can be positive with the foods that you can eat by following the gluten, dairy or fructose free table given below. By following this, you will become accustomed to reading all labels carefully on all products that you buy. Never buy any product where you cannot read the ingredients as they may contain an ingredient that your body cannot tolerate.

Finally, it may be very useful to buy a few allergen free cook books to further educate yourself on cooking with the alternative ingredients and to provide a more positive look at your new diet.

Gluten free foods to avoid and to include

Foods to avoid (foods containing gluten)	Food to include
Barley	Amaranth flour
Beer (unless specified gluten free)	Arrowroot
Cornflour from wheat	Besan flour
Oatmeal	Carob
Oats (unless specified gluten free)	Coconut flour
Pearl barley	Gluten free flour mixes
Rye	Lentil flour
Triticale	Lupin flour
Wheat: Bran, grain	Maize: cornflour, cornmeal, polenta

Wheat flour; Plain, self raising, whole grain

Millet

**Wheat varieties: Atta, spelt, semolina, emmer,
burgar, bulghur, bulgur, bourghul, durum, dinkel,
farina, graham, kumat.**

Potato; flour, starch

Rice (all varieties including glutinous)

Rice flour, **Quinoa**

Sago

Sorghum

Soy: Flour, bean, some soya milks

Tapioca

Teff
