

Gluten Cheat Sheet By Dr. Elizabeth Borg, Ph.D., Certified Gluten Specialist

Gluten Free Foods: Naturally Gluten Free	All Common Gluten Free Condiments/Additives
All fruits	Apple Cider Vinegar
All vegetables	Arrowroot
All meat, poultry, fish, pork, fowl	Autolyzed Yeast Extract
All seeds, nuts, tapioca,	Baking Soda
All legumes, peas, beans, lentils, taro	Balsamic Vinegar
All tea, coffee, and herbal teas	All sugars, honey, if pure
Certain whole grains: oats (if certified GF. They get cross contaminated by the trucks they are shipped in.)	Dark chocolate
All Rices , including wild rice. Quinoa, teff, amaranth, millet, buckwheat,corn.	All distilled alcohols, vinegars
All eggs and dairy products (if not sensitive to Dairy. Dairy is the most closely related food Category to gluten on a molecular level.)	Modified Food Starch
Butter (Has no casein in it)	Natural Flavors/Natural Smoke Flavor
All fats and oils	Salt and Pepper
All potatos, yams, sweet potatoes	Stevia and artificial sweeteners
Whey protein (has no casein in it, unlike milk products)	Textured Vegetable Protein (Soy-watch what is added to it)
	All wines, gluten free beer, hard ciders
	100% Real Fruit Juices

<u>Common Gluten Containing Foods:</u>	x	<u>Sources of Cross Reactivity to Gluten:</u>
<p>Any wheat product or flour and anything that wheat in all its' forms has been added to: Hard Durum, Bulgar, Bran, Coucous, Spelt, Farina, Graham, Wheat Gluten, Kamut, Malted Barley Flour or Milk, Malt anything, including Rice Malt, Matza, Matzo, Semolina, Orzo, Polish Wheat, Sprouted Wheat, Tabouli, Wheat Germ, Seitan, Triticale, Udon (wheat noodles)</p>		<p>Certain foods have very close protein structures to gluten and in certain people can act like gluten in the body, causing inflammation and symptoms: Most common: Dairy—cow, sheep, goat and buffalo milk and cheese products. Egg, soy and all soy products, including soybean, coffee, baker's yeast, whey protein, oats. Unless you test these foods for intolerance, you will not know. This is why just going off gluten is not the whole story.</p>
<p>Barley, Sprouted Barley, Pearl Barley, Barley Groats</p>		<p>Grills and oils used in restaurants. Wheat products fried in oil contaminate all non gluten items then put in that oil. Grills are the same. Bread put on a grill will cross contaminate other foods. Ask for the grill to be cleaned before your meal. Meat put into a sandwhich or bun will be cross contaminated by the bread. Crotons put onto a salad will cross contaminate the salad. Make sure you are specific with your waiter/waitress. If in doubt, don't eat it. It takes only .3 micrograms of gluten to cause an inflammatory response in your body.</p>
<p>Barley Grass, Barley Malt, Beer</p>		
<p>Rye</p>		
<p>Brewer's Yeast Most Beer (unless specifically gluten free)</p>		
<p>Teriyaki Sauce, Soy Sauce (Unless specifically gluten free brands)</p>		

<p>Toxic gluten is only in the grains and all the processed food that is made from these grains, primarily species of wheat, barley and rye. So if grain products are made with non toxic grains/gluten free grains, they are considered gluten free: noodles, pasta, bakery goods, pizza crusts, thickeners.</p>		<p>Remember, it is with the processed foods you need to be cautious. Natural foods listed above are naturally gluten free. Learn to make delicious meals with those foods. Your health will keep improving.</p>
<p>The “host” in most Christian religions. Each host contains .3 micrograms of gluten, enough to keep a celiac person from healing. Ask your priest or pastor for a gluten free alternative.</p>		