


What has...

# GLUTEN?

## Celiac disease

is caused by a reaction to gliadin, a protein found in wheat, barley, and rye, causing truncation of villi in the small intestine.



Gluten is found in wheat, barley, rye, spelt, contaminated oats, and most flours

## GLUTEN CAN CAUSE SYMPTOMS SUCH AS...

Diarrhea, fatigue, nausea, anaphylaxis, and can interfere with the absorption of nutrients in the intestine

**What do I cook with?** Several grains and starch sources are considered acceptable for a gluten-free diet. The most frequently used are **maize** (corn), **potatoes**, **rice**, and **tapioca** (derived from cassava). Other grains and starch sources generally considered suitable for gluten-free diets include **amaranth**, arrowroot, **millet**, montina, lupine, **quinoa**, sorghum (jowar), sweet potato, taro, teff, chia seed, and **yam**. Various types of **bean**, soybean, and **nut flours** are sometimes used in gluten-free products to add protein and dietary fiber. In spite of its name, buckwheat is not related to wheat; pure buckwheat is considered acceptable for a gluten-free diet, although many commercial buckwheat products are actually mixtures of wheat and buckwheat flours, and thus not acceptable. Gram flour, derived from **chickpeas**, is also gluten-free.

**Whole Foods** has an aisle-by-aisle guide to gluten-free foods they carry. **Harvest** and **Trader Joe's** have gluten-free foods. Bob's Red Mill has a variety of gluten-free flours and thickening agents such as xanthan and guar gum.

The suitability of oats in the gluten-free diet is still somewhat controversial. Some research suggests that oats in themselves are gluten free, but that they are virtually always contaminated by other grains during distribution or processing. However, recent research indicated that a protein naturally found in oats possessed peptide sequences closely resembling wheat gluten and caused mucosal inflammation in significant numbers of celiac disease sufferers. Some examination results show that even oats which are not contaminated with wheat particles, are nonetheless dangerous to about 10 percent of celiacs, while not very harmful to the majority.



### When in doubt...

Don't include a product in a GF food if you don't know what's in it! Soy sauce has gluten, as well as ketchup, ice cream, sausage, and glucose syrup.