The Healthy Villi

Greater Boston Celiac/DH Support Group, Inc.

Restricted Diet Information

www.healthyvilli.org

1-888-4-CELIAC

THE GLUTEN FREE DIET

It is imperative that persons with celiac disease avoid eating gluten.

Gluten is found in **WHEAT, RYE, OATS, and BARLEY** and all derivatives of these grains. Other examples of wheat-based grains to avoid include kamut, spelt, semolina and triticale.

To avoid intestinal damage people with celiac disease cannot ingest even small amounts of these grains.

Examples of gluten may include: flours, breading, thickeners, coating mixes, sauces, soy sauces, marinades, malt, malt flavoring, hydrolyzed vegetable protein, modified wheat food starch, pasta, croutons, stuffing, some herbal teas, broth, self-basting (injected) poultry and imitation bacon and seafood.