

GLUTEN FREE DIET HANDOUT FOR PATIENTS (BRIEF)

	FOODS TO ENJOY	COMMENTS	FOODS TO AVOID
PROTEIN <i>Choose organic/free range/hormone free</i>	Beef, pork, lamb, poultry (chicken, turkey, game hen) Fish Eggs	Red meats: grass fed Poultry: eat both dark & white meats. Fish: choose wild over farmed. Eggs: free range	Deep fried or breaded Canned tuna Canned meats
CARBOHYDRATE VEGETABLES <i>Organic where possible</i>	Dark leafy greens: Swiss Chard, kale, mustard greens, spinach, onions, root vegetables	Eating vegetables raw or lightly cooked helps maintain vitamin & mineral content.	Canned vegetables
CARBOHYDRATE FRUITS <i>Organic where possible</i>	Whole, fresh fruits in moderation. Best choices: berries, citrus, melon	Choose seasonal, local fruits	Avoid bananas, grapes and dried fruits, as they tend to spike blood sugar.
CARBOHYDRATE GRAINS <i>Organic, not genetically modified (non-GMO)</i>	White/brown rice Beans & legumes, corn, potato, oats amaranth, arrowroot, buckwheat, millet, quinoa are also fine	Bread and pasta made from non-gluten flours are available.	White flour, wheat flour, spelt, barley, rye, kamut, teff. Avoid refined carbs: sugar, corn syrup
FATS/OILS <i>Cold pressed</i>	Extra virgin olive oil, sesame oil, coconut oil, real organic butter, avocado, flaxseed oil	Include good fats/oils with each meal. Supplement with fish oils.	Margarines, hydrogenated & partially hydrogenated oils, canola, processed mayonnaise
DRINKS	Filtered water, Herbal teas	Water is the best beverage to drink; it helps to optimize digestive function & elimination.	Caffeine, fruit juices, beer (contains gluten)
SUPERFOODS	Spices: garlic, cinnamon, ginger, cayenne, sea vegetables	Use as an accompaniment to meals.	Choose spices that have not been irradiated.