

G. DeAn Strobel, MD, PA

Hormonal Balance & Wellness

Guide to Avoiding Foods Containing Gluten

Grains and Starches

Gluten is present in many grains and starches, as shown in the following table:

Contains Gluten		Gluten-free	
Wheat	Kamut	Amaranth	Flax
Wheat germ	Matzo	Rice	Garfava
Wheat grass	Seitan	Corn	Sorghum
Rye	Semolina	Soy	Millet
Barley	Spelt	Potato	Buckwheat
Bulgur	Triticale	Quinoa	Arrowroot
Couscous	Oats*	Tapioca	Nut flours
Farina	Oat bran*	Tef	
Graham flour	Oat fiber*	Beans	

* controversial due to contamination

Foods That Often Contain Gluten:

Malt, typically from barley or orn	Marinades	Seitan
Malt vinegar - contains barley	Meat Balls	Self-basting Poultry
Breading	Meat Loaf	Soup Bases
Broth	Meat substitutes	Soy-based veggie burgers
Coating Mixes	(Tofurky and others)	Soy sauce
Communion Wafers	Monosodium glutamate	Stuffings
Crab cakes	Pastas	Tamari
Croutons	Processed Meats	Textured vegetable protein-
Hydrolyzed vegetable protein -	Rice Dream-processed	label will say "wheat"
label will say "wheat"	w/ barley	Thickeners
Imitation Bacon	Roux - a sauce base	Vital wheat gluten found in
Imitation Seafood	Sauces	imitation meats
	Sausages (some)	

Alcohols

Beer is made from grains and thereby contains gluten. Most other alcohols such as scotch, rye, and vodkas while made from grains that are glutinous, are distilled, which removes the gluten thereby making them safe to consume. Do keep in mind that alcohol when mixed with gluten in food in the sensitive individual, seems to magnify the reaction and therefore should be avoided. Further, many patients who have celiac disease or who are gluten sensitive have intestinal infections that creates a poor reaction to alcohol.

Always Read the Label

The key to understanding the gluten-free diet is to become a good ingredient label reader. Foods with labels that list the following ingredients are questionable and should NOT be consumed unless you can verify they do not contain or are not derived from prohibited grains. Remember you need to be gluten-free, not just wheat-free. In the past, many products said they were gluten-free while having questionable ingredients. Today's labelling laws have made that a distant memory fortunately. The biggest problems patients run into is "thinking" that a product "shouldn't" contain gluten and thereby failing to read the label. Don't be fooled and compromise your health - always read the ingredient list carefully. If in doubt, write to the company on-line.

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Most companies are very forthcoming with such information.

- Blue Cheese - check with the company; many are fine but not all.
- Bran
- Brown Rice Syrup (frequently made from barley)
- Caramel Color (infrequently made from barley)
- Dextrin (usually corn but may be derived from wheat)
- Dry roasted nuts - processing agents may contain wheat
- Emergen-C in raspberry and mixed berry flavors only, the other flavors are fine.
- Flour or Cereal Products
- Hydrolyzed Vegetable Protein (HVP), Vegetable Protein, Hydrolyzed Plant Protein (HPP), Hydrolyzed Soy Protein or Textured Vegetable Protein (TVP)- label will say "wheat"
- Malt or Malt Flavoring (usually made from barley)
- Malt Vinegar
- Modified Food Starch- label will say "wheat"
- Ricola cough drops
- Starch- label will say "wheat"
- Soy Sauce or Soy Sauce Solids - wheat-free is available

Soy

Soy is considered an acceptable food for those who are gluten sensitive. Traditional soy foods such as tofu, edamame, soy pods and some types of miso and tempeh are gluten-free. Do read the label as grains or wheat-containing soy sauce can be added to miso and tempeh.

Unfortunately, soy has some negative characteristics. Soy foods are frequently genetically engineered plus are one of the most common sources of hidden gluten. Seitan and most soy-based veggie burgers contain "vital wheat gluten" - the ingredient that gives these foods the texture and taste of meat. Soy sauce contains wheat and many Asian dishes have added soy sauce. Wheat-free tamari is available however for when you cook at home.

Further, despite being gluten-free, soy beans often provoke digestive bloating, gas and allergic symptoms. This may be a true allergy or an intolerance created by genetic engineering. Evaluate your tolerance to soy and if acceptable choose high-quality organic products (preferable fermented) and eat them in moderation.

Oats

Oats can be an area of confusion when trying to avoid gluten. Many companies are advertising oats as gluten-free. And there are some gluten free societies which will get quite impassioned when defending their ability to eat oats. Others don't recommend oats due to the problem of unacceptable levels of contamination. Oat fields frequently have wheat or rye growing in them and therefore most oats, when assayed, show gluten contamination. And if the contamination doesn't happen in the fields then it occurs in transport or at the manufacturing facility.

While we all agree that oats has a different protein from wheat, rye and barley and is therefore not classically gluten, in practicality when a gluten intolerant person consumes "regular" oats they often react to them the same as if they were consuming gluten due to contamination. So please only consume oats from a dedicated facility that guarantees they are gluten-free.

Fortunately, there are some companies which recently started offering certified gluten-free oats. Bob's Red Mill (bobsredmill.com), Creamhill Estates (creamhillestates.com) and Gluten-free Oats (glutenfreeoats.com) are all certified as gluten-free. Bob's Red Mill is found most easily in healthfood stores while the others are available on-line only at this time. One caution with Bob's Red Mill is that they offer gluten-free oats as well as

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oats that are NOT gluten-free. So, ensure that the package you buy states specifically that it's "gluten-free".

The Final Word

Certain ingredients have gotten a "bad rap" in the past and continue to appear on various sites as gluten-containing. We try to give you the latest information year so that you can have a reliable resource. This site is updated regularly to reflect changes as they occur.

To clear up any lingering confusion let's review a few different ingredients that have gotten poor reviews, mostly unnecessarily:

Mono and diglycerides - these are fats made from oil, usually soy, and act as emulsifiers. They are gluten-free.

Maltodextrin - despite beginning with the word "malt" it is gluten-free, usually made from corn, unless stated otherwise. e.g. "wheat maltodextrin" or "maltodextrin (wheat)".

Glucose syrup and citric acid - even when derived from wheat these are highly processed with the final product being gluten-free. Both are usually made from corn.

Modified food starch - in the past this was a source of gluten but currently, like maltodextrin, if it contains wheat the label will say so. Once again this is usually made from corn.

Hydrolyzed vegetable protein - falls into the same category as modified food starch. If it contains wheat the label will say so.

Seasonings and spices - spices are pure and therefore gluten-free but seasonings are made from several ingredients and wheat can be one of them. It must be on the label however so read carefully. There have been more than a few run-ins with taco and chili seasoning packets that have created misery for patients that weren't careful label readers.

Malt flavoring - made from barley and therefore contains gluten.

Dextrin - a starch that is usually made from corn. If it's made from wheat it will be labelled and you should avoid it. Dextrose is made from starch and is highly processed so even if it was made from wheat there would be no gluten remaining in the finished product.

Dietary Approaches to Stop Hypertension (DASH) is a diet that is low in saturated fat, cholesterol, and total fat. It emphasizes fruits, vegetables, and low-fat dairy foods. The DASH diet also includes whole-grain products, fish, poultry, and nuts. It encourages fewer servings of red meat, sweets, and sugar-containing beverages. It is rich in magnesium, potassium, and calcium, as well as protein and fiber.

Make changes gradually. Here are some suggestions that might help:

- If you now eat 1 or 2 servings of vegetables a day, add a serving at lunch and another at dinner.
- If you don't eat fruit now or have only juice at breakfast, add a serving to your meals or have it as a snack.
- Drink milk with lunch or dinner instead of soda, sugar-sweetened tea, or alcohol. Choose low-fat (1%) or fat-free (skim) dairy products to reduce how much saturated fat, total fat, cholesterol, and calories you eat.
- Read food labels on margarines and salad dressings to choose products lowest in fat.
- If you now eat large portions of meat, cut back gradually--by a half or a third at each meal. Limit meat to 6 ounces a day (2 servings). Three to four ounces is about the size of a deck of cards.
- Have 2 or more vegetarian-style (meatless) meals each week. Increase servings of vegetables, rice, pasta, and beans in all meals. Try casseroles and pasta, and stir-fry dishes, which have less meat and more vegetables, grains, and beans.

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- Use fruits canned in their own juice. Fresh fruits require little or no preparation. Dried fruits are a good choice to carry with you or to have ready in the car.
- Try these snacks ideas: unsalted pretzels or nuts mixed with raisins, graham crackers, low-fat and fat-free yogurt and frozen yogurt, popcorn with no salt or butter added, and raw vegetables.
- Choose whole grain foods to get more nutrients, including minerals and fiber. For example, choose whole-wheat bread or whole-grain cereals.
- If you have trouble digesting dairy products, try taking lactase enzyme pills or drops (available at drugstores and groceries) with the dairy foods. Or, buy lactose-free milk or milk with lactase enzyme added to it.
- Use fresh, frozen, or no-salt-added canned vegetables.

The DASH eating plan was not designed for weight loss. But it contains many lower calorie foods, such as fruits and vegetables. You can make it lower in calories by replacing higher calorie foods with more fruits and vegetables. Some ideas to increase fruits and vegetables and decrease calories include:

- Eat a medium apple instead of four shortbread cookies. You'll save 80 calories.
 - Eat 1/4 cup of dried apricots instead of a 2-ounce bag of pork rinds. You'll save 230 calories.
 - Have a hamburger that's 3 ounces instead of 6 ounces. Add a 1/2 cup serving of carrots and a 1/2 cup serving of spinach. You'll save more than 200 calories.
 - Instead of 5 ounces of chicken, have a stir fry with 2 ounces of chicken and 1 and 1/2 cups of raw vegetables. Use a small amount of vegetable oil. You'll save 50 calories.
 - Have a 1/2 cup serving of low-fat frozen yogurt instead of a 1 and 1/2-ounce milk chocolate bar. You'll save about 110 calories.
 - Use low-fat or fat-free condiments, such as fat free salad dressings.
 - Eat smaller portions--cut back gradually.
 - Use food labels to compare fat content in packaged foods. Items marked low-fat or fat-free may be lower in fat without being lower in calories than their regular versions.
 - Limit foods with lots of added sugar, such as pies, flavored yogurts, candy bars, ice cream, sherbet, regular soft drinks, and fruit drinks.
 - Drink water or club soda instead of cola or other soda drinks.
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