

# The Gluten-Free Diet

Your child just got diagnosed with Celiac Disease which is treated with a gluten-free diet. Gluten is found in grains such as wheat, barley, and rye. The gluten free diet avoids any food containing these three ingredients.

At first, following a gluten-free diet may be frustrating. But with time and patience, you'll find there are many foods that you already eat that are gluten free and substitutes for gluten-containing foods that you can enjoy.

The information provided in this packet will get you started on the gluten-free diet. Your physician can make a referral to a dietitian to help answer more specific questions.

## Label Reading

An important part of this new diet is label reading. There are many hidden sources of gluten. Always read food labels. Below are the most common gluten containing ingredients to look for while reading labels.

- Cookie Dough Pieces
- Couscous
- Crisped Rice
- Dinkle (Spelt)
- Malt
- Malted Barley Flour
- Malted Milk
- Malt Extract
- Malt Syrup
- Malt Flavoring
- Malt Vinegar
- Matzah
- Matzo
- Matzo Semolina
- Soba Noodles
- Soy Sauce
- Wheat
- Rye
- Soy Sauce Solids
- Starch
- Stock Cubes
- Suet
- Vegetable Gum
- Vegetable Protein
- Vegetable Starch
- Artificial color
- Caramel color/flavoring
- Citric acid
- Dextrins
- Diglycerides
- Food starch
- Glucose syrup
- Maltodextrin
- Modified food starch
- Barely
- Oats

If you are not sure the product is gluten free call the manufacturer. The phone number is often on the food label.

### **Be sure to read the labels of these surprising gluten containing foods:**

- ❖ Broth, soup, soup base
- ❖ Candies/Chocolate
- ❖ Licorice
- ❖ Hydrolyzed plant protein
- ❖ Imitation bacon bits or seafood
- ❖ Sausages, hot dogs, deli meats
- ❖ Sauces, marinades, gravies
- ❖ Seasonings
- ❖ Soy sauce
- ❖ Dried fruit or nuts

# Gluten Free Shopping



## Where can I buy gluten-free foods?

Most stores now carry some variety of gluten free products. Fred Meyer, Safeway, and Albertson's all carry their gluten free products in the "Natural/Organic Food" section of the store. If you have trouble finding any specific product you should ask someone that works there for help.

Both Whole Foods and New Seasons offer the most variety of gluten free products, but can be more expensive than other stores depending on the item.

Winco carries a limited selection of specialty gluten free products including Udi's baked goods, baking mixes, and frozen meals.

There is also a specialty gluten-free store located in Vancouver WA called Lingonberries Market . It is located at the following address: 6300 NE 117th Ave # B5, Vancouver, WA 98662.

For online shopping: <http://www.celiac.com/glutenfreemall/>

## Cross Contamination

Below are some of the most common sources of gluten contamination. A few crumbs that you may not even see can cause damage to the intestine, so it is best to avoid these situations:

- **Toasters** used for gluten containing foods: Keep two toasters at home and designate one as gluten free. Alternatively, there are now bags available that are designed to hold a piece of bread in the toaster.



- **Bulk bins**: Pre-packaged food is a safer bet.

- **Buffet lines** :Other customers may use one serving utensil for multiple items. Food from one area may be spilled into another food container. It may be safer to order from the menu.

- **Deep-fried foods** : Oil is typically used over and over to fry foods. It is highly likely that French fries (or other gluten free foods) are fried in the same oil as battered and breaded foods like fried chicken.

## Resources

<http://www.celiac.com/> - Good resource for gluten free food lists



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# Gluten-Free Brands

Included below are some of the most popular gluten free brands that you will find in stores. There are many other brands you may try and like as this is not an all-inclusive list.



These brands also make gluten containing products. Double check you have the product labeled gluten free.



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# Restaurant Guide

Below you will find a list of local restaurants that are either completely gluten free or provide gluten free options on their menus. Always tell the server that you have Celiac Disease and require gluten free options so they can communicate with the rest of their staff. These lists are not complete.

Please visit websites provided in tables for more detailed lists.

## Portland Restaurants

Hungry Tiger Too	New Cascadia Traditional Bakery
Red Robin	Burgerville
Slappy Cakes	Sweatpea Baking
Papa Hayden	Proper Eats
Portobello Vegan Trattoria	Prasad
Deschutes Brewery and Public House	NW Public House
Mississippi Pizza Pub	OBA!
Vita Café	Old Spaghetti Factory
Back to Eden Bakery	Old Wives Tale
Tula's Bakeshop	Junior's Café
Elephant's Delicatessen	Papa G's
Pastini	PF Chang's
A full list of restaurants can be found at <a href="http://www.glutenfreeportland.org/">http://www.glutenfreeportland.org/</a>	

## Vancouver Restaurants

Rock Wood Fired Pizza	Gustav's Pub and Grill
Vancouver Pizza	Spaghetti Factory
Juliano's Pizza	Woody's Taco
Red Robin	Joe's Crab Shack
Pizzicato	McGrath's Fish House
Jakes Bar & Grill	Chutney's
Mon Ami Café	Five Guys
A full list of restaurants can be found at <a href="http://www.findmeglutenfree.com/us/wa/vancouver">http://www.findmeglutenfree.com/us/wa/vancouver</a>	