

GLUTEN FREE MADE EASY

don't let GLUTEN exposure be the source of pain in your life

BALANCED**BITES**

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GLUTEN FREE made easy

don't let **GLUTEN** exposure be the source of pain in your life

what is it? gluten is a protein found in **wheat, rye oats & barley**. Gluten is the composite of a prolamin and a glutelin, which exist, conjoined with starch, in the endosperm of various grass-related grains. Gliadin, a water-soluble, and glutenin, a water-insoluble, (the prolamin and glutelin from wheat) compose about 80% of the protein contained in wheat seed. Being insoluble in water, they can be purified by washing away the associated starch. Worldwide, gluten is a source of protein, both in foods prepared directly from sources containing it, and as an additive to foods otherwise low in protein.

GLUTEN FREE:*

Amaranth	Flours made from	Quinoa	Soy (soya)
Arrowroot	nuts, beans & seeds	Rice	Tapioca
Buckwheat	Millet Montina™	Rice bran	Tef
Corn	Potato starch	Sago	
Flax	Potato flour	Sorghum	

*Nearly ALL processed foods & grains carry some risk of cross-contamination. For the SAFEST approach to a gluten-free diet, eat whole, unprocessed foods.

signs you've been exposed to **GLUTEN**:

...you experience abdominal bloating
...you feel fatigued
...you observe skin problems or rashes
...you experience diarrhea or constipation
...you become irritable, moody
...you experience a change in energy levels

Unexpected weight loss, mouth ulcers, depression and even Crohn's disease are all more severe gluten allergy symptoms that you may experience.

Consult with your nutritionist or physician if you experience symptoms of a gluten exposure that result in prolonged discomfort.

Sources:

<http://www.celiactravel.com>
<http://www.celiacsolution.com/hidden-gluten.html>, <http://en.wikipedia.org/wiki/Gluten>
<http://www.cdhnf.org/user-assets/documents/pdf/GlutenFreeDietGuideWeb.pdf>
<http://www.alternativeratreatments.com/gluten-intolerance-symptoms.html>
<http://www.celiac.com/articles/222/1/Gluten-Free-Alcoholic-Beverages/Page1.html>

SOURCES OF GLUTEN or items that may contain HIDDEN GLUTEN:

Ales Barley Barley malt/extract Beer & Lagers Bran & Breading Broth Brown Rice Syrup Bulgur Candy Coating Mix	Communion Wafers Couscous Croutons Durum Einkorn Emmer Farina Faro Gloss & Balms Graham flour	Herbal Blends Imitation Meat/Bacon Imitation Seafood Kamut Lipstick Luncheon Meats Marinades Matzo flour/meal Orzo Panko	Pasta Play Dough Prescription & OTC Malt made from barley Medications Roux Rye Sauces Seitan Self-basting Poultry	Semolina Soup Base Soy Sauce Spelt Spice Blends Stuffing Supplements Thickeners Triticale Udon Vinegar (Malt only)	Vitamin & Mineral Supplements Vital wheat gluten Wheat Wheat bran Wheat germ Wheat starch
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most commonly found sources of hidden **GLUTEN**:

Alcohol - beer, malt beverages, grain alcohols
Cosmetics - check ingredients on makeup, shampoo & other personal care items
Dressings - thickened with flour or other additives
Fried foods - cross contamination with breaded items in fryers
Medications, vitamins & supplements - ask the pharmacist and READ the labels closely
Processed / packaged foods - additives often contain gluten
Sauces - thickened with flour
Soy, Teriyaki & Hoisin sauces - fermented with wheat
Vinegar - malt varieties



GLUTEN-free alcohols

wine, champagne, mead, hard cider, gluten-free beers
distilled spirits: brandy, bourbon (Maker's Mark), cognac, gin, grappa, rum, sake, scotch, sherry, tequila, vermouth, vodka, whiskey

Print this handy travel card to keep in your wallet & use at restaurants.

I AM ALLERGIC TO GLUTEN.

I have a severe allergy and have to follow a **STRICT gluten-free diet**.

I may become very ill if I eat food containing flours or grains of **wheat, rye, barley or oats**.

Does this food contain flour or grains of wheat, barley rye or oats? If you or the chef/kitchen staff are uncertain about what the food contains, please tell me.

I CAN eat food containing rice, maize, potatoes, vegetables, fruit, eggs, cheese, milk, meat and fish as long as they are NOT cooked with wheat flour, batter, breadcrumbs or sauce containing any of those ingredients.

Thank you for your help!

www.balancedbites.com

visit celiactravel.com to find this card in other languages for safe gluten-free traveling!

be a **GLUTEN** detective!

find hidden sources of **GLUTEN** in ingredients & food additives

***Nearly ALL processed foods & grains carry some risk of cross-contamination. For the SAFEST approach to a gluten-free diet, eat only whole, unprocessed foods.**

a detailed list of **INGREDIENT ITEMS** that either contain or may be *contaminated* with **GLUTEN**:

Abyssinian Hard (Wheat triticum durum)
Alcohol (Spirits - Specific Types)
Amp-Isostearoyl Hydrolyzed Wheat Protein
Atta Flour
Barley Grass (can contain seeds)
Barley Hordeum vulgare
Barley Malt
Beer (most contain barley or wheat)
Bleached Flour
Bran
Bread Flour
Brewer's Yeast
Brown Flour
Bulgur (Bulgar Wheat/Nuts)
Bulgur Wheat
Cereal Binding
Chilton
Club Wheat (Triticum aestivum subspecies compactum)
Common Wheat (Triticum aestivum)
Cookie Crumbs
Cookie Dough
Cookie Dough Pieces
Couscous
Crisped Rice
Dinkle (Spelt)
Disodium Wheatgermanido Peg-2 Sulfo succinate
Durum wheat (Triticum durum)
Edible Coatings
Edible Films
Edible Starch
Einkorn (Triticum monococcum)
Emmer (Triticum dicoccon)
Enriched Bleached Flour
Enriched Bleached Wheat Flour
Enriched Flour
Farina

Farina Graham
Farro
Filler
Flour (normally this is wheat)
Fu (dried wheat gluten)
Germ
Graham Flour
Granary Flour
Groats (barley, wheat)
Hard Wheat
Heeng
Hing
Hordeum Vulgare Extract
Hydrolyzed Wheat Gluten
Hydrolyzed Wheat Protein
Hydrolyzed Wheat Protein Pg-Propyl Silanetriol
Hydrolyzed Wheat Starch
Hydroxypropyltrimonium Hydrolyzed Wheat Protein
Kamut (pasta wheat)
Kecap Manis (Soy Sauce)
Ketjap Manis (Soy Sauce)
Kluski Pasta
Maida (Indian wheat flour)
Malt
MalTED Barley Flour
MalTED Milk
Malt Extract
Malt Syrup
Malt Flavoring
Malt Vinegar
Macha Wheat (Triticum aestivum)
Matza
Matzah
Matzo
Matzo Semolina
Meringue
Meripro 711

Mir
Nishasta
Oriental Wheat (Triticum turanicum)
Orzo Pasta
Pasta
Pearl Barley
Persian Wheat (Triticum cartholicum)
Perungayam
Poulard Wheat (Triticum turgidum)
Polish Wheat (Triticum polonicum)
Rice Malt (if barley or Koji are used)
Roux
Rusk
Rye
Seitan
Semolina
Semolina Triticum
Shot Wheat (Triticum aestivum)
Small Spelt
Spirits (Specific Types)
Spelt (Triticum spelta)
Sprouted Wheat or Barley
Stearldimoniumhydroxypropyl Hydrolyzed Wheat Protein
Strong Flour
Suet in Packets
Tabbouleh
Tabouli
Teriyaki Sauce
Timopheevi Wheat (Triticum timopheevii)
Triticale X triticosecale
Triticum Vulgare (Wheat) Flour Lipids
Triticum Vulgare (Wheat) Germ Extract
Triticum Vulgare (Wheat) Germ Oil
Udon (wheat noodles)
Unbleached Flour
Vavilovi Wheat (Triticum aestivum)
Vital Wheat Gluten
Wheat, Abyssinian Hard triticum durum

Wheat amino acids
Wheat Bran Extract
Wheat, Bulgur
Wheat Durum Triticum
Wheat Germ Extract
Wheat Germ Glycerides
Wheat Germ Oil
Wheat Germamidopropylidimonium
Hydroxypropyl Hydrolyzed Wheat Protein
Wheat Grass (can contain seeds)
Wheat Nuts
Wheat Protein
Wheat Triticum aestivum
Wheat Triticum Monococcum
Wheat (Triticum Vulgare) Bran Extract
Whole-meal Flour
Wild Einkorn (Triticum boeotictim)
Wild Emmer (Triticum dicoccoides)

The following items may or may not contain gluten depending on where and how they are made, and it is sometimes necessary to check with the manufacturer to find out:

Artificial Color 4
Baking Powder 4
Caramel Color 1, 3
Caramel Flavoring 1, 3
Clarifying Agents 4
Coloring 4
Dextrins 1,7
Dextrimaltose 1,7
Dry Roasted Nuts 4
Emulsifiers 4
Enzymes 4
Fat Replacer 4
Flavoring 6
Food Starch 1, 4
Food Starch Modified 1, 4
Glucose Syrup 4

Gravy Cubes 4
Ground Spices/Spice Blends 4
HPP 4
HVP 4
Hydrolyzed Plant Protein 4
Hydrolyzed Protein 4
Hydrolyzed Vegetable Protein 4
Hydrogenated Starch Hydrolysate 4
Hydroxypropylated Starch 4
Maltose 4
Miso 4
Mixed Tocopherols 4
Modified Food Starch 1, 4
Modified Starch 1, 4
Natural Flavoring 6
Natural Flavors 6
Natural Juices 4
Non-dairy Creamer 4
Pregelatinized Starch 4
Protein Hydrolysates 4
Seafood Analogs 4
Seasonings 4
Sirimi 4
Smoke Flavoring 4
Soba Noodles 4
Soy Sauce 4
Soy Sauce Solids 4
Sphingolipids 4
Stabilizers 4
Starch 1, 4
Stock Cubes 4
Suet 4
Tocopherols 4
Vegetable Broth 4
Vegetable Gum 4
Vegetable Protein 4
Vegetable Starch 4
Vitamins 4
Wheat Starch 5

1) If this ingredient is made in North America it is likely to be gluten-free. 3) The problem with caramel color is it may or may not contain gluten depending on how it is manufactured. In the USA caramel color must conform with the FDA standard of identity from 21CFR CH.I. This statute says: the color additive caramel is the dark-brown liquid or solid material resulting from the carefully controlled heat treatment of the following food-grade carbohydrates: Dextrose (corn sugar), invert sugar, lactose (milk sugar), malt syrup (usually from barley malt), molasses (from cane), starch hydrolysates and fractions thereof (can include wheat), sucrose (cane or beet). Also, acids, alkalis and salts are listed as additives which may be employed to assist the caramelization process. 4) Can utilize a gluten-containing grain or by-product in the manufacturing process, or as an ingredient. 5) Most celiac organizations in the USA and Canada do not believe that wheat starch is safe for celiacs. In Europe, however, Codex Alimentarius Quality wheat starch is considered acceptable in the celiac diet by most doctors and celiac organizations. This is a higher quality of wheat starch than is generally available in the USA or Canada. 6) According to 21 C.F.R. S 101.22(a)(3): [t]he terms natural flavor or natural flavoring means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof. Whose significant function in food is flavoring rather than nutritional. 7) Dextrin is an incompletely hydrolyzed starch. It is prepared by dry heating corn, waxy maize, waxy milo, potato, arrowroot, WHEAT, rice, tapioca, or sago starches, or by dry heating the starches after: (1) Treatment with safe and suitable alkalis, acids, or pH control agents and (2) drying the acid or alkali treated starch. (1) Therefore, unless you know the source, you must avoid dextrin.

Source: <http://www.celiac.com/articles/182/1/Unsafe-Gluten-Free-Food-List-Unsafe-Ingredients/Page1.html>