

**GI CONSULTANTS
MONTEREY BAY ENDOSCOPY CENTER**

BASIC GLUTEN-FREE DIET

Description

The basic gluten-free diet is used for those patients with a diagnosis of celiac disease.

Dietary Plan

Basic Gluten-Free Diet	Preferred Foods and Beverages
Milk products	Milk, cream, most ice cream, buttermilk, plain yogurt, cheese, cream cheese, processed cheese, processed cheese foods, cottage cheese
Breads	Breads and baked products containing amaranth, arrowroot, buckwheat, corn bran, corn flour, cornmeal, cornstarch, flax, legume flours (bean, garbanzo or chickpea, garfava, lentil, pea), millet, Montina flour (Indian rice grass), potato flour, potato starch, quinoa, rice bran, rice flours (white, brown, sweet) sago, sorghum flour, soy flour, sweet potato flour, tapioca and teff
Cereals- hot	Puffed amaranth, cornmeal, cream of buckwheat, cream of rice (brown, white), hominy grits, rice flakes, quince flakes, soy flakes, and soy grits
Cereals- cold	Puffed amaranth, puffed buckwheat, puffed corn, puffed millet, puffed rice, rice flakes, and soy cereals
Pastas	Macaroni, spaghetti, and noodles from beans, corn, peas, potato, quinoa, rice, soy and wild rice
Miscellaneous	Corn tacos, corn tortillas
Meats and alternatives	Fresh meat, fish, poultry, eggs, lentils, chickpeas (garbanzo beans), peas, beans, nuts, seeds, tofu
Fruits and vegetables	Fresh, frozen and canned fruits and juices, and fresh, frozen, and canned vegetables and juices
Soups	Homemade broth, gluten-free bouillon cubes, cream soups and stocks made from ingredients allowed

Fats	Butter, margarine, lard, vegetable oil, cream, shortening, homemade salad dressing with allowed ingredients
Desserts	Ice cream, sherbet, whipped toppings, egg custards, gelatin desserts, cakes, cookies, pastries made with allowed ingredients, gluten-free ice cream cones, wafers and waffles
Miscellaneous	<p style="text-align: center;">Beverages:</p> <p>Tea, instant or ground coffee (regular or decaffeinated), cocoa, soft drinks, cider, distilled alcoholic beverages such as rum, gin, whiskey, vodka, wines, and pure liqueurs, some soy, rice and nut beverages</p> <p style="text-align: center;">Sweets:</p> <p>Honey, jam, jelly, marmalade, corn syrup, maple syrup, molasses, sugar (brown and white), icing sugar (confectioner's)</p> <p style="text-align: center;">Snack Foods:</p> <p>Plain popcorn, nuts, and soy nuts</p> <p style="text-align: center;">Condiments:</p> <p>Plain pickles, relish, olives, ketchup, mustard, tomato paste, pure herbs and spices, pure black pepper, vinegars (apple or cider, distilled white, grape or wine), gluten-free soy sauce</p> <p style="text-align: center;">Other:</p> <p>Sauces and gravies made with allowed ingredients, pure cocoa, pure baking chocolate, carob chips and powder, chocolate chips, monosodium glutamate (MSG), cream of tartar, baking soda, yeast, brewer's yeast, aspartame, coconut, vanilla, and gluten-free Communion wafers</p>