

GLUTEN SENSITIVITY

GLUTEN GRAINS THAT ARE NOT TOLERATED

Wheat
Rye

Kamut
Oats

Couscous
Barley

Spelt

OTHER SOURCES OF GLUTEN

Marinades
Pasta
Beer
Soy Sauce (unless it says "wheat free")

Malt
Croutons
Ale
Barley Malt

Modified Food Starch
Stuffing and Breading
Malt Vinegar
Hydrolyzed Vegetable Protein

Beers, ales, lagers and malt vinegar should be avoided. They are made from gluten containing grains. Many commercial products such as hot dogs, sausages, cold cuts, soups, baked beans, some nutritional supplements and prescription drugs utilize gluten containing grains as stabilizers and fillers. Check the labels.

TOLERABLE NON GLIADIN GRAINS

Gluten-free Oats
Amaranth
Rice
Corn
Soy

Millet
Buckwheat
Arrowroot
Tapioca
Quinoa

QUESTIONABLE FOODS

Soy

Wheat Grass

Barley Grass

Soy contains a smaller amount of gliadin than other grains. Depending upon your level of tolerance soy may or may not be a problem. Avoid soy isolate used in protein powders and bars, it contains eight times the concentration of gliadins as regular soy. Some people who are gluten sensitive can not tolerate wheat grass or barley grass.

AVOID ALL GLUTEN GRAINS COMPLETELY.

Glutens contain gliadins which are long-chain amino acids. They are highly indigestible proteins and set up an auto-immune reaction in people who are intolerant of them. The affect of a small amount of gluten lasts for months.

If you have specific allergies to certain non-gluten grains, avoid them also. As the mucus membranes heal over the next 6-12 months, many allergies may disappear.

There are a number of good web sites. www.glutenfreeinsd.com includes eating out suggestions in San Diego as well as other educational information and links.

www.enterolab.com has good information about what tests work and why and allows you to order genetic tests for gluten intolerance.