

# GOING GLUTEN-FREE

## ONE STEP AT A TIME



### Remove gluten from diet

Wheat (including durum, emmer, spelt, farina, farro, KAMUT® khorasan wheat & einkorn.)

Rye  
Barley  
Triticale (a cross-breed of wheat and rye)

#### FACT

The only treatment for celiac disease and other gluten-related disorders is a gluten-free diet.

### What is gluten?

glu·ten  
/'gloo.tn/

Gluten refers to the proteins found in wheat, rye and barley which cause an adverse reaction in people with gluten-related disorders.



Wheat



Rye



Barley

GLUTEN-FREE VERSIONS OF THE FOLLOWING FOODS ARE WIDELY AVAILABLE

### Identify common foods with gluten



Breads & other baked goods



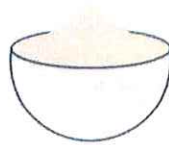
Cookies, cakes, donuts & pastries



Cereal, pancakes & waffles



Crackers, croutons, & stuffings



Flour



Pastas

## Know other potential sources



Soup bases,  
broth, bouillon &  
thickeners (roux)



Candy &  
energy bars



Seasoned rice mixes  
breading, coating  
mixes & panko



Imitation meats,  
seafood, processed  
lunch meats



Brown rice syrup,  
sauces & gravies (soy  
& teriyaki), dressings,  
& beer



Drugs and over-the-  
counter medications,  
supplements

CHOOSE NATURALLY GLUTEN-FREE GRAINS & FLOURS

## Know your alternatives



Buckwheat



Millet



Quinoa



Rice



Nut flours



Soy

WHEAT-FREE DOES NOT MEAN GLUTEN-FREE

## Learn to read labels

Look for these ingredients in the ingredient list or 'Contains' statement.

Wheat  
Barley  
Rye  
Malt  
Brewer's yeast

Oats (unless  
certified gluten-  
free).



Learn more about  
reading labels  
<http://goo.gl/WSVs7Q>

TRY USING SQUEEZE CONTAINERS AND LABELING GF PRODUCTS AND COOKING EQUIPMENT WITH STICKERS/OVEN SAFE TAGS TO PREVENT CROSS-CONTAMINATION

## Avoid cross-contamination



Toasters, strainers, flour sifters & cutting boards should be separate.



Spreadable condiments should not be shared.



Avoid deep-fried foods cooked in oil also used to cook breaded products.

It is imperative when preparing gluten-free foods to prevent cross-contamination with foods containing gluten.

## Find a support group



GIG has Support Branches and Kids Groups throughout the U.S., and is beginning to establish international Branches.



Map indicates locations of Support Branches and Generation GF Kids Groups as of 6/16. For an up to date list and to learn about joining a group, visit [www.gluten.org](http://www.gluten.org).

[WWW.GLUTEN.ORG](http://WWW.GLUTEN.ORG)

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Not all details of the gluten-free diet are covered in this infographic. For more information go to the GIG website, [www.gluten.org](http://www.gluten.org), and consult with your healthcare providers.

