

Gluten-Free Diet

What is gluten?

Gluten refers to the proteins found in wheat, barley, spelt, triticale, and rye. Gluten is what gives dough made with these grains the elastic, squeezable texture, and helps the dough rise up when baking.

Why follow a gluten-free diet?

While the vast majority of people can digest gluten without any issues or consequences, the gluten-free diet is an effective treatment for individuals who have a gluten sensitivity or celiac disease. Side effects of celiac disease and non-celiac gluten sensitivity (NCGS) include fatigue, bloating, constipation, diarrhea, and possible damage to the intestinal villi. If you suspect you may have celiac disease or NCGS, speak to your integrative healthcare practitioner about the various testing options.

Gluten-Free Certifications

Gluten-free certifications indicate that a product has been extensively tested by a third party to ensure gluten-content does not exceed a safe amount.



Gluten-containing grains

Wheat
Bulgur
Durum
Kamut
Spelt, Dinkel
Barley
Farro
Triticale
Rye

Gluten-free grains

Corn
Millet
Rice
Sorghum
Amaranth
Buckwheat
Quinoa
Teff
Oats*

Gluten-containing foods

Alcohols
(ie. beer, bourbon, whiskey)
Atta
Barley malt
Bran
Couscous
Germ
Matza/matzah/matzo

Orzo
Pasta
Pearl barley
Seitan
Semolina
Starch
Sushi rice
Tabouli

Products that may contain gluten

Baking powder
Broth (store-bought)
Soup stock cubes
Dry roasted nuts
Ground spices and seasonings
Miso
Soy sauce
Soba noodles
Suet
Dietary supplements

Coloring
Stabilizers
Tocopherols
Clarifying agents
Emulsifiers
Fat replacer
Vegetable protein
Vegetable starch
Yeast extract

*Beware of potential cross-contamination. Buying certified gluten-free oats can help prevent exposure to gluten.