



QUEEN CITY

GASTROENTEROLOGY & HEPATOLOGY

320 Lillington Ave, Suite 101

Charlotte, NC 28204

GLUTEN FREE DIET

The importance of gluten-free diet:

1. Removal of gluten from the diet is essential for the treatment of patients with Celiac Sprue.

Principles of Initial Dietary Therapy for Patients with Celiac Sprue:

- Avoid all foods containing wheat, rye, barley gluten.
- Avoid all oats initially
- Use only rice, corn, maize, buckwheat, potato, soybean, tapioca flours, meals, or starches.
- Wheat starch from which gluten has been removed can be tried after the diagnosis is established.
- Read all food labels and study ingredients of processed foods.
- Beware of gluten in medications, food additives, emulsifiers, or stabilizers.
- Limit milk and milk products initially.
- Avoid all beers, lagers, ales, and stouts.
- Wine, liquors, ciders, and spirits including whiskey and brandy are allowed.

Many healthy and delicious foods are naturally gluten-free:

- Beans, seeds, nuts in their natural, unprocessed form
- Fresh eggs
- Fresh meats, fish and poultry (not breaded, batter-coated or marinated)
- Fruits and vegetables
- Most dairy products
- It's important to make sure that they are not processed or mixed with gluten-containing grains, additives or preservatives. Many grains and starches can be part of a gluten-free diet:
- Amaranth
- Arrowroot
- Buckwheat
- Corn and cornmeal
- Flax
- Gluten-free flours (rice, soy, corn, potato, bean)
- Hominy (corn)
- Millet



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- Quinoa
- Rice
- Sorghum
- Soy
- Tapioca
- Teff

We will be referring you to see and further discuss Gluten-Free Diet for Celiac Disease. Ms Pat Fogarty, MS, RD, LDN will be contacting you to set up an appointment.