



GLUTEN-FREE DIET

Type of Food	Food Allowed	Foods to Avoid
Beverages:	<ul style="list-style-type: none"> ☞ Milk ☞ Carbonated beverages ☞ Coffee, tea ☞ Cocoa with no wheat flour 	<ul style="list-style-type: none"> ☞ Postum ☞ Malted milk (e.g., Ovaltine) ☞ Ale, beer ☞ Instant coffee if wheat flour added
Breads:	<ul style="list-style-type: none"> ☞ Breads made from rice, soybean, pure buckwheat, or potato flours ☞ Arrowhead Mills gluten free pancake mix ☞ Rice crackers and cakes 	<ul style="list-style-type: none"> ☞ Wheat, rye, oats, kamut, spelt, and barley (flours, bread, rolls) ☞ All commercial bread mixes ☞ Pancakes, muffins, biscuits, waffles ☞ All crackers, pretzels, Rykrisp, bread crumbs, breaded foods
Cereals:	<ul style="list-style-type: none"> ☞ Armaranth or corn cereal ☞ Rice/Cream of Rice ☞ Puffed corn or rice ☞ Perky's Nutty Rice 	<ul style="list-style-type: none"> ☞ Omit all made with wheat, rye oats, wheat germ, and barley
Desserts:	<ul style="list-style-type: none"> ☞ Custard ☞ Ices or sherbets ☞ Rice pudding ☞ Tapioca pudding ☞ Gelatin ☞ Fruit whips ☞ Meringues ☞ Rennet desserts ☞ Cookies made with allowed flours 	<ul style="list-style-type: none"> ☞ Commercial ice creams ☞ Ice cream cones ☞ Prepared puddings ☞ Mixes ☞ Homemade puddings thickened with flour ☞ Cake ☞ Cookies, doughnuts ☞ Pies, pastries
Fruits:	<ul style="list-style-type: none"> ☞ All 	<ul style="list-style-type: none"> ☞ None
Meats, Fish, Eggs, Cheese:	<ul style="list-style-type: none"> ☞ All meats, poultry and fish prepared without butter or bread ☞ Eggs ☞ All cheese except creamed and ☞ cheese spreads 	<ul style="list-style-type: none"> ☞ Breaded meat, poultry, fish, patties, croquettes and loaves with bread crumbs ☞ Canned meats ☞ Dishes with cold cuts and frankfurters (unless guaranteed pure meat)

		<ul style="list-style-type: none"> ☛ Creamed sauces, gravies, cheese spreads, spreads with wheat flour
Potatoes/Pasta:	<ul style="list-style-type: none"> ☛ White and sweet potatoes 	<ul style="list-style-type: none"> ☛ Spaghetti, noodles, macaroni ☛ dumplings
Vegetables:	<ul style="list-style-type: none"> ☛ As desired 	<ul style="list-style-type: none"> ☛ Any prepared with bread crumbs or cream sauces

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