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| <b>Prepared For:</b> |  | <b>Date:</b>    |  |
| <b>Prepared By:</b>  |  | <b>Contact:</b> |  |

## Celiac Disease Nutrition Therapy

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### Description

- You have a sensitivity to gluten, which are proteins found in wheat, barley, and rye.
- Gluten-free nutrition therapy will allow your intestine to heal.
- It also will help prevent complications like bone disease that can happen if celiac disease goes untreated.

### Oats

- In the past, oats were believed to be harmful to persons with celiac disease.
- If you would like to eat gluten-free oats, you should discuss their use with your physician and registered dietitian nutritionist.

### Foods Recommended

Following are examples of the many grains and plant foods that you can safely eat:

- Amaranth
- Arrowroot
- Buckwheat
- Cassava (manioc)
- Corn
- Flax
- Indian rice grass (Montina)
- Job's tears
- Legumes (dry beans, peas, lentils)
- Millet
- Finger millet (Ragi)
- Nuts
- Potatoes
- Quinoa
- Rice

- Sago
- Seeds
- Sorghum
- Soy
- Tapioca
- Tef (or teff)
- Wild rice
- Yucca

You may not be familiar with all of these grains and plant foods. However, they are used in gluten-free foods, and you will often find them in food ingredient lists for gluten-free products.

### Foods Not Recommended

**Do not** eat any foods containing any of the following ingredients:

- Wheat (all types, including einkorn, emmer, spelt, and kamut)
- Barley
- Rye
- Malt
- Oats (unless gluten free)

These ingredients are found in many food products, including flours, bread products, pasta, breakfast cereals, cakes, and cookies.

### Celiac Disease Sample 1-Day Menu

|                         |   |
|-------------------------|---|
| <p><b>Breakfast</b></p> | <p>Egg omelet<br/>         Low-fat natural cheese, for omelet<br/>         Vegetables, for omelet<br/>         Rice cake (check that ingredients are gluten-free)<br/>         Jam, jelly or preserves, for rice cake<br/>         Orange juice</p> |
| <p><b>Lunch</b></p>     | <p>Black beans<br/>         Corn tortilla<br/>         Low-fat, natural cheese, for tacos<br/>         Salsa, for tacos<br/>         Fresh vegetables, for tacos</p>  |

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| <b>Evening Meal</b>  | Chicken breast<br>Stir-fried vegetables<br>Plain brown rice (or plain enriched white rice)<br>Sherbet<br>Fresh fruit<br>Seltzer water<br>Cranberry juice |
| <b>Evening Snack</b> | All-natural yogurt<br>Blueberries  |

**Notes**