

Client Name \_\_\_\_\_ Date \_\_\_\_\_

RD/DTR \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## Gluten-Free Nutrition Therapy

---

- You have 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 dietitian.
- Manufacturers of gluten-free oats include Cream Hill Estates, Only Oats, Gluten-Free Oats, Bob's Red Mill, and Gifts of Nature.

### Recommended Foods

---

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

- |                                      |                 |
|--------------------------------------|-----------------|
| • Amaranth                           | • Potatoes      |
| • Arrowroot                          | • Quinoa        |
| • Buckwheat                          | • Rice          |
| • Cassava (manioc)                   | • Sago          |
| • Corn                               | • Seeds         |
| • Flax                               | • Sorghum       |
| • Indian rice grass (Montina)        | • Soy           |
| • Job's tears                        | • Tapioca       |
| • Legumes (dry beans, peas, lentils) | • Tef (or teff) |
| • Millet                             | • Wild rice     |
| • Finger millet (Ragi)               | • Yucca         |
| • Nuts                               |                 |

You may not be familiar with some 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.

#### Notes:

## 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 they are gluten-free)

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

## Sample 1-Day Menus

---

A gluten-free meal plan does not have to be all that different from a meal plan that includes wheat. As the following menu shows, there are gluten-free versions of almost all foods that are usually made from wheat.

<b>Breakfast</b>	Whole-grain, gluten-free waffle Maple syrup and strawberries Low-fat milk or orange juice
<b>Lunch</b>	Pizza made with whole grain, gluten-free pizza crust (homemade or ready-to-eat) topped with low-fat cheese, grilled chicken, fresh vegetables, and pineapple slices Homemade lemonade
<b>Snack</b>	Low-fat yogurt mixed with whole grain, gluten-free cereal
<b>Evening Meal</b>	Whole grain or enriched, gluten-free pasta topped with pesto and chick peas Mixed greens salad topped with orange slices and walnuts and served with oil and vinegar dressing Seltzer water with lime
<b>Snack</b>	Whole-grain, gluten-free rice crackers with hummus or low-fat cheese slices

Notes:

The following sample menu uses foods that are commonly available in grocery stores. The meals do not require any specially made gluten-free foods.

<b>Breakfast</b>	Egg omelet made with low-fat natural cheese, such as cheddar or monterey jack, and fresh vegetables Rice cake (check the ingredient list to make sure it is gluten-free) topped with jam, jelly, or preserves Orange juice
<b>Lunch</b>	Black bean tacos made with corn tortillas, black beans, fresh vegetables, and low-fat natural cheese, and topped with fruit salsa (diced tropical fruit, lime juice, cilantro) Seltzer water with lime
<b>Evening meal</b>	Chicken and fresh vegetables stir-fried in oil and spices Plain brown rice or plain enriched white rice Sorbet topped with fresh fruit Cranberry juice mixed with seltzer water
<b>Snack</b>	All-natural yogurt mixed with blueberries or another fruit

**Notes:**

## Sample Meal Plan

---

Use this form to develop an individualized meal plan.

<b>Meal</b>	<b>Menu</b>
<b>Breakfast</b>	
<b>Lunch</b>	
<b>Dinner</b>	
<b>Snack</b>	

**Notes:**