

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.

Breakfast	Whole-grain, gluten-free waffle Maple syrup and strawberries Low-fat milk or orange juice
Lunch	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
Snack	Low-fat yogurt mixed with whole grain, gluten-free cereal
Evening Meal	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
Snack	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.

Breakfast	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
Lunch	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
Evening meal	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
Snack	All-natural yogurt mixed with blueberries or another fruit

Notes:

Sample Meal Plan

Use this form to develop an individualized meal plan.

Meal	Menu
Breakfast	
Lunch	
Dinner	
Snack	

Notes: