

A gluten-free diet eliminates gluten protein from meals. Gluten is found in wheat, barely, and rye products. A gluten-free diet is mainly used to treat patients with celiac disease. Compliance to a strict gluten-free diet can be difficult with the abundance of food products that contain wheat, barely, and rye. Studies have shown that patients who consume small amounts of gluten in their diet do not experience immediate harmful side effects. Foods that contain trace amounts of gluten, such as gravies, can be allowed on a gluten-free diet depending on the severity of a patient's symptoms. Overall, it is important to limit products with a high gluten content to avoid stomach discomfort. While on a gluten-free diet it is necessary to read all nutrition labels to see if they contain gluten. Certain pre-packaged or frozen products may contain gluten that one would not expect.

Foods to Enjoy

Grains: gluten free products, gluten-free pasta, Corn Flakes, Rice Krispies, rice, tapioca, sago, arrow root, buckwheat, millet, and maize

Protein: fish, red meat, poultry, lamb, and deli meats

Dairy: any dairy products

Vegetables: all vegetables

Fruits: any fruit

Foods to Limit

Grains: all types of wheat, rye, and barley products, ordinary pasta and pastry products, breakfast cereals, farina, durum flour, graham flour, kamut, semolina, spelt, oatmeal, barley, crackers, matzo, tortilla chips, croutons, pie crust and couscous

Protein: meats cooked with flour, beef burgers, breaded fish, most sausages, breaded chicken, and meatballs

Beverages: certain ales and beers

Other Food Products: Only consume these products if they are labeled as gluten free:

Certain ice cream products, bisto or oxo cubes, cookies, salad dressings, soy sauce, seasoned rice mixes, potato chips, malt products, malt vinegar, and French fries

Sample Meals

Breakfast

- Bacon and eggs with orange juice and fruit
- Gluten free toast with jam and fruit
- Omelets

Banana Walnut Muffins

Ingredients:

3 ripe bananas	2 eggs
1/4 cup walnut or olive oil	2 tablespoons honey
1 and 1/3 cup brown rice flour	2 teaspoons baking powder
1 and 1/2 teaspoons cinnamon	1/4 teaspoon salt
3/4 cup walnuts, chopped	

Directions:

1. Preheat the oven to 350 degrees and lightly oil a muffin pan
2. In a mixing bowl, mash the bananas and whisk in the eggs, oil and honey.
3. In a separate mixing bowl, combine the brown rice flour, baking powder, cinnamon, salt and walnuts.
4. Add the dry mixture to the wet mixture and mix until completely combined.
5. Fill the muffin holes three-quarters of the way up with batter.
6. Bake in for 30 minutes or until muffins test clean.
7. Serve with butter and honey!

Lunch

- Salad topped with mixed vegetables, grilled chicken and gluten-free salad dressing (be sure to read the nutrition label)

Turkey Breast Roll Ups

Ingredients

Deli sliced turkey breast	hummus
5 iceberg lettuce leaves	sliced red peppers

Directions

1. Wash lettuce
2. Lay out lettuce, layer deli sliced turkey breast and sliced red peppers on top
3. Spread desired amount of hummus on top
4. Roll up and enjoy

Grilled Zucchini Stuffed with Quinoa and Spinach

Ingredients:

4 & 1/4 cup vegetable broth	1 large shallot diced
1 10-ounce bag of fresh spinach	1 cup uncooked quinoa
3 tablespoons lemon juice [or 1 lemon]	4 medium zucchini
Salt and pepper	

Directions:

1. Cut each zucchini in half lengthwise and scoop out the insides. Lightly sprinkle salt over each.
2. Quinoa: in separate sauce pan add cup of quinoa with 2 cups of vegetable broth and bring to a boil. Once boiled, bring heat down to simmering. Allow to cook for 15 to 20 minutes while occasionally fluff with a fork
3. Place a nonstick sauté pan over high heat. Add 2 and 1/4 cups of broth. Bring broth to a boil over high heat.
4. When broth boils, add spinach and shallots or onion. Reduce heat to medium. Cook 5 minutes, stirring occasionally.
5. Mix quinoa into spinach and add lemon juice, salt, and pepper
6. Spoon the stuffing evenly into each zucchini half.
7. Place on a baking sheet and bake for 15 minutes.

Dinner

- Steak or chicken with mixed vegetables and baked potato

Eggplant Pizzas

Ingredients:

Large eggplant sliced into thin rounds	tomato sauce
Grated parmesan cheese	cheddar cheese
Olive oil	other pizza toppings of choice

Directions:

1. Preheat oven to 350 degrees F
2. Lightly coat baking sheet with olive oil and arrange eggplant rounds on top
3. Bake eggplant rounds in preheated oven for 5-6 minutes
4. Flip over eggplant rounds, top evenly with parmesan cheese and bake for another 5 minutes
5. Drop a dollop of tomato sauce onto the center of each eggplant round and top with cheddar cheese and other pizza toppings
6. Bake for another 5 minutes
7. Enjoy!

References

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