

Gluten-Free & Casein-Free Diet

Foods to avoid

In implementing the diet, it is crucial to understand exactly which foods to exclude. Even small amounts of gluten or casein can perpetuate negative health effects. Care must be taken to *read all labels* and keep GF/CF foods free of contamination from cooking pots, counter surfaces, kitchen utensils and appliances. The following is a list of foods to avoid:

DAIRY PRODUCTS:

Milk	cheese	butter
Pudding	cottage cheese	most margarines
Custard	yogurt	creamed soups & sauces
baked goods	ice cream	chocolate (except pure dark)
mashed potatoes	pancakes & waffles	some calcium supplements
doughnuts	protein powders	meatloaf
some vitamins	gravies	some breads

May be listed on labels as- casein, caseinate, whey, lactalbumin, sodium caseinate, lactose, cream, non-fat milk solids, milk ingredients, calcium caseinate

GLUTEN PRODUCTS:

wheat	soy sauce	baking mixes
barley	crackers	gravies & cream sauces
spelt	pasta	beer
triticale	bread	barley malt, malt
rye	hot dogs	ovaltine
oats	batter-fried foods	some soups
kamut	some sausage	bulgar
semolina	couscous	baking powder
bouillon	dried spices & herbs	rice syrup (barley enzymes)
cake	cookies	artificial colors
distilled vinegar	flavorings	hydrolyzed plant/vegetable protein
salad dressing	tomato paste	canned tuna
condiments	icing sugar	imitation seafood/ sirimi
vitamins	medications	envelopes
play dough	school glue	extracts (vanilla)/grain alcohol

Possible other products: vitamin E, matzos, yeasts, hamburger, granola, caramel color, french fries, candy, dextrin, deli meats

May be listed on label as- flour, graham, wheat germ, wheat bran, oat bran, wheat starch, gluten, modified food starch, vegetable starch, vegetable gum

Foods allowed (casein-free CF & gluten-free GF)

- some can be found at regular supermarket, all available at natural foods store

rice	potato	tapioca (cassava)
red meat & game	millet	wild rice
soy	fish & shellfish	corn
polenta	fruit	poultry
teff	quinoa	vegetables
eggs	buckwheat	amaranth
nuts & seeds	groats (kasha)	arrowroot
dried fruit (sulfite-free)	sorghum flour (jowar)	GF oats, oatmeal
beans & peas	coconut (sulfite-free)	

- includes corn chips & potato chips (plain), popcorn (with oil-based flavoring not butter), rice cakes & crackers, rice & corn cereals (e.g Nature's Path puffed rice, corn or cornflakes, not Rice Krispies), rice bread, rice/corn/soy pastas

FOOD ADDITIVES TO AVOID: (For autism patients in particular)

aluminum compounds (baking powder)	nitrites & nitrites
artificial flavors	phosphoric acid
aspartame (Nutrasweet)	potassium bromate
BHA, BHT	quinine
caffeine	Olestra
calcium sodium EDTA	polysorbate 60, 80
F D & C colors	saccharin
MSG	sulfites
vanillin	TBHQ

Reference website: <http://www.drbratt.com/articles.php>