



# CORNERSTONE MEDICAL CLINIC

402 South 12th Avenue Yakima, Washington 98902  
Phone (509) 248-3263

## Gluten Restricted Diet

The diet is free of barley, oat, rye and wheat gluten. Corn, rice and products made from them may be used as substitutes for the cereal grains that are omitted. Other substitutes include wheat starch, potato flour, soybean flour and tapioca. Many processed foods contain wheat, rye, oats, barley or the flours made from them. *Labels should be read carefully.*

### Food

#### Groups

#### Foods Allowed

#### Foods to avoid

#### **Beverages**

Milk, carbonated beverages, coffee, tea  
decaffeinated coffee, fruit flavored  
beverages

Cereal beverages, malted milk, beverages  
products containing restricted cereals  
Beer, ales

#### **Breads**

Bread or quick bread made from corn-  
meal, gluten-free wheat starch and corn,  
potato, rice, soybean, or tapioca flour

All bread and crackers containing wheat, rye,  
oats, barley or buckwheat

#### **Cereals**

Cornmeal, rice, precooked rice cereals, All cooked and prepared cereals containing  
dry cereals containing only rice or corn wheat, rye, oats, barley or buckwheat

#### **Desserts**

Custards, gelatin desserts, fruit ices  
Puddings made with cornstarch, gluten-  
free wheat starch, rice or tapioca  
Ice cream or sherbet, cake or cookies  
and other desserts made with allowable  
flours.

Cakes, cookies or pastries and commercial  
pudding mixes containing foods to be avoided  
Ice cream cones, fruit sauces thickened with  
wheat flour, commercial ice cream or sherbet

#### **Eggs**

Baked, poached, soft or hard cooked,  
scrambled or fried

Creamed eggs, souffles, or fondue unless  
made with allowable flours

#### **Fats**

Butter, margarine, cream, vegetable oil,  
and shortening, lard, bacon, salad  
dressing thickened with allowable flours

Excessive amount of fried foods, commercial  
salad dressings or gravies unless prepared  
with allowed flours

<b><u>Food Groups</u></b>	<b><u>Foods Allowed</u></b>	<b><u>Foods to avoid</u></b>
<b>Fruits &amp; Fruit Juices</b>	All fresh, frozen, canned and dried	None unless unable to tolerate roughage
<b>Meats, Fish &amp; Poultry Cheese</b>	Baked, broiled, roasted or steamed beef, lamb, liver, pork, veal, chicken, turkey, duck, fish. Cottage cheese, cream or non-processed cheeses	Meat, fish or poultry and any commercial products containing cereals not allowed. The following foods frequently contain gluten meat loaf; meat patties; breaded meat, fish, poultry; canned meat products; cold cuts unless guaranteed all meat; cheese spreads
<b>Potatoes or Substitutes</b>	White or sweet potatoes, rice, hominy, potato chips	Creamed or escalloped potatoes unless made with allowed flours, macaroni, noodles, spaghetti
<b>Soups</b>	Broth-based or cream soups made from foods allowed	Soups containing wheat, rye, oats, barley or products made from them; commercial soups thickened with wheat flour
<b>Sugar &amp; Sweets</b>	Sugar, syrup, honey, jelly, jam, molasses candy, chocolate in moderation, chewing gum	Commercial candies containing cereal products
<b>Vegetables &amp; Vegetable Juices</b>	All fresh, frozen or canned	None unless unable to tolerate roughage
<b>Misc.</b>	Salt, flavorings, spices in moderation, vinegar, peanut butter, coconut, popcorn, olives, pickles, catsup, mustard, chocolate, pure cocoa, gravy or cream sauces if thickened with allowed flours	Pretzels