

# GOING GLUTEN-FREE

## ONE STEP AT A TIME



### Remove gluten from diet

Wheat (including durum, emmer, spelt, farina, farro, KAMUT® khorasan wheat & einkorn.)

Rye  
Barley  
Triticale (a cross-breed of wheat and rye)

#### FACT

The only treatment for celiac disease and other gluten-related disorders is a gluten-free diet.

### What is gluten?

**glu·ten**  
**/'gloo̩tn/**

Gluten refers to the proteins found in wheat, rye and barley which cause an adverse reaction in people with gluten-related disorders.



Wheat



Rye



Barley

GLUTEN-FREE VERSIONS OF THE FOLLOWING  
FOODS ARE WIDELY AVAILABLE

### Identify common foods with gluten



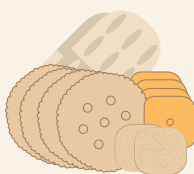
Breads & other  
baked goods



Cookies, cakes,  
donuts & pastries



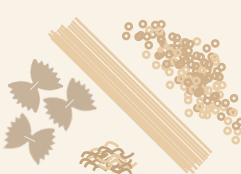
Cereal, pancakes  
& waffles



Crackers, croutons,  
& stuffings



Flour



Pastas

## Know other potential sources



Soup bases,  
broth, bouillon &  
thickeners (roux)



Candy &  
energy bars



Seasoned rice mixes  
breading, coating  
mixes & panko



Imitation meats,  
seafood, processed  
lunch meats



Brown rice syrup,  
sauces & gravies (soy  
& teriyaki), dressings,  
& beer



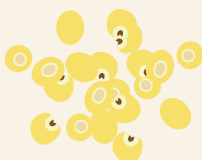
Drugs and over-the-  
counter medications,  
supplements

**CHOOSE NATURALLY GLUTEN-FREE GRAINS & FLOURS**

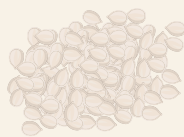
## Know your alternatives



Buckwheat



Millet



Quinoa



Rice



Nut flours



Soy

**WHEAT-FREE DOES NOT MEAN GLUTEN-FREE**

## Learn to read labels

Look for these ingredients in the ingredient list or 'Contains' statement:

Wheat  
Barley  
Rye  
Malt  
Brewer's yeast

Oats (unless  
certified gluten-  
free).



Look for a "certified  
gluten-free" label/  
logo like this one, or  
for products which are  
labeled "gluten-free."

Learn more about  
reading labels  
<http://goo.gl/WSVs7Q>

**TRY USING SQUEEZE CONTAINERS AND LABELING GF PRODUCTS AND COOKING EQUIPMENT WITH STICKERS/OVEN SAFE TAGS TO PREVENT CROSS-CONTAMINATION**

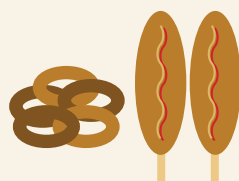
## Avoid cross-contamination



Toasters, strainers, flour sifters & cutting boards should be separate.



Spreadable condiments should not be shared.



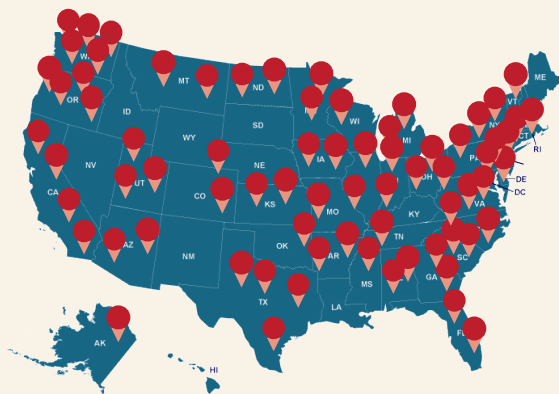
Avoid deep-fried foods cooked in oil also used to cook breaded products.

It is imperative when preparing gluten-free foods to prevent cross-contamination with foods containing gluten.

## Find a support group



GIG has Support Branches and Kids Groups throughout the U.S., and is beginning to establish international Branches.



Map indicates locations of Support Branches and Generation GF Kids Groups as of 6/16. For an up to date list and to learn about joining a group, visit [www.gluten.org](http://www.gluten.org).

**[WWW.GLUTEN.ORG](http://WWW.GLUTEN.ORG)**

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Not all details of the gluten-free diet are covered in this infographic. For more information go to the GIG website, [www.gluten.org](http://www.gluten.org), and consult with your healthcare providers.