

Gluten-free diet

A gluten-free diet (GFD) restricts the consumption of gluten-containing grains and flours, which are found in a variety of foods and beverages.

What is gluten?

Gluten is a general term for a group of proteins found in various grains, such as wheat, barley, spelt, triticale, and rye. In food production, gluten is widely used to improve the quality, texture, flavor, and moisture content of foods.

Who should follow the gluten-free diet?

Most individuals can digest gluten and include it as part of their regular diet. The GFD is recommended as treatment for individuals with a number of conditions, including:

- [Celiac disease](#) (an autoimmune condition characterized by an abnormal response to gluten, resulting in intestinal damage)
- Certain [autoimmune conditions](#) associated with celiac disease (e.g., Addison's disease, autoimmune thyroid disease, [type 1 diabetes](#))
- Gluten ataxia (a set of neurological symptoms that may result from gluten consumption)
- Non-celiac gluten sensitivity (gluten intolerance)



Following the gluten-free diet

Gluten-containing grains		Gluten-free grains	
Barley	Rye	Amaranth	Quinoa
Bulgur	Spelt, Dinkel	Buckwheat	Rice
Durum	Triticale	Corn	Sorghum
Farro	Wheat	Millet	Teff
Kamut		Oats*	

Gluten-containing foods			
Alcohols (e.g., beer, bourbon, whiskey)	Bran	Orzo	Semolina
Atta	Couscous	Pasta	Starch
Barley malt	Germ	Pearl barley	Sushi rice
	Matza/matzah/matzo	Seitan	Tabouli

Products that may contain gluten*			
Baking powder	Dry roasted nuts	Soba noodles	Tocopherols
Broth (store-bought)	Emulsifiers	Soup stock cubes	Vegetable protein
Clarifying agents	Fat replacer	Soy sauce	Vegetable starch
Coloring	Ground spices and seasonings	Stabilizers	Yeast extract
Dietary supplements	Miso	Suet	

*Check the product label for gluten or gluten-containing grains in the ingredient list. Manufacturers may include warnings such as "may contain wheat" or "manufactured in a facility which processes wheat"; however, this is not required. Buying certified gluten-free products can help prevent exposure to gluten.

Gluten-free diet apps

- AllergyEats ([web](#), [App Store](#), [Google Play](#))
- Eat! Gluten-Free ([App Store](#), [Google Play](#))
- The Gluten Free Scanner ([App Store](#), [Google Play](#))
- Find Me Gluten Free ([web](#), [App Store](#), [Google Play](#))
- mySymptoms Food Diary ([App Store](#), [Google Play](#))
- Gluten Free Restaurant Cards ([App Store](#))



Gluten-free certifications

Gluten-free certifications indicate that a product has been extensively tested by a third party to ensure gluten content does not exceed a safe amount. The U.S. Food & Drug Administration (FDA) requires foods and beverages labeled as gluten-free to have less than 20 ppm (parts per million) of gluten, the lowest consistently detectable amount.



Special considerations

If you suspect you may have celiac disease or non-celiac gluten sensitivity, speak to your integrative healthcare practitioner about appropriate testing before beginning a gluten-free diet. A strict gluten-free diet has been associated with a low intake of certain nutrients, such as iron, B vitamins, and fiber. Work with your practitioner to plan a balanced gluten-free diet that provides appropriate nutrition.



References

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This handout was developed and medically reviewed by Fullscript's Integrative Medical Advisory team.
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