

## Anything made with wheat or rye flour

<b><u>Out with the old</u></b>	<b><u>In with the new</u></b>
<b>bread</b>	<ul style="list-style-type: none"> <li>- gluten free bread</li> <li>- skip the bread, instead try:               <ul style="list-style-type: none"> <li>- make sandwich ingredients into a salad</li> <li>- put sandwich ingredients into a lettuce or other wrap (see wraps)</li> </ul> </li> <li>- finger foods like fresh veggies, cheese, - nuts</li> </ul>
<b>breading or bread crumbs</b>	<ul style="list-style-type: none"> <li>- cornmeal</li> <li>- gluten free bread crumbs</li> <li>- mashed potato flakes (favourite)</li> <li>- gf oatmeal</li> <li>- crushed GF crackers or cereal</li> </ul>
<b>breakfast cereal</b>	- I don't like to list specific brands as formulations change often. Check the cereal aisle or the health food aisle.
<b>cakes, cookies, other baked goods</b>	<ul style="list-style-type: none"> <li>-I don't like to list specific brands as formulations change often. There are GF mixes in the baking aisle or the health food aisle.</li> <li>- Search for gluten free bakers in your area, they are becoming more common.</li> <li>- Ask your baker if they can accommodate gluten free. Ensure they consider cross contamination</li> </ul>
<b>crackers</b>	<ul style="list-style-type: none"> <li>- there are lots of gluten free options at the supermarket</li> <li>- rice crackers are a simple favourite</li> </ul>
<b>granola bars</b>	- there are lots of choices at the supermarket
<b>pasta</b>	<ul style="list-style-type: none"> <li>-gluten free pasta, lots of choices</li> <li>-corn pasta</li> <li>-rice pasta</li> </ul>

	<ul style="list-style-type: none"> <li>- soba noodles</li> <li>- substitute egg plant, zucchini, spaghetti squash</li> </ul>
<b>pastry</b>	<ul style="list-style-type: none"> <li>- check with your grocer, some carry ready made gf pastry</li> <li>- Search for gluten free bakers in your area, they are becoming more common.</li> <li>- Ask your baker if they can accommodate gluten free. Ensure they consider cross contamination</li> </ul>
<b>pizza crust</b>	<ul style="list-style-type: none"> <li>- gf wraps or tortillas</li> <li>- check with you grocer, gf pizza's a pizza crust is becoming common.</li> <li>- check with your favourite pizzeria, there is a good chance they offer a gf crust</li> </ul>
<b>snacks like pretzels, trail mix, other snack mixes</b>	<ul style="list-style-type: none"> <li>- check labels and look for gluten free options</li> <li>- check the health food aisle (ironically) at your supermarket</li> </ul>
<b>wheat flour</b>	<ul style="list-style-type: none"> <li>- gf flour blend, there are many commercially available</li> </ul>
<b>wraps</b>	<ul style="list-style-type: none"> <li>- rice paper wraps</li> <li>- gf tortillas (check the health food section)</li> </ul>

### Anything thickened with wheat flour

<u>Old</u>	<u>New</u>
<b>gravy</b>	<ul style="list-style-type: none"> <li>- check with your grocer, there are some gluten free commercial choices</li> </ul>
<b>saucses</b>	<ul style="list-style-type: none"> <li>- many bottled and canned saucses contain gluten, check labels</li> </ul>
<b>soups</b>	<ul style="list-style-type: none"> <li>- many commercially available soups contain gluten. Check labels</li> <li>- check with your grocer, there are some gf options</li> </ul>

<b>stews</b>	<ul style="list-style-type: none"> <li>- many canned stews contain gluten, check labels</li> <li>- make your own</li> <li>- I don't like to mention brands as formulations change, but at writing Stag Chili had some gluten free choices. Check labels and / or check with the company</li> </ul>
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### Anything that uses flour or bread crumbs as a filler

<u><b>Old</b></u>	<u><b>New</b></u>
<b>deli meats</b>	<ul style="list-style-type: none"> <li>- look for certified gluten free</li> <li>- try other options like cooking a ham, turkey breast, chicken, roast beef or pork and eat the leftovers on sandwiches</li> </ul>
<b>hamburger patties</b>	<ul style="list-style-type: none"> <li>- look for gluten free, check labels</li> <li>- ask the butcher to make up patties for you</li> <li>- make your own</li> </ul>
<b>sausages</b>	<ul style="list-style-type: none"> <li>- look for gluten free, read labels</li> <li>- check with the butcher, they may have some gf options</li> </ul>

### Common bottled ingredients

<u><b>Ditch the old gluteny ways</b></u>	<u><b>Try this instead</b></u>
<b>soya sauce</b>	<ul style="list-style-type: none"> <li>- tamari</li> <li>- check with your grocer there are some gluten free options</li> <li>- I don't like to mention brands as formulations change, but vh has a GF soya sauce. Check the label and be sure you see "gluten free"</li> </ul>
<b>teriyaki sauce</b>	contains soya sauce, avoid or look for gluten free

<b>Worcestershire sauce</b>	<ul style="list-style-type: none"> <li>- most contain malt vinegar which has gluten</li> <li>- look for a brand that uses white vinegar</li> <li>- I don't like to mention brands as formulations change, but French's has a GF option available at some Walmarts. Check the label and be sure you see "gluten free"</li> </ul>
<b>Salad dressing</b>	<ul style="list-style-type: none"> <li>- many are gluten free, check labels</li> </ul>
<b>Many canned goods</b>	<ul style="list-style-type: none"> <li>- this is really item by item. Check labels</li> <li>- try fresh or frozen instead</li> </ul>
<b>spices and seasonings</b>	<ul style="list-style-type: none"> <li>- check labels</li> <li>- I only trust McCormicks or Club House but in Canada others should be fine unless indicated on the label.</li> <li>- Especially watch seasoning mixes, they often contain unexpected ingredients</li> </ul>

**Anything containing barley**

<u><b>Out</b></u>	<u><b>In</b></u>
<b>beer</b>	<ul style="list-style-type: none"> <li>- <a href="#">gluten free beer</a></li> <li>- try other options like <a href="#">cider</a></li> </ul>
<b>some alcoholic coolers</b>	<ul style="list-style-type: none"> <li>- look for malt or caramel as these can be problematic</li> <li>- check the manufacturers website</li> </ul>

**Anything that uses flour as a carrier for flavourings**

<b>Some potato chips or corn chips</b>	<ul style="list-style-type: none"> <li>- check labels, there are gluten free options</li> <li>- plain is usually fine but check labels</li> </ul>
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<p><b>- Some flavoured pop corn</b></p>	<ul style="list-style-type: none"> <li>- air pop your own</li> <li>- if you like the shake on flavours just check the labels</li> </ul>
<p><b>flavoured rice cakes</b></p>	<ul style="list-style-type: none"> <li>- check labels</li> <li>- avoid</li> </ul>

Flavourings on snacks often contain lactose as well, so if you also have a lactose issue as is common with celiac disease watch for this.

**Hidden sources of gluten**

<p><b>caramel colour</b>  <b>malt</b>  <b>malt vinegar</b>  <b>preservatives and food additives</b>  <b>candies</b></p>	<ul style="list-style-type: none"> <li>- in Canada any sources of gluten must be declared on the label</li> <li>- many hard candies are processed on a floured conveyor belt, check labels</li> <li>- chocolate with wafers or crunchies</li> </ul>
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**Items that don't contain gluten but may be contaminated in growing, processing or packaging.**

<p><b>spices</b>  <b>beans</b>  <b>oats / oatmeal*</b>  <b>nuts / seeds / trail mix</b></p>	<ul style="list-style-type: none"> <li>- this could be anything but these are considered high risk</li> <li>- check lables</li> <li>- look for certified gluten free</li> </ul> <p>* many people with celiac disease don't tolerate oats well even if gluten free.</p>
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