

Prepared For:		Date:	
Prepared By:		Contact:	

Celiac Disease Nutrition Therapy

Description

- You have a sensitivity to gluten, which are proteins found in wheat, barley, and rye.
- Gluten-free nutrition therapy will allow your intestine to heal.
- It also will help prevent complications like bone disease that can happen if celiac disease goes untreated.

Oats

- In the past, oats were believed to be harmful to persons with celiac disease.
- If you would like to eat gluten-free oats, you should discuss their use with your physician and registered dietitian nutritionist.

Foods Recommended

Following are examples of the many grains and plant foods that you can safely eat:

- Amaranth
- Arrowroot
- Buckwheat
- Cassava (manioc)
- Corn
- Flax
- Indian rice grass (Montina)
- Job's tears
- Legumes (dry beans, peas, lentils)
- Millet
- Finger millet (Ragi)
- Nuts
- Potatoes
- Quinoa
- Rice
- Sago
- Seeds
- Sorghum
- Soy
- Tapioca
- Tef (or teff)
- Wild rice

- Yucca

You may not be familiar with all of these grains and plant foods. However, they are used in gluten-free foods, and you will often find them in food ingredient lists for gluten-free products.

Foods Not Recommended

Do not eat any foods containing any of the following ingredients:

- Wheat (all types, including einkorn, emmer, spelt, and kamut)
- Barley
- Rye
- Malt
- Oats (unless gluten free)

These ingredients are found in many food products, including flours, bread products, pasta, breakfast cereals, cakes, and cookies.

Celiac Disease Sample 1-Day Menu

Breakfast	Egg omelet Low-fat natural cheese, for omelet Vegetables, for omelet Rice cake (check that ingredients are gluten-free) Jam, jelly or preserves, for rice cake Orange juice
Lunch	Black beans Corn tortilla Low-fat, natural cheese, for tacos Salsa, for tacos Fresh vegetables, for tacos
Evening Meal	Chicken breast Stir-fried vegetables Plain brown rice (or plain enriched white rice) Sherbet Fresh fruit Seltzer water Cranberry juice
Evening Snack	All-natural yogurt Blueberries

Notes