

How to go 100% gluten free

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Foods that are naturally Gluten free.

Gluten Free foods:

Fruits

Vegetables

Meat and poultry

Fish and seafood

Dairy

Beans, legumes, seeds and nuts

Rice

Cassava

Corn (maize)

Soy

Potato

Tapioca

Beans

Sorghum

Quinoa

Millet

Buckwheat groats (also known as kasha)

Arrowroot

Amaranth

Teff

Flax

Chia

Yucca

Gluten-free oats

Nut flours

Rum

Tequila

Foods to avoid.

Foods containing gluten:

Products made in a facility that processes wheat or gluten.
Avoid products that are made in facilities which process wheat or gluten.

Wheat

Oats (unless labelled gluten free) Best to just avoid oats.

Rye
Barley
Spelt

Pastas
Breads
Cereals
Noodles
Crackers
Pancakes
Waffles
French Toast
Crepes
Biscuits
Breadcrumbs (like on a salad)
Flour tortillas
Some corn tortillas
some Mexican food sauces
other sauces
Baked Goods
Instant coffee
some dark sodas
brewers yeast
molasses
natural flavors
ingredients you may not recognize. If you can't tell what it
is by it's name, then you should call and make sure it's
100% gluten free.

wheatberries
durum
emmer
semolina
spelt
farina
farro
graham
KAMUT® khorasan wheat
einkorn wheat

beer (unless 100% gluten free beer)
vodkas (unless 100% gluten free vodka)
whiskey
malt
bourbon
Gin (unless 100% gluten free Gin)

annatto in yellow cheese
distilled vinegar

balsamic vinegar while it doesn't have gluten may trigger
gluten type reactions so best to avoid this.

Foods and products that may or may not contain Gluten:

Cereals (check to make sure it's 100% gluten free cereal)

soups (check ingredient list)

saucers (check ingredient list)

Medications

Supplements

Chocolate, call or email the maker and find out if it's 100% gluten free

Hot chocolate

Specialty coffee drinks

Energy bars

Granola Bars

French Fries (may be coated with gluten)

fried foods if fried in oil that gluten has been fried in such as onion rings or french fries.

Candy

Candy Bars

Processed lunch meats

Soups

tortilla chips may contain gluten

multi-grain tortilla chips or tortillas

salad dressings and marinades

starch or dextrin

Brown rice syrup (made with barley)

Meat substitutes such as Seitan.

Vegetarian meat balls

Vegetarian burgers and products

Soy Sauce (there is a gluten free version)

self-basting poultry

pre-seasoned meats

cakes and pies

Eggs served at restaurants

malt vinegars

communion wafers

Play dough

Crayons

Check the dusting powders used with latex gloves or sports tubing and bands.

Foods and products to check. I recommend calling or emailing the manufacturer of each product. If it comes in

a box, jar, package calling the company and asking if it is 100% gluten free is the best way to check.

Make sure to check these products:

Call the manufacturer to make sure they are 100% gluten free

lotions,

shampoos

make-up

chapsticks and lip balms

ingredients you don't recognize in the list of ingredients could very well have gluten. Best to call and make sure.

If you see a whole list of ingredients, the product or food probably does contain gluten. Take the time to call or email the manufacturer.

Also,

The actual container may contain gluten and thus contaminate the product. This is the case for something which seems to be gluten free like rice milk. Even though the ingredients may say Rice and Water, the box it comes in may actually contain gluten! So calling the company is key so you can find out directly if the product is gluten free.

Foods that may contain gluten and should be checked are:

Any packaged or processed food product. If it comes in a jar, box, container of any kind, call the company and ask if it's gluten free.

Any restaurant or food bar item. If it is made in a facility that has gluten containing products like a restaurant or deli you want to ask if the food item has gluten or may be contaminated with gluten.

You can ask to speak to the owner or chef. Many times the wait staff may not know or even if they say they know, may not. So best to check and double check with the actual owner or chef.

When starting out gluten free it's good to avoid restaurants for a month or two. That way you can feel the benefit from being gluten free. Then if you do get cross contamination you will know it because of a return of some of your symptoms. So initially if you can go without eating out for a month, that would be very useful.

At the very least call and talk directly with the owner or chef. Let them know you need to be 100% gluten free and if there is any chance of cross contamination.

Cross Contamination:

looks for these possible ways gluten can be on your food:

Toasters used for both gluten-free and regular bread

Cutting boards

Flour sifters

Colanders

Deep fried foods when cooked in oil shared with breaded products.

Shared containers including improperly washed containers.

Condiments such as butter, peanut butter, jam, mustard, and mayonnaise may become contaminated when utensils used on gluten-containing food are double-dipped.

Wheat flour can be in the air for many hours in a bakery (or at home) and contaminate countertops and silverware or uncovered gluten-free products.

Oats – cross-contact can occur when oats are grown next to wheat, select only oats that are specifically labeled as gluten-free.

Pizza – Pizza restaurants that offer gluten-free crusts sometimes don't control for cross-contamination with their regular wheat pizzas.

Non-certified baked goods such as “gluten-free” goods from bakeries that also make gluten containing baked goods.

Bulk bins at grocery stores. You can ask about procedures they use to avoid cross contamination.

If others in your household are not gluten free:

make sure you do not use the same utensils or food items they do.

For example don't use the butter or other condiments they use.

Don't use the same cutting boards or toasters they do if they eat gluten.

Keep all gluten containing products separately from your foods.

When there is any possibility of gluten contamination it is best to avoid it. Make 100% gluten free the utmost priority and notice how good you can feel!