



HOLISTIC NUTRITIONAL COUNSELING SHERRY DELL, PHD, CN

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Gluten Foods

Gluten is a common food sensitivity. If you have been advised to avoid gluten-containing foods, try to avoid the following ingredients in the foods you eat:

- **BARLEY** [*Hordeum vulgare*] The offending storage protein [prolamin] is known as hordein. BARLEY is present in many commercial products as malt, flavorings, colorings, and/or flavor enhancers. May be a part of hydrolyzed plant protein [HPP] or hydrolyzed vegetable protein [HVP].
- **BULGUR** (WHEAT, burghul) A quick-cooking form of whole WHEAT that has been cleaned, parboiled, dried, crushed or ground into particles and sifted into distinct sizes.
- **COUSCOUS** (WHEAT) Granular semolina dish of steamed, crushed, cooked grain.
- **DINKLE** (WHEAT, spelt) Common name for spelt.
- **DURUM** [*Triticum dicoccum*] (WHEAT) Variety of the Triticums; has high gluten content and is mainly used for pasta.
- **EINKORN** [*Triticum monococcum*] (WHEAT) Primitive small-grained WHEAT of Europe and Asia. Einkorn WHEAT represented on some labels as non-glutinous, low-gluten or listed as a corn or maize product.
- **EMMER** [*Triticum dicoccum*] (WHEAT) Another name for durum WHEAT. Yields glutinous flour used in pastas.
- **FARINA®** (WHEAT) A hot WHEAT cereal.
- **FU** (WHEAT) Dried form of gluten, typically from WHEAT if made in Asian countries. (Should not be confused with tofu, which is made from soy.)
- **GLIADIN** Naturally occurring simple proteins (gluten peptides) found in the gluten of WHEAT.
- **GLUTEN** Storage protein of WHEAT. Used as an umbrella term, although technically not correct, to include storage proteins of BARLEY, RYE, and OATS.
- **GLUTEN PEPTIDES** Term used to describe smaller units of proteins from WHEAT, BARLEY, RYE, and OATS.
- **GLUTENIN** Naturally occurring simple proteins (gluten peptides) found in the gluten of WHEAT.
- **GRAHAM flour** (WHEAT) Graham flours are WHEAT flours, not to be confused with gram flour from chickpeas.
- **KAMUT** [*Triticum polanicum*] (WHEAT) Kernels are 2-3 times larger than WHEAT.
- **MATZA, MATZO, MATZAH** (WHEAT) Traditional Jewish unleavened bread made from WHEAT.
- **MIR.** [*Mironovskaya* spp.] (WHEAT and RYE cross) Many variations.
- **OAT bran** Meal derived from the epidermis layer or outer covering of the oat grain.

- **OAT fiber** Used commercially in a variety of products. High fiber content.
- **OAT gum** Stabilizer found in processed meats and cheeses.
- **OATS** [*Avena sativa*] Storage protein, (prolamin), is known as avenin. Conflicting studies exist on whether pure OATS are problematic for those diagnosed with celiac disease and dermatitis herpetiformis. OAT prolamins comprise only about 10-15% of the total protein in OATS, much less than in wheat, barley, or rye.
- **RYE** [*Secale cereale*] The offending storage protein (prolamin) is secalin. Used as flour for baking bread. Grain may be fermented to produce alcoholic beverages or industrial alcohol.
- **SEITAN** (WHEAT, wheat meat) Made from WHEAT gluten. Used in vegetarian and Asian dishes.
- **SEMOLINA** (WHEAT) Coarsely ground durum WHEAT. Mainly used for pasta.
- **SPELT** [*Triticum spelta*] (WHEAT, dinkle, farro, dinkel) Ancient cereal grain with a mellow nutty flavor.
- **TRITICALE** [*Triticosecale* sp.] (WHEAT, RYE) Hybrid cross of WHEAT and RYE.
- **WHEAT** [*Triticum aestivum*, *Triticum vulgare*, *Triticum dicoccum*, *Triticum monococcum*] World's largest cereal grass crop. Offending prolamins are glutenin and gliadin. All WHEAT and WHEAT products contain varying amounts of these prolamins. Used whole, cracked, ground into flour, or processed into oil. There are many varieties of WHEAT, the triticums
- **WHEAT berry** The kernel of WHEAT.
- **WHEAT germ** The embryo of WHEAT.
- **WHEAT germ oil** Derived from WHEAT. Gluten level will vary by product.
- **WHEAT grass** Leaves of WHEAT. There is no research available on the gluten content.
- **WHEAT gluten** The natural protein derived from WHEAT. Also, powdered form of seitan.
- **WHEAT nut** Any *Triticum* WHEAT, soaked or boiled and then dried to be sold as "WHEAT nuts".
- **WHEAT starch** By-product of WHEAT processing. Cannot be guaranteed to be 100% gluten-free. Sometimes added to food items during processing.

Acceptable Grains

For those on a gluten-free diet, the following grains may be well tolerated as replacements:

- **amaranth** [*Amaranthaceae*] Many varieties; related to spinach, beets and pigweed. Tiny seeds are commercially available whole, or ground into a light brown flour with a nutty taste. Highly nutritious. Edible leaves.
- **arborio rice** Short-grain white rice of Northern Italy used for risotto. Cooks up creamy. Similar to the California-grown short-grain variety, pearl.
- **aromatic rice** Brown or white rice with a natural aroma and flavor similar to roasted nuts or popcorn.
- **arrowroot** [*Maranta arundinacea*] Herbaceous tropical perennial. The starch, extracted from the rhizomes, is used as a thickener and blends well with gluten-free flours. Interchangeable with cornstarch.
- **artichoke** [*Cynara scolymus*] Flower head of a thistle-like plant. Used cooked as a vegetable, or dried and ground into flour. Combine flour with rice, potato, and/or tapioca flour for breads and other baked goods.
- **basmati rice** Very slender, long-grain, highly aromatic rice grown in India and Pakistan. High in flavor; available in brown and white forms.
- **beans** Seeds of leguminous plants. Used whole as a cooked vegetable; pureed as a thickener, or dried and ground into flour. Many commercial gluten-free bean flours are available.

- **besan** (gram, chickpea flour) Pale yellow flour made from ground, dried chickpeas; very nutritious, high in protein. Used in doughs, dumplings, and noodles; as a thickener for sauces; and as a batter for deep fried food.
- **black and red rice** Rare Asian rice grains with black and red husks and bran coverings.
- **brewer's rice** Tiny particles of rice or rice chips, primarily used as an ingredient in brewing beer or in animal feed.
- **brown rice** Kernels of rice from which only the hull has been removed. Cooked brown rice has a slightly chewy texture and a nut-like flavor.
- **brown rice flour** Ground form of brown rice with a nutty taste.
- **buckwheat** [*Fagopyrum esculentum*] Herb with triangular-shaped seed and black shell, used whole, cracked or ground into flour.
- **corn** [*Zea mays*] Maize, cereal plant native to the Americas. Kernels are largest of cereal seeds. Six major types are dent, flint, flour, sweet, pop and pod corns. Used whole or processed into a multitude of products including sweeteners, flours and oils.
- **corn flour** Finely-milled flour from the entire kernel of corn. Can be blended with corn meal and small amounts of other flours for making cornbread and cornmeal mush. Found in white, yellow and blue varieties.
- **corn gluten** Nutrient supplement.
- **corn malt** Flavoring agent.
- **cornmeal** Coarse grade of milled corn flour. (Not a substitute for cornstarch or corn flour.) Found in white, yellow and blue varieties.
- **cornstarch** Thickener derived from corn.
- **glutinous rice** The term glutinous refers to its sticky texture when cooked. White, brown, or black rice characterized by broad, short grains that stick together during cooking; mainly used in Asian sweet snacks; also known as sweet rice, sticky rice, or waxy rice.
- **glutinous rice flour** (sweet, mochiko) Works well as a thickener in sauces and soups. Sauces thickened with sweet rice flour will not separate when frozen and thawed.
- **gram flour** (besan) Made from chickpeas.
- **hominy** White or yellow corn kernels from which the hull and germ have been removed. Used canned as a side dish or in casseroles.
- **hominy grits** Side dish of coarsely ground dried hominy.
- **kasha** Roasted buckwheat groats, with a toasty, nutty flavor. Russian kasha may also contain millet and oats.
- **legumes, leguminous** Plants with seeds in pods. There are more than a hundred legumes including: peanuts, lentils, peas, soya, beans, channa, garbanzo (chickpea, gram). Versatile served as vegetables, dried and ground into flour, or pureed. May be processed into oils or butters.
- **manioc** [*Manihot esculenta*] (cassava, tapioca, yuca) Starch, extracted from the root, is ground into flour, which is used as a thickener for soups, fruit fillings and glazes, much like cornstarch.
- **millet** [*Panicum miliaceum*] Drought-tolerant grasses with small seeds which can be substituted for sorghum in most recipes.
- **milo** Versatile grain used whole, cracked or as a flour. (See sorghum.)
- **nuts Tree nuts and peanuts** (a legume) do not contain gluten. Used whole or processed into butters or oils.
- **popcorn** Variety of corn suitable for popping. Unpopped kernels may be milled into a light corn flour. Popped corn may be pulverized and added to ready-to-eat breakfast cereals, or used as soup/salad toppers.
- **potato flour** Commercially ground from the whole potato, used as a thickener. Retains potato flavor.

- **potato starch flour**, potato starch Commercially prepared from cooked potatoes that are washed of all fibers until only the starch remains.
- **quinoa** [*Chenopodium quinoa* Willd.] Seed of ancient cereal grain of Peru, related to amaranth. Mild nutty flavor. Versatile; can be substituted for any grain. Used whole; as a hot cereal; ground into flour. Adds moisture to baked goods.
- **red rice** Type of rice grown in South Carolina. (Also refers to a dish consisting of tomatoes and rice.)
- **rice** [*Oryza sativa*] ("Races" called Indica, Javonica, and Sinica) Semi-aquatic member of the grass family. Rice is gluten-free and non-allergenic. Categorized as short, medium and long, the edible seed is the staple grain for over half the world's population.
- **rice bran** Outer layer of brown rice; an excellent source of thiamin, niacin, vitamin B-6, iron, phosphorus, magnesium, potassium and fiber.
- **rice bran oil** Mild-flavored oil extracted from rice bran; has a very high smoking point which makes it suitable for frying.
- **rice couscous** Cracked rice resembling a cracked wheat product called couscous.
- **rice flour, white** rice flour Ground form of rice that is gluten-free and non-allergenic.
- **rice hulls** Outer inedible covering protecting the rice kernel--industrial uses.
- **risotto** Creamy Italian rice dish in which rice is sautéed and cooked in broth.
- **sago** Starch extracted from tropical palms, and processed into flour, meal, or pearl sago (similar to tapioca.) Used as a thickener.
- **sesame** White, brown or black seeds. Used whole, ground as flour, or pressed into oil.
- **sorghum, milo** [*Sorghum bicolor* L. Moench] Drought-tolerant cereal grain used primarily as a flour or sweet syrup. Third most prevalent food crop worldwide. Certified food grade white sorghum has been specially developed for the food industry.
- **soy, soybean** [*Glycine max* L. Merr] (soya, kinako, edamame) High- protein, high-fat legume, which is processed into a variety of food products. Oil is used in cooking and salad dressings. Flour has strong, distinctive, nut flavor. Most recipes are designed to use low-fat soy flours; soy milks and tofu use high-fat soy flours.
- **sweet potato** [*Ipomoea batatas*] Tropical American vine of the morning glory family, cultivated for its fleshy , tuberous orange-colored root. Used cooked as a vegetable, or dried and ground into a flour.
- **tapioca** Starchy substance extracted from the root of the cassava plant, used mainly in puddings. Tapioca flour is used as a thickener, especially in fruit dishes because it produces a clear gel. Adds "tooth" to gluten-free breads. (See cassava and manioc.)
- **taro flour** Commercially processed from a starchy tropical root. Used as a thickener, similar to tapioca.
- **tef** [*Eragrostis tef*] (tef grass or teff) Very small black ancient grain of the millet family. Principal grain in Ethiopian bread (Injera), which is described as a soft, porous, thin pancake.