



## What Is Celiac Disease?

Celiac disease, also known as gluten intolerance, is a genetic disorder that affects 1 in 133 Americans. Symptoms of celiac disease can vary from person to person, and may include diarrhea, cramping, weight loss, fatigue, malnutrition, and nutrient deficiencies.

In individuals with celiac disease there is intolerance to a specific food antigen and when ingested, this antigen damages the villi in the intestines. The food-grain antigen is found in wheat, rye, and barley, and may also be found in contaminated foods.

Because of the broad range of symptoms, this disease is hard to diagnose. It is known that if an individual continues to eat a diet that includes gluten, symptoms will persist and could lead to chronic diarrhea, progressive weight loss, and ultimately malnutrition. Many studies have indicated that individuals who do not follow a strict gluten-free diet may increase their risk for gastrointestinal carcinoma. Therefore, it is imperative that the disease is quickly diagnosed and treated and that a strict diet is followed.

The following websites may be helpful when learning about celiac disease:

- [www.webmd.com](http://www.webmd.com)
- [www.celiac.com](http://www.celiac.com)
- [www.mayoclinic.com](http://www.mayoclinic.com)



## **TIPS FOR DINING OUT GLUTEN FREE**

### **SEARCH FOR CELIAC-FRIENDLY RESTAURANTS.**

- **Search for celiac-friendly restaurants.**  
More and more customers are avoiding gluten in their diets so restaurants across the country are now offering gluten free
- **Browse the menu ahead of time.**  
Know what to order even before you reach the restaurant. This will alleviate a lot of pressure and anxiety once you arrive.
- **Call ahead if needed.**  
Call the restaurant to find out if gluten free items are offered at the restaurant that you plan on going to.
- **Order clearly and be specific.**  
Ask questions about the meal that you would like. Be specific. Ask if there is any gluten in sauces, gravies, dressing, and condiments that you might forget to ask about!
- **Become a regular at that restaurant.**  
If the servers and chefs begin to see that you are a regular they most likely will accommodate your special dietary requests.

### **CELIAC FRIENDLY RESTAURANTS IN THE METRO ATLANTA AREA**

- |                               |  |
|-------------------------------|--|
| • Bantam + Biddy (Midtown)    | • Maggiano's Little Italy                    |
| • Blue Moon Pizza             | • Mellow Mushroom                            |
| • Bonefish Grill              | • Moe's Southwest Grill                      |
| • California Pizza Kitchen    | • Olive Garden                               |
| • Carrabba's                  | • Outback Steakhouse                         |
| • Chili's                     | • P.F. Chang's                               |
| • Egg Harbor Café             | • Plum Café (Roswell)                        |
| • FIGO pasta                  | • Sally's Gluten Free Bakery (Sandy Springs) |
| • Fresh To Order              | • Sweet Tomatoes                             |
| • Gluten Free Cutie (Roswell) | • The Melting Pot                            |
| • Great Harvest Bread Company | • Three Blind Mice (Lilburn)                 |
| • Jason's Deli                | • Yeah! Burger (Virginia-Highland)           |

### **Websites to assist you:**

[www.glutenfreeregistry.com](http://www.glutenfreeregistry.com)

[www.glutenfreepassport.com](http://www.glutenfreepassport.com)

[www.gluten.net/find-a-restaurant-search](http://www.gluten.net/find-a-restaurant-search)



Until it becomes your daily routine, it's tough to remember which foods are safe and unsafe for your new gluten-free lifestyle. Here is an easy reference guide of foods to avoid and all the yummy foods you can enjoy!

**SAFE FOODS (CONTAINS NO GLUTEN)**

- Acorn
- Almond Flour
- Amaranth
- Arborio Rice Chestnut
- Arrowroot
- Basmati Rice
- Bean Flowers
- Brown Rice
- Brown Rice Flour
- Buckwheat
- Calrose
- Canola
- Cassava
- Channa
- Chestnut
- Chickpea Flour
- Coconut Flour
- Corn
- Corn Flour
- Corn Gluten
- Corn Meal
- Cornstarch
- Cottonseed
- Dal
- Dasheen Flour
- Enriched Rice
- Fava Bean
- Flax Seeds
- Garbanzo Beans
- Glutinous Rice
- Guar Gum
- Hominy
- Lentils
- Millet
- Modified Corn
- Modified Tapioca
- Montina
- Peanut Flour
- Potato Flour
- Potato Starch
- Quinoa
- Red Rice
- Rice Bran
- Rice Flour
- Risotto
- Sago
- Sesame
- Sorghum
- Soy
- Soybeans
- Starch
- Sunflower Seeds
- Sweet Rice Flour
- Tapioca
- Tapioca Flour
- Taro Flour
- Teff
- Tofu
- White Rice
- Xanthan Gum
- Yeast
- Yucca

**SAFE GLUTEN-FREE FOOD ADDITIVES**

- Acacia Gum
- Adipic Acid
- Algin
- Annatto
- Aspartame
- Baking Yeast
- Benzoic Acid
- Beta Carotene
- BHA
- BHT
- Brewer's Yeast
- Brown Sugar
- Calcium Disodium
- Caramel Coloring
- Carboxymethyl
- Carob Bean Gum
- Carrageenan
- Cellulose
- Corn Syrup
- Cream of Tartar
- Dextrose
- Distilled Vinegar
- Ethyl Maltol
- Fructose
- Fumaric Acid
- Gelatin
- Glucose
- Invert Sugar
- Karaya Gum
- Lactic Acid
- Lactose
- Lecithin
- Malic Acid
- Maltodextrin
- Maltol
- Mannitol
- Methylcellulose
- MSG
- Papain
- Pectin
- Polysorbate
- Propylene Glycol
- Psyllium
- Sodium Benzoate
- Sodium Metabisulphite
- Sodium Nitrate
- Sodium Sulphite
- Sorbitol
- Spices
- Stearic Acid
- Sucralose
- Sucrose
- Sugar
- Tartaric Acid
- Tartrazine
- Titanium Dioxide
- Vanilla Bean
- Vanilla Extract
- Xylitol
- Yam
- Yeast

## UNSAFE FOODS (CONTAINS GLUTEN)

- Barley
- Barley Enzymes
- Barley Extract
- Barley Grass
- Barley Malt
- Barley Pearls
- Bleached Flour
- Bran
- Bulgar
- Bulgar Wheat
- Couscous
- Croutons
- Dextrin
- Durum
- Einkorn
- Emmer
- Farina
- Fu
- Graham
- Hordeum Vulgare
- Hydrolyzed Wheat
- Kamut
- Macha
- Malt
- Malt Flavoring
- Malt Syrup
- Malt Vinegar
- Matzo
- Mir
- Protein
- Rice Malt
- Rice Syrup
- Rye
- Seltan
- Semolina
- Spelt
- Sprouted Wheat
- Tabbuleah
- Triticale
- Udon
- Wheat
- Wheat Berries
- Wheat Berry
- Wheat Bran
- Wheat Bread
- Wheat Flour
- Wheat Germ
- Wheat Oil
- Wheat Protein
- Wheat Starch

## QUESTIONABLE FOODS

It is very important to check all food labels and some items may contain "hidden gluten."

- Beef/Chicken/Fish/Vegetable Stocks or Boullions (may contain wheat)
- Beer (all forms unsafe except those labeled gluten-free)
- Chocolates & Candies (may contain fillers, wheat flour or barley malt)
- Communion wafers (may contain wheat)
- Fillers (could be wheat or corn, potato starch)
- Imitation bacon/seafood (may contain wheat)
- Lipstick/Lipgloss (may contain gluten fillers)
- Marinades/Dressings (may contain malt/fillers)
- Medications/Vitamins/Herbal Supplements (may contain wheat/gluten-fillers)
- Miso (may contain barley)
- Mustard Powder (may contain wheat)
- Oats (may be cross-contaminated)
- Play dough (if hands are put in the mouth while using or not washed thoroughly after)
- Soy sauce (may contain wheat)
- Spices (blended spices may contain wheat)
- Toothpaste (dental products)
- Yellow mustard (may contain wheat)
- Yogurt (flavored)
- Wine Coolers (may contain malt)

## WHAT ABOUT OATS?

Oats are naturally gluten-free. But most mills that produce oats manufacture wheat too, which results in almost certain cross-contamination. The good news is several manufactures have refined their planting, packaging, and milling processes to be 100% gluten-free to provide safe oats for people with Celiac Disease.

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*Apps to Help You Cook, Shop, and Dine***ALLERGY EATS (FREE)**

This app for iPhone and Android users includes a database of restaurants that cater to those with celiac disease, gluten sensitivity, and food allergies. Users can find restaurants based on their level of allergy friendliness. Once clients determine where they want to dine, they can call the restaurant or find directions. It also allows users to rate restaurants instantly to give other users helpful feedback.

**COOK IT ALLERGY FREE (\$4.99)**

With hundreds of gluten-free recipes that can be customized to meet most food allergy needs, this iPhone app is handy for clients who like to cook. Users can easily find substitutions within recipes for common items such as eggs, butter, milk, yogurt, cream, cheeses, and nuts. Recipes can be customized by saving them to a "Grocery List" so there's always a quick-reference shopping list that clients can organize by recipe category or by grocery aisle.

**EASY GLUTEN FREE RECIPES (\$3.99)**

This iPhone and iPad app, developed by a working mom with three children who were diagnosed with celiac disease, provides more than 100 recipes and meals with gluten-free ingredients and specific brand names in order to take the guesswork out of grocery shopping and meal planning on a gluten-free diet. The recipes are broken down into categories: breakfast, lunch, dinner, snacks, and dessert. The app allows you to email recipes to friends, and to add ingredients to a grocery list that you can then email to yourself. Prep time for most of the recipes takes about 15 minutes, and the app also includes a list of frozen food items suitable for the gluten-free diet.

**EATING OUT G-FREE (FREE)**

This iPhone app is meant to accompany Elisabeth Hasselbeck's best-selling book *The G-Free Diet*. The app offers advice on how to live a gluten-free life with tips varying from finding gluten-free restaurant menus and gluten-free shopping lists.

**FIND ME GLUTEN-FREE (FREE)**

Find Me Gluten-Free, for both iPhone and Android, allows users to view local business reviews and look at gluten-free menus from local and chain restaurants. Users also can get directions and call businesses directly from the app.

**FOODWIZ (FREE)**

Used to scan and read product bar codes and find out which products meet needs based on specific allergen restrictions, such as eggs, gluten, dairy or shell fish.

**GLUTEN FREE AND ALLERGY FREE TRAVEL  
CHECKLISTS (\$1.99)**

Available for both iPhone and Android users, this travel checklist is a great aid for travelers who need to eat gluten-or allergen-free foods. Users can access expert travel advice on how to order airline meals and safely explore new destinations by land or sea with a hotel and cruise checklist. There are even international travel tip guidelines for those headed overseas.

**GLUTEN FREE REGISTRY (\$1.99 FOR IPHONE,  
\$0.99 FOR ANDROID)**

Available for both iPhone and Android, the Gluten Free Registry is a handy database of gluten-free restaurants, coffeehouses, grocers, caterers, and more. With more than 28,500 business locations listed, it simplifies the users' search for a place to dine or order food. Users can read reviews and ratings by the gluten-free community, post their own reviews, view gluten-free restaurant menus, and instantly call the business or peruse the website from their phone.

**GLUTEN-FREE GROCERIES BY TRIUMPH DINING (\$17.99)**

Triumph Dining has produced print versions of its popular gluten-free restaurant guide and gluten-free grocery guide since 2005. This app, compatible with the iPhone, iPad, and iPod Touch features information on more than 30,000 gluten-free grocery store products. It covers products by brand names, such as Heinz, Coca-Cola, and Kraft, and by store names, such as Walmart, and you can search by either one.

**GLUTEN-FREE LIFESTYLE (\$1.99)**

This app is compatible with iPhone, iPad, and iPod Touch. It includes an extensive database that's searchable by brand, product, or store. It lets you craft your own personalized grocery list, keep track of gluten-free food expenses for tax purposes, and exchange advice with others. It also includes U.S. Food and Drug Administration recalls and food alerts as an RSS feed within the app.

**GLUTEN-FREE RESTAURANT CARDS FROM  
CELIACTRAVEL.COM (FREE)**

This app is compatible with iPhone, iPad, and iPod Touch. It includes restaurant cards in more than 40 different languages that can be shown to a server, chef, or manager to help ensure a safe meal.

**HEALTHY DIET & GROCERY FOOD SCANNER (FREE)**

This ShopWell app for the iPhone can help clients find foods to fit their specific dietary needs at the grocery store. The app identifies foods that contain gluten and then displays a red hand symbol so clients know to avoid them. Besides helping users avoid foods, the app can suggest similar product alternatives that don't contain gluten.

**iCANEAT ONTHEGO GLUTEN FREE & ALLERGEN FREE (\$2.99)**

With this handy iPhone app, users can enter their allergen concern and find safe items to eat at popular fast-food style restaurants.

**iEATOUT GLUTEN FREE & ALLERGEN FREE (\$2.99)**

This app (also part of the Let's Eat Out! series ) was designed for the diner who misses "eating anywhere." No gluten-free menu or allergy chart available? Users can still confidently eat safe meals in Chinese, French, Indian, Italian, Mexican, steak, and Thai restaurants close to home and around the world. The iPhone app can be customized based on any combination of 10 common food allergens (including gluten, of course).

**IS THAT GLUTEN FREE? EATING OUT (\$3.99)**

This app covers 26 national and regional restaurant chains with gluten-free options, including fast food restaurants such as Arby's, fast casual restaurants such as Red Robin, and casual restaurants such as Outback, Red Lobster, and P.F. Chang's. In version 1.1, the app also added a list of restaurants that do not provide gluten-free menus, and included those chains' statements and disclaimers. Is That Gluten Free? Eating Out, provides details on more than 2,000 menu items. It's possible to search by menu or ingredient in each restaurant.

**IS THAT GLUTEN FREE? FOR GROCERIES (\$7.99)**

This iPhone app features a database of 23,000 gluten-free products from more than 510 brands, making it a great app for grocery store shopping. Users can search by category, brand, or product name and can rate and add notes to products. Comments from manufacturers appear about the gluten-free foods, cross-contamination, and other topics.

**MY GROCERY MASTER (\$1.99)**

My Grocery Master, compatible with iPhone, iPad, and iPod Touch, allows you to search for Kosher, gluten-free and lactose-free grocery items. The app includes more than 100,000 specialty food products from 360 different brand names. You type in your desired product by category, brand, or product name, along with your zip code, and the app provides you with the name of the nearest store carrying that item, plus driving directions if you need them. It includes most of the top 100 grocery store chains in the United States, along with Internet grocery stores, and also offers frequent free updates, according to software developer Semaphore Mobile.

**THE GLUTEN DETECTIVE (\$1.99)**

This app, developed by the Academy, is an easy tool to help users determine whether a food contains gluten. It has information on food labeling, ingredients, nutrition tips, gluten-free grains, and cross-contamination. The app also can be useful to dietitians who want to teach label reading to clients.

Gluten is a protein found in wheat and other flours. Grains that contain gluten include wheat, barley, and rye. Ingredients in foods made from these grains also contain gluten, like farina, graham flour, semolina, durum wheat, bulgur, Kamut, kasha, matzo meal, spelt, and triticale. Common foods that contain gluten include white or whole wheat bread, flour tortillas, pita bread, crackers, many cereals, pasta, cookies, gravies, and sauces.

### **IMPORTANT GLUTEN-FREE (GF) DIET BASICS**

- No wheat, rye or barley
- Oats, with a similar protein, have been found to be cross-contaminated with grains containing gluten. Pure, uncontaminated oats, tested and labeled as gluten-free, are now available and are considered safe to consume in moderation.
- Other names for wheat or grains containing wheat are:
  - Spelt                      • Kamut                      • Einkorn                      • Emmer                      • Triticale                      • Durum
  - Farina                      • Enriched flour                      • Wheat starch                      • Matzo                      • Graham flour                      • Bulgar
  - Semolina                      • Cake flour                      • Pastry flour                      • Self-rising flour
- Wheat-free does not mean gluten-free (GF). It still may contain rye or barley.
- Malt and malt flavorings are made from barley; they are not GF.

### **SAFE GRAINS AND FLOURS**

- Rice                      • Corn                      • Quinoa                      • Amaranth                      • Arrowroot                      • Buckwheat
- Montina                      • Flax                      • Job's tears                      • Millet                      • Potato                      • Sago
- Soy                      • Sorghum                      • Tapioca                      • Teff                      • Cornstarch                      • Manioc
- Any flour made from nuts, beans, tubers or legumes

### **CROSS CONTAMINATION**

If a GF food comes in contact with a gluten-containing product, it is said to be "contaminated." Steps can be taken to prevent this, including:

- Store gluten-free supplies separately from gluten foods.
- Designate certain appliances, such as a toaster, for use with GF products only.
- Use clean tools for cooking, cutting, mixing and serving GF foods.
- Have separate containers of butter, peanut butter and condiments, or institute a "no-double-dipping rule".
- Do not purchase flour or cereal from open bins.

### **FOODS TO CHOOSE WHEN STARTING OUT**

Stick to plain, simple foods mostly found in the outer aisle of the grocery store including:

- All plain meats, poultry, fish or eggs
- Legumes and nuts in all forms
- Corn and rice in all forms
- Dairy products including milk, butter, margarine, real cheese, plain yogurt
- All plain fruits or vegetables (fresh, frozen or canned)
- Vegetable oils, including canola
- All vinegar except malt vinegar
- Any food labeled gluten-free

## HOW CAN I LOCATE GLUTEN-FREE FOODS?

Fortunately, gluten-free products can be purchased in some markets and on-line. Check with your local grocery store to see if they carry gluten-free products or rice or potato flour. Gluten-free forms of many foods are now available, including brownies, breads and beer. An example of a gluten-free market is The Gluten-Free Mall, which can be accessed at <http://www.glutenfreemall.com/>.

## SOURCES OF GLUTEN

Gluten is the general name of the proteins found in wheat (gliadin), rye (secalin), and barley (hordein). Patients with celiac disease must avoid these toxic grains and all products made from them (bread, cereals, gravies, pastas, sauces, cakes, crackers, & cookies). Oats in the United States are often harvested and milled with wheat, thus the risk for contamination is considerable.

## GLUTEN-CONTAINING GRAINS

Stick to plain, simple foods mostly found in the outer aisle of the grocery store including:

- |            |                 |                |             |
|------------|-----------------|----------------|-------------|
| • Barley   | • Durum         | • Farina       | • Rye       |
| • Bran     | • Einkorn wheat | • Graham flour | • Spelt     |
| • Bulgur   | • Emmer wheat   | • Kamut        | • Triticale |
| • Couscous | • Faro          | • Orozo        | • Wheat     |

## GLUTEN-FREE GRAINS

- |                      |                  |               |            |
|----------------------|------------------|---------------|------------|
| • Amaranth*          | • Millet*        | • Quinoa*     | • Sorghum* |
| • Buckwheat (kasha)* | • Montina flour* | • Brown rice* | • Soybeans |
| • Corn*              | • Popcorn*       | • White rice  | • Teff*    |
| • Flax*              | • Potato flour   | • Wild rice*  | • Tapioca  |

*\*Whole grains*



For those who cannot tolerate gluten, it's important to watch everything that could be ingested. That includes over-the-counter vitamins and minerals, toothpaste, and even cosmetics. Here are some short lists to get you started.

### **GLUTEN-FREE BRANDS OF VITAMINS AND MINERALS**

- Country Life®
- Pioneer® Nutritionals
- Kirkman Labs®
- Sundown Naturals®
- Freeda Vitamins®
- Garden of Life
- Solgar®
- Walgreens
- Organic Yummi Bears®
- Puritan's Pride®
- Nature Made®

Centrum and One-A-Day brands do NOT use any gluten in their manufacturing but CANNOT guarantee that the raw materials are free of gluten.

If using a generic vitamin/mineral, please contact the manufacture or ask your pharmacist to help you locate this information.

### **GLUTEN-FREE TOOTHPASTES**

Fortunately, most major toothpaste manufacturers' products do not contain any added gluten ingredients. However, some companies cannot guarantee that the raw ingredients did not come in contact with any gluten prior to production.

The list below notes gluten-free brands (toothpaste products only).

- Arm & Hammer™
- Aquafresh®
- Biotene®
- Crest®
- Colgate® Cavity Protection, Great Regular Flavor toothpaste
- Desert Essence®
- Orajel™ baby and toddler toothpaste
- Tom's of Maine®

### **GLUTEN-FREE COSMETICS**

Gluten can't be absorbed through the skin, but there is always a chance that you may ingest small amounts from products applied around your mouth or even your hands. Take things a step further by choosing gluten-free body and make-up products. Some skin and hair care lines include:

- Afterglow Cosmetics™ (all products certified gluten-free)
- Blistex®
- Desert Essence Organics®
- DeVine™ lip shimmers, soaps, and lotions
- JĀSÖN®
- Surface™ hair care products

***Great online resources for additional gluten free options and support:***

[www.celiaccentral.org](http://www.celiaccentral.org)

[www.theceliacdiva.com](http://www.theceliacdiva.com)

<http://celiacdisease.about.com>

When following a strict gluten-free diet, you will need to analyze everything you eat. You will need to read food labels very carefully (if you did not do so in the past). It will now be important to set up a gluten-free kitchen and learn how to dine out safely.

Follow these tips to help you lead a healthy, gluten-free lifestyle:

### **GLUTEN-FREE GROCERY SHOPPING**

- Read all labels carefully, look for the words gluten, wheat, rye, and barley—AVOID THESE FOODS!
- Plan all meals carefully and in advance so you have all your gluten-free ingredients on hand
- Avoid processed foods that may contain gluten:
  - Candy bars
  - Canned meat
  - Canned soup
  - Commercial cakes/cookies
  - Graham crackers
  - Gravies, sauces
  - Ice cream
  - Instant coffee
  - Ketchup, mustard
  - Lunch meat
  - Pasta
  - Salad dressing
  - Sausage
  - Yogurt
- Avoid beer (unless labeled gluten free)
- Avoid milk and dairy (only if you are having trouble digesting lactose)

Here are some local and online stores that carry many gluten-free products:

- Publix/Kroger
- Whole Foods Market/Trader Joes
- Harry's Farmers Market
- www.glutenfreemall.com
- Sally's Gluten-Free Bakery
- Great Harvest Bread Company

*For help, reference our Food Guide when making your shopping list*

### **KEEPING A GLUTEN-FREE KITCHEN**

Dedicate a special area of the kitchen to be used only for preparation of gluten-free meals. You will need to have gluten-free tools available such as a dedicated toaster, sponges, cutting boards, and utensils. If you are not sure if a utensil has been used on regular foods, sterilize it in the dishwasher prior to using it. Dedicate cupboard space and refrigerator space for gluten-free foods and meals.

Kitchen Checklist:

- Gluten-free toaster and food-prep tools
- Sponges and cleaning cloths
- Kitchen utensils and knives
- Colander and pots
- Cutting boards
- Soap

### **DINING OUT GLUTEN-FREE**

Dining out gluten-free can present a problem for many individuals. Depending on your level of sensitivity, you may not be able to dine out at all. Many restaurants do offer gluten-free meals, however, you must ask your server or chef if there is a gluten-free menu and determine what level of safety precautions have been applied. You may need to modify your food selection to be 100% certain all food served to you is gluten free.

*Reference our Local Dining Out Guide.*

### **GLUTEN-FREE MEDICATION/SUPPLEMENTS**

You will now need to look at all medications that you take to be sure they are gluten-free. Many vitamin-mineral preparations contain gluten as it is used as a binding agent for these products. Read all labels for medications or ask your pharmacist if you are unsure what it contains.

*Reference our Gluten-Free Vitamins and Minerals list.*

The good news is that most people with celiac disease experience almost immediate relief from symptoms after following these diet recommendations. If sensitivity still continues, then you must test for other allergens in the diet such as shellfish, nuts, or dairy products.

**Day 1**
**Breakfast**
**Lunch**
**Dinner**
**Snack**
**Day 2**
**Breakfast**
**Lunch**
**Dinner**
**Snack**
**Day 3**
**Breakfast**
**Lunch**
**Dinner**
**Snack**

## Day 4

Breakfast

Lunch

Dinner

Snack

## Day 5

Breakfast

Lunch

Dinner

Snack



**BREAKFAST**

- $\frac{3}{4}$  cup gluten-free cereal/oatmeal or grits
- $\frac{1}{4}$  cup skim milk or lactose free milk
- $\frac{1}{2}$  banana or  $\frac{1}{2}$  cup melon or any fruit
- 1-2 scrambled eggs
- Butter as desired

**SNACK**

Fresh fruit, fresh vegetables, nuts, seeds, rice cakes, or yogurt

**LUNCH**

- $\frac{3}{4}$  cup vegetable soup
- 1 sandwich on gluten-free bread; 3-4 oz lean meat, cheese, lettuce, and tomato; condiments as needed
- 1 serving fresh or canned in natural juice fruit
- Salad with added vegetables and gluten free dressing

**DINNER**

- 3-4 oz lean meat
- 1.5 cup potato/sweet potato or rice or brown rice pasta or quinoa or winter squash
- Butter or olive oil
- 1 to  $1\frac{1}{2}$  cup vegetables
- 1 serving fruit

**SNACK-AS-NEEDED**

Ice pop; gluten-free cereal with milk

Fruit, vegetables

Nuts

Rice cakes

Gluten free pretzels

Yogurt