



Gluten-Free Diet

Gluten is a protein found naturally in several grains. For people with Coeliac disease, complete avoidance of gluten-containing foods is necessary to maintain good health. There are many other diseases however, that also benefit from reduction or removal of gluten from the diet. These include irritable bowel syndrome (IBS), non-Coeliac wheat/gluten sensitivity, autism, autoimmune disease, type 1 and type 2 diabetes, fibromyalgia, depression and anxiety. Gluten is known to disrupt the gastrointestinal barrier in Coeliac and non-Coeliac individuals, causing a condition known as 'leaky gut' (see FIG 1). Leaky gut may underlie many autoimmune, psychiatric, metabolic and other diseases, and avoidance of gluten-containing foods is one component of healing the intestinal barrier. Talk to your practitioner about other strategies to heal a leaky gut.

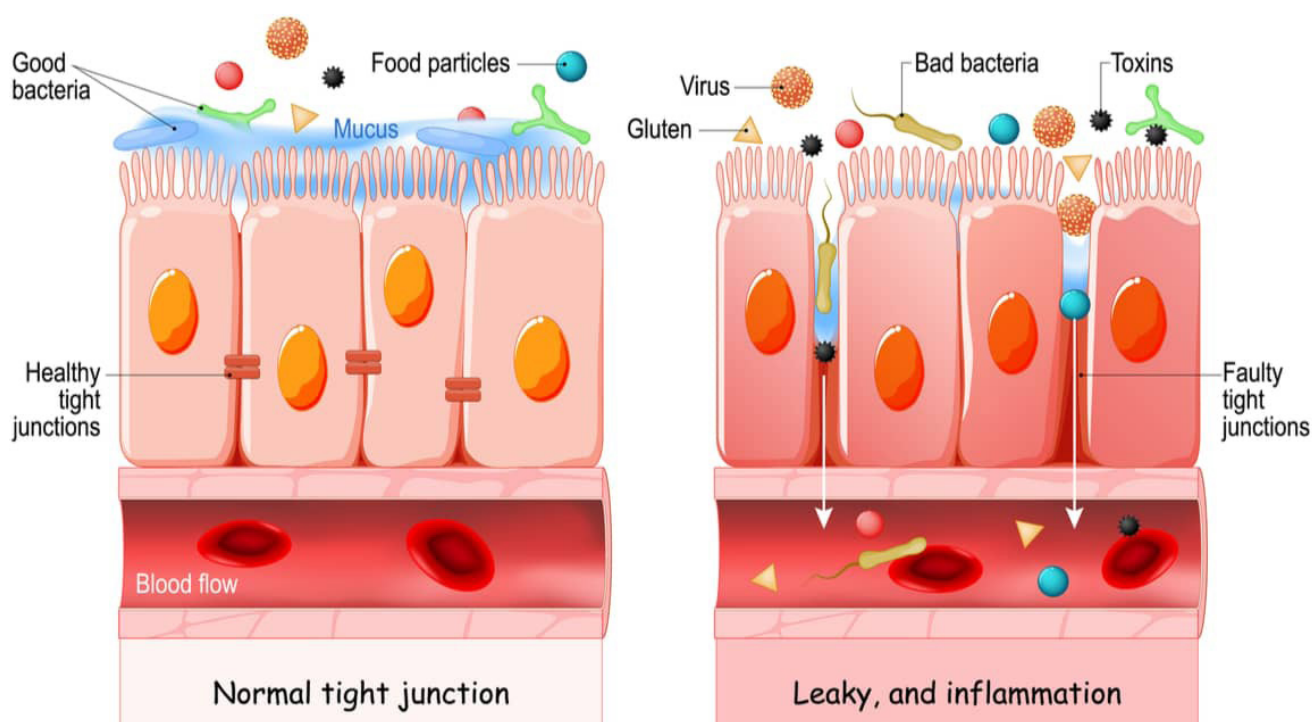


FIG 1: Gluten and leaky gut

It is important to choose predominantly whole, unprocessed foods when following a gluten-free (GF) diet. Many of the store-bought processed GF foods have a high glycaemic index and are low in nutrients. While the removal of a few grains from the diet should not result in nutritional deficiencies, substitution with processed GF foods may in fact do so and may also negatively impact blood sugar control. Eating mostly home-prepared, whole foods with plenty of GF whole grains, fruits and vegetables will offset any reduction in nutrients due to gluten removal. Your practitioner can guide you towards a well-balanced GF diet.

Gluten-free diet food list

	DO EAT ME	DON'T EAT ME
Flours/grains	Gluten-free oats, rice, brown rice, buckwheat, millet, besan, arrowroot, tapioca, quinoa, sorghum, amaranth, teff, cassava, tigernut	Wheat, barley, spelt, rye, regular oats, triticale, malt, semolina, Khorasan, cous cous, burghul, wheaten cornflour, wheatgerm, wheat bran, oat bran
Legumes	All dried legumes	Some canned legumes*
Vegetables	All vegetables	
Fruit	All fruits	
Nuts/seeds	All unprocessed nuts	Dry roasted, coated nuts and flavoured nuts may contain gluten*
Animal Foods	All unprocessed animal foods	Some processed meats contain gluten such as salami, bacon, sausages, seasoned turkey*, crumbed or battered fish
Miscellaneous	Tamari sauce, tomato sauce, fish sauce, distilled vinegar, apple cider vinegar*	Many sauces* including soy sauce (except tamari), read labels of any prepared food, beer (other alcohol is OK), malt vinegar, some potato chips*, brewer's yeast, mustard*, stock cubes and liquid stock*, thickeners, hydrolysed vegetable protein, textured vegetable protein, yeast extract, vegetable extract, modified starch, icing sugar, baking powder, some vinegars*, malt, oyster sauce

*read the label and check for gluten containing ingredients such as wheat, malt, barley, oat bran and wheat bran

Example menu for gluten-free diet

BREAKFAST	LUNCH	DINNER	SNACK	DRINK
Buckwheat pancakes with coconut yoghurt and banana slices	Brown rice and vegetable stir-fry with tamari and fish sauce	Zucchini noodles with vegetable packed bolognese sauce	Corn chips and home-made hummus	Peppermint iced tea
Home-made baked beans on sweet potato hash browns	Greek salad with grilled chicken	Grilled fish, roasted potatoes and wilted greens	Apple, handful of raw nuts	Chai tea
Fruit salad with yoghurt of your choice, sprinkled with lightly toasted nuts and seeds	Smoked salmon and goats cheese omelette	Red lentil dahl with wilted spinach, garden salad and pappadums	Tzatziki with carrot and cucumber sticks	Soda water

PLEASE NOTE: This dietary plan is intended as a temporary solution and is to be used in combination with the Gastrointestinal Restoration Protocol.