

# GLUTEN FREE 101

Laura Hashiguchi, RD, LD/LDN  
Washington DC Gluten Free Expo 2015  
June 7, 2015

June 15, 2015



# What is gluten?

- Protein found in wheat, barley, and rye
- Made up of gliadin and glutenin
- Provides elasticity, shape, and texture to dough products
- For individuals with celiac disease, even a small amount of gluten can be harmful

# Where is gluten found?

- Products containing wheat, barley, or rye
- Breads, pasta, muffins, cereals, baked goods, crackers, etc
- Oats
- Sauces and marinades
- Non-food items

# Gluten Containing Foods

- Barley
- Barley Enzymes
- Barley Extract
- Barley Grass
- Barley Malt
- Barley Pearls
- Bran
- Bleached Flour
- Bulgur
- Bulgur Wheat
- Croutons
- Couscous
- Dextrin
- Durum
- Einkorn
- Emmer
- Farina
- Fu
- Graham
- Hordeum Vulgare
- Hydrolyzed Wheat Protein
- Kamut
- Macha
- Malt
- Malt Flavoring
- Malt Syrup
- Malt Vinegar
- Matzo
- Mir
- Rice Malt
- Rice Syrup
- Rye
- Seitan
- Spelt
- Semolina
- Sprouted Wheat
- Tabbouleh
- Triticale
- Wheat
- Wheat Starch

# Naturally Gluten Free Foods

- Fruits and vegetables
- Meats, fish, and poultry
- Eggs, beans, and tofu
- Milk, cheese, and yogurt
- Nuts
- Rice

# Safe Gluten Free Foods

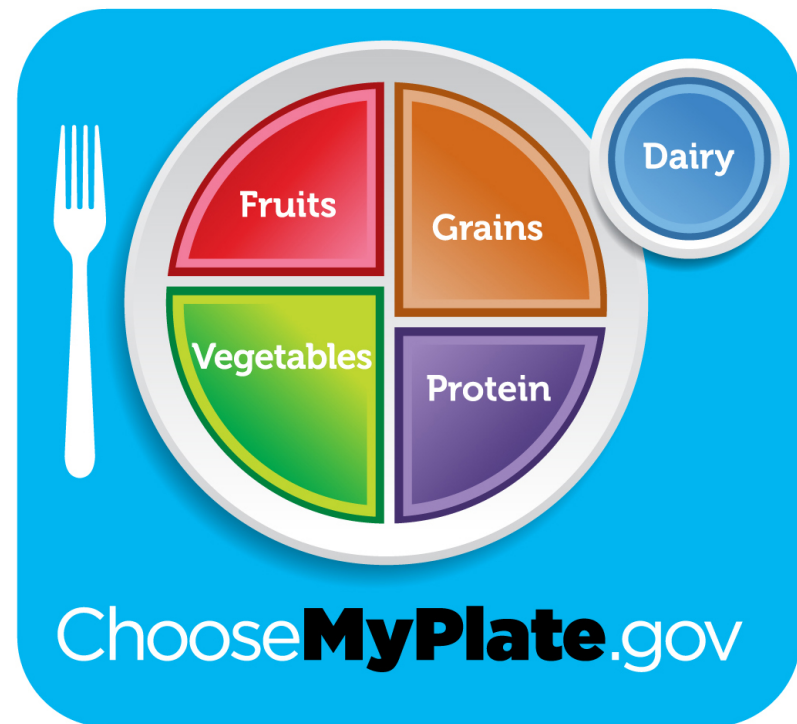
- Acorn Flour
- Almond Flour
- Amaranth
- Arborio Rice
- Arrowroot
- Baker's Yeast
- Basmati Rice
- Bean Flours
- Brown Rice
- Brown Rice Flour
- Buckwheat
- Calrose
- Canola
- Cassava
- Channa
- Chestnut
- Chickpea Flour
- Coconut Flour
- Corn
- Corn Flour
- Corn Gluten
- Corn Meal
- Cornstarch
- Cottonseed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

# Gluten Free Labeling

- FDA Regulation, <20 ppm
- Voluntary labeling
- May be labeled:
  - Gluten-free
  - Free of gluten
  - Without gluten
  - No gluten

# Eating Well Gluten Free

- Choose naturally gluten free foods
- Fill half your plates with fruits and vegetables
- Fill the other half with lean protein and gluten free whole grains
- Choose low fat or fat free dairy
- Limit sweetened beverages







June 15, 2015

