

Village Health Clinic

Naturopathic Medical & Midwifery Care

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Gluten/Gliadin-Free Diet

Gluten and gliadin are the major proteins found in wheat, rye, oat and barley. A gluten/gliadin-free diet requires elimination of these grains. Your doctor may or may not include oat and barley since the proteins in these grains are slightly different from those in wheat and rye. The gluten/gliadin-free diet can be difficult to achieve since many processed foods contain wheat flour as a filler. The following items may contain gluten/gliadin containing grains.

Milk, soy, rice drinks with malt sweetener	Salad dressings	Cereals	Canned or frozen foods containing sauces
Beer	Sauces	Breads	Canned or frozen soups
Luncheon meats	Soy sauce	Flour tortillas	Puddings
Weiners	Gravies	Biscuits	Ice cream
Meat loaf	Cheese spreads	Pancakes	Malt sweeteners
Sausage	Noodles	Waffles	
Meat or fish patties	Macaroni	Pastries	
	Spaghetti	Crackers	
		Cookies	

If in doubt, read the ingredient's label to determine if a gluten/gliadin grain is added. When choosing restaurant foods, it is best to either avoid the above foods or inquire about the ingredients with the server. Most restaurants are accommodating towards specific dietary requirements so please ask your server about customizing your meal.

Alternatives to Gluten/Gliadin Containing Grains

With most of the foods listed above there are gluten/gliadin-free alternatives. Often, these alternatives are found in health food stores or in the health food section of supermarkets. When cooking at home, rice, potato, soy and corn meal/flour can be substituted in breads, cereals, cakes and thickening agents.