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GYNECOLOGY • HORMONE THERAPY
INTEGRATIVE MEDICINE

How to be Gluten-Free

What is **Gluten**? Gluten is a common name for a **protein** found in *wheat, barley, rye, kamut, spelt and many oats* (due to cross contamination). For some people it is irritating to their body and increases inflammation. It is important to remember that *wheat free* is NOT necessarily *gluten free*. An excellent resource is: www.celiac.org

Gluten is commonly used as a **food additive** in processed food, so it can be hidden where you do not expect it to be. Ingredients such as salt, sugar and fat are ALSO sometimes added to processed foods to make their flavor more appealing and to extend their shelf life, or in some cases to contribute to the food's structure, such as salt in bread or sugar in cakes. Buying processed foods can lead to people eating more than the recommended amounts of sugar, salt and fat and can be higher in calories due to the high amounts of added sugar or fat. Unless a food package says it is gluten-free, assume it is not:

Examples of common processed & packaged foods that often contain additives:

- Breakfast cereals
- Cheese
- Tinned or canned foods (e.g. vegetables)
- Breads
- Savory snacks, such as crisps, sausage rolls, pies, pasties, cakes, biscuits
- Meat products and substitutes, such as bacon, sausage, ham, salami and pâté
- Hamburgers & meat loaf
- Stocks & bullions
- Gravies and sauces
- "Convenience foods", such as microwave meals or ready meals
- Beer
- Drinks, such as commercial milk or soft drinks
- Commercial yogurt
- Fruit fillings
- Candy
- Energy Bars/Granola Bars
- Dry Seasonings
- Commercial Salad Dressing
- Fruit fillings
- Chips

- Gravies and sauces
- French Fries
- Dry Roasted Nuts
- Cereals
- Imitation seafood
- Gum
- Inexpensive chocolate
- Instant coffee
- Granola
- Cream Sauces
- Non-dairy creamer
- Frozen Dinners

Foods That are 'Fresh' & Naturally Gluten-Free:

- Fruits
- Vegetables
- Meat
- Poultry
- Seafood
- Dairy
- Beans
- Legumes
- Nuts