

# Gluten Free Diet Summary

Gluten is a generic name for certain types of proteins contained in wheat, barley, rye, and their derivatives.

## **Grains allowed:**

Rice, Corn (Maize), Soy, Potato, Tapioca, Beans, Garfava, Sorghum, Quinoa, Millet, Buckwheat, Arrowroot, Amaranth, Teff, Flax, and Nut Flours.

## **Grains not allowed in any form:**

Wheat (Einkorn, Durum, Farro, Graham, Kamut, Semolina, Spelt), Rye, Barley and Triticale. Other names include Atta, Maida, Seitan, Fu, Suji.

## **Food/products that typically contain gluten:**

- Beers, Ales, Lager
- Breading & batter mixes
- Croutons & Salad toppings
- Flour & Cereal Products
- Malt (Milo, Horlicks, Vegemite, malt vinegar)
- Marinades
- Pasta including Couscous, Orzo, Soba
- Processed Deli Meat
- Regular Oats
- Sauces especially
- Soy Sauce, Oyster Sauce, Teriyaki Sauce, Hoisin Sauce, Worcestershire Sauce
- Thickeners (Roux)

# Gluten Free Diet



# Dairy Free Diet Summary

Dairy may also be called casein. All cow milk and milk products contain casein.

## **Foods that contain dairy/casein:**

Milk, Cream, Half & Half	Ice cream
Yogurt, Sour Cream	Creamed soups and vegetables
Cheese	
Butter	Pudding, custard
White Chocolate & Milk Chocolate	Whey

## **Dairy Free alternatives**

Rice, Soy, Hem, coconut, and nut based milks	Sorbet
	Ghee (if labeled casein free)

## **Foods that may contain dairy/casein**

Margarine	Artificial flavorings
Canned tuna fish	Deli Meats

# Dairy Free



Rye Grains

# Gluten AND Dairy Free Diet



# Soy Free Diet Summary

## Common sources of soy:

Bean sprouts	Okara	Tamari
Edamame beans	Shoyu	Tempeh
Kinako	Soy sauce	Teriyaki sauce
Miso	Soya	Tofu
Natto	Soybean curds	Yuba
Nimame	Soybean granules	

## Soy based ingredients:

- Hydrolyzed soy protein (HSP)
- Mono- and diglycerides
- Monosodium glutamate (MSG)
- Textured vegetable protein (TVP)

# Soy Free



# Peanut, Tree Nuts, and Sesame Summary

**Peanut allergies** are a major cause of severe symptoms in children and adults. Even a tiny amount of peanut protein can set off a severe reaction in allergic individuals.

**Must eliminate:** Peanuts, peanut butter.

**Tree nuts** are one of the most common causes of food allergy in adults and children. If you have an allergy to tree nuts, your immune system responds to them as if they are harmful. This leads to symptoms of allergic reaction.

## Types of Tree Nuts

- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Hazelnuts
- Pecans
- Pine nuts
- Pistachios
- Macadamia nuts
- Walnuts

**Sesame allergy** can affect people of all ages. Some people outgrow it, while in others it persists.

**Must eliminate:** Sesame seeds, sesame oil



# Nut Free



# Vegetarian & Vegan Summary

The vegetarian diet involves abstaining from eating meat, fish, and poultry.

People often adopt a vegetarian diet for religious or personal reasons, as well as ethical issues, such as animal rights or environmental concerns.

## **Types of vegetarian diets:**

**Lacto-ovo-vegetarian diet:** eliminates meat, fish, and poultry but allows eggs and dairy products

**Lacto-vegetarian diet:** eliminates meat, fish, poultry, and eggs but allows dairy products

**Ovo-vegetarian diet:** eliminates meat, fish, poultry, and dairy products but allows eggs

**Pescatarian diet:** eliminates meat and poultry but allows fish and sometimes eggs and dairy products

**Vegan diet:** eliminates meat, fish, poultry, eggs, and dairy products, as well as other animal-derived products, such as honey

**Flexitarian diet:** a mostly vegetarian diet that incorporates occasional meat, fish, or poultry

## Foods to Eliminate:

**Meat:** beef, veal, and pork

**Poultry:** chicken and turkey

**Fish and shellfish:** This restriction does not apply to pescatarians.

**Meat-based ingredients:** gelatin, lard, carmine, isinglass, oleic acid, and suet

**Eggs:** This restriction applies to vegans and lacto-vegetarians.

**Dairy products:** This restriction on milk, yogurt, and cheese applies to vegans and ovo-vegetarians.

**Other animal products:** Vegans may choose to avoid honey, beeswax, and pollen.

## Okay for Vegetarians & Vegans

**Fruits:** apples, bananas, berries, oranges, melons, pears, peaches

**Vegetables:** leafy greens, asparagus, broccoli, tomatoes, carrots

**Grains:** quinoa, barley, buckwheat, rice, oats

**Legumes:** lentils, beans, peas, chickpeas

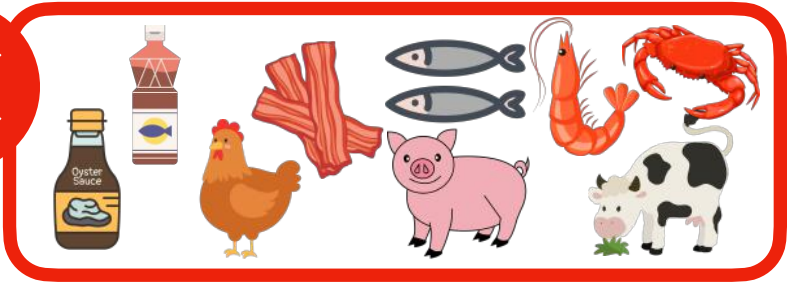
**Nuts:** almonds, walnuts, cashews, chestnuts

**Seeds:** flaxseed, chia, and hemp seeds

**Healthy fats:** olive oil, avocados

**Proteins:** tempeh, tofu, seitan, natto, nutritional yeast, spirulina, eggs, dairy products

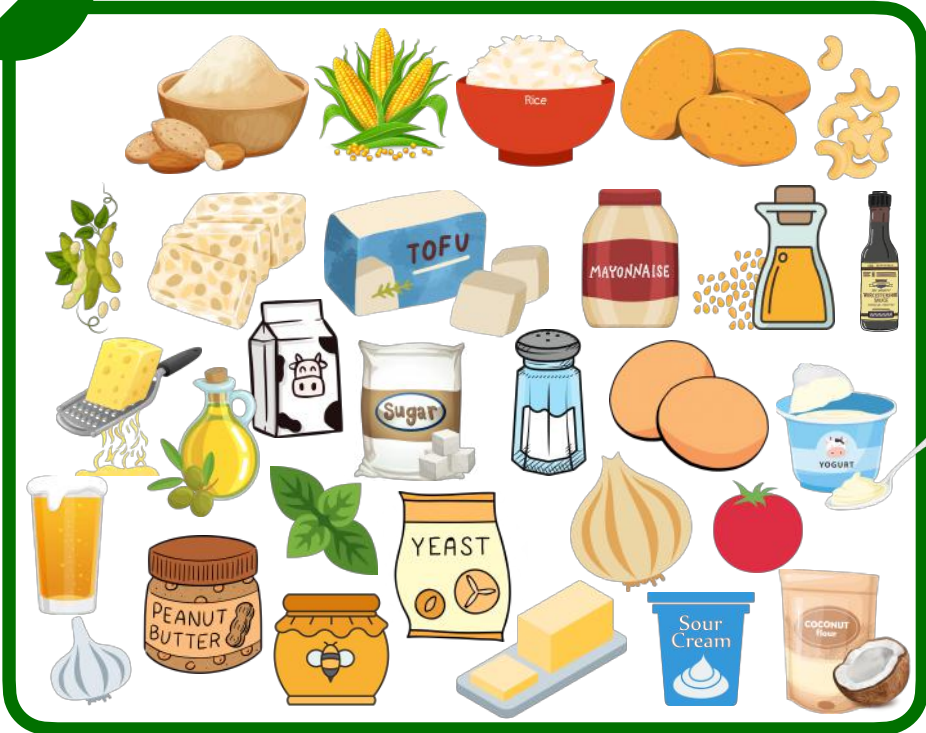
# Vegetarian



# Vegan



# Gluten Free AND Vegetarian



# Gluten Free AND Vegan

