

## What is Gluten?

Gluten is a protein found in **wheat**, **barley**, and **rye**. As its name suggests, gluten can glue or bind things together and is often used to thicken soups and other foods. It is also a good source of plant-based protein.

## What happens if a Gluten Sensitive person eats Gluten?

Symptoms vary and range from a full-blown auto-immune response in those with **Celiac Disease**, to other symptoms for Celiacs and those with **Non-Celiac Gluten Sensitivity** (NCGS) including stomach upset, intestinal cramps and other digestive complaints, difficulty concentrating, skin irritation, malnutrition, fatigue, weakness, and poor mood. Intolerant children may display Autism-spectrum symptoms when they eat gluten or related proteins. It doesn't take much; some people can have an adverse reaction to **fewer than 20 parts per million**.

## Cross Contamination

Even foods that don't contain gluten can become contaminated. **Oats** are almost always grown and processed in close proximity to wheat and are therefore usually contaminated. Foods can also become contaminated if they are processed on the **same equipment** as glutenous foods, unless the equipment is thoroughly washed. **Non-stick cookware and wooden spoons and cutting boards** can absorb gluten and may continue to contaminate foods even after they've been washed. Foods that **are fried in the same cooking oil** as glutenous batters will become contaminated. Corks in barrels used to age **wine and liquor** may be rolled in flour to prevent the cork from sticking, which can contaminate the alcohol. Some wines are clarified using Casein.

## Related Proteins

There are other proteins in nature that are chemically similar to Gluten and can cause similar reactions in GS people. These include **Avenin (from Oats)** and **Casein (from Milk, often listed in products as Sodium Caseinate)**. Many GS people are also **lactose** intolerant or become so. **MSG** also triggers migraines in many people.

## Why haven't I heard about this?

Medical doctors are rarely trained in nutrition & are often told that Celiac & GS are rare. Also, GS isn't an allergy so it's not on the FDA's list of top-8 allergens. It is therefore not required to be labeled in the US. Even when listed in the ingredients it is almost never called gluten; there are dozens of additives that contain it. (**See list on reverse.**) Restaurants are not required by law to disclose ingredients, though some have gluten free menus on their website.

## Gluten Free Alternatives

Some food manufacturers have begun labeling their food as Gluten Free, or list Gluten free products on their website. Many stores offer gluten free breads, pastas, and cookies made from rice flour, or corn or potato starch. Beer can be made using barley-alternatives such as sorghum. Quinoa is a high-protein, gluten-free grain. Xanthan Gum can be used to thicken food.

Gluten sensitivity can seem overwhelming at first, but don't panic! Those on a gluten free diet still have access to delicious, nutritious foods. Read the ingredients label on EVERYTHING you buy, and be willing to contact manufacturers or visit their website for more information.

## Further Reading:

[en.wikipedia.org/wiki/Gluten\\_sensitivity](http://en.wikipedia.org/wiki/Gluten_sensitivity)  
[truthinlabeling.org](http://truthinlabeling.org)    [celiac.com](http://celiac.com)

For corrections & updates contact  
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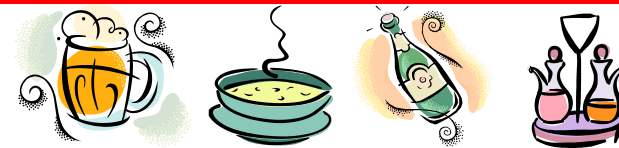
## What foods contain Gluten?

### ANYTHING MADE FROM OR CONTAINING WHEAT



bread, cake, cookies, muffins, pancakes, pie crust, couscous, fake crab, soy sauce, waffles

### ANYTHING CONTAINING BARLEY OR RYE



beer, cereals, malt beverages, malt vinegar

### BEWARE OF VAGUE INGREDIENTS



caramel color, food starch, natural or artificial flavors, sauce, seasonings, spices

### BEWARE OF HIDDEN SOURCES

- Bleu Cheese is often grown on bread and can be contaminated.
- Pill-form medications and vitamins may use gluten as a binding agent.
- Unsprouted Wheat-grass and Barley-grass are gluten free, but can the manufacturer guarantee that zero percent of the seeds sprouted before being processed?
- Beware of cross contamination!

### READ EVERY LABEL, EVERY TIME

Manufacturers may change ingredients and sources; read every label, every time you buy!

**May contain Gluten:****Contains or is Gluten:****Contains or is MSG:**

- Artificial Colors or Flavors
- Baking Powder
- Bleu Cheese
- Broth
- Caramel Color or Flavoring
- Clarifying Agents
- Coloring
- Dextrimaltose
- Dextrins
- Dry Roasted Nuts
- Emulsifiers
- Enzymes
- Fat Replacer
- Flavoring
- Food Starch (or Modified)
- Glucose Syrup
- Gravy Cubes
- Ground Spices
- Hydrogenated Starch
- Hydrolysate
- Hydrolyzed Plant Protein (HPP)
- Hydroxypropylated Starch
- Imitation-(anything)
- Maltose
- Miso
- Mixed Tocopherols
- Modified Starch (or Food Starch)
- Natural Flavors or Flavoring
- Natural Juices
- Non-dairy Creamer
- Pregelatinized Starch
- Protein Hydrolysates
- Sauce
- Seafood Analogs
- Seasonings
- Sirimi
- Smoke Flavoring
- Soba Noodles
- Soy Sauce or Soy Sauce Solids
- Sphingolipids
- Stabilizers
- Starch
- Stock Cubes
- Suet
- Tocopherols
- Vegetable Broth, Gum, Protein, or Starch
- Vitamins

- Abyssinian Hard
- Amp-Isostearoyl
- Atta Flour
- Barley Grass
- Barley Hordeum vulgare
- Barley Malt
- Beer
- Bleached Flour
- Bran
- Bread Flour
- Brewer's Yeast
- Brown Flour
- Bulgur
- Bulgur Wheat
- Cereal Binding
- Chilton
- Club Wheat
- Cookie Crumbs/Dough
- Couscous
- Crisped Rice
- Dinkle
- Disodium Wheatgermamido Peg-2 Sulfosuccinate
- Durum wheat
- Edible Coatings/Films/Starch
- Einkorn
- Emmer
- Enriched Bleached Flour
- Enriched Flour
- Fake Crab
- Farina
- Farina Graham
- Farro
- Filler
- Flour
- Fu
- Germ
- Gluten
- Graham Flour
- Granary Flour
- Groats
- Heeng
- Hing
- Hordeum
- Pg-Propyl Silanetriol
- Hydroxypropyltrimonium
- Kamut
- Kecap Manis
- Ketjap Manis

- Kluski Pasta
- Macha Wheat
- Maida
- Malt or Malted (anything)
- Matza
- Matzah
- Matzo
- Matzo Semonlina
- Meringue
- Meripro 711
- Mir
- Nishasta
- Oriental Wheat
- Orzo Pasta
- Pasta
- Pearl Barley
- Persian Wheat
- Perungayam
- Rice Malt
- Roux
- Rusk
- Rye
- Seitan
- Semolina
- Semolina Triticum
- Small Spelt
- Spelt
- Sprouted Wheat or Barley
- Stearylmoniumhydroxypropyl
- Strong Flour
- Suet in Packets
- Tabbouleh
- Tabouli
- Teriyaki Sauce
- Triticale X
- Triticosecale
- Triticum Vulgare Flour Lipids
- Triticum Vulgare Germ Extract
- Triticum Vulgare Germ Oil
- Udon
- Unbleached Flour
- Vulgare Extract
- Wheat (anything)
- Wild Einkorn
- Wild Emmer

- Ajinomoto
- Autolyzed yeast
- Calcium caseinate or glutemate
- Gelatin
- Glutamate
- Glutamic acid
- Hydrolyzed-(anything)
- Magnesium glutamate
- Monoammonium glutamate
- Monopotassium glutamate
- Monosodium glutamate
- Natrium glutamate
- Sodium caseinate
- Textured protein
- Vetsin
- Yeast extract , food, or nutrient

**May contain MSG:**

- Barley malt
- Bouillon and Broth
- Carrageenan
- Citric acid
- Enzyme modified (anything)
- Enzymes (anything)
- Fermented (anything)
- Flavors(s) & Flavoring(s)
- Malt flavoring
- Malt extract
- Maltodextrin
- Natural beef flavoring
- Natural chicken flavoring
- Natural flavor(s) & flavoring(s)
- Natural pork flavoring
- Pectin
- Protease
- Protease enzymes
- Protein fortified (anything)
- Seasonings
- Soy protein
- Soy protein concentrate
- Soy protein isolate
- Soy sauce
- Soy sauce extract
- Stock
- Ultrapasteurized Whey protein
- Whey protein concentrate
- Whey protein isolate

**ANYTHING WITH "WHEAT"**