



Understanding

# Gluten Free

## WHAT IS GLUTEN?

Gluten is protein found in wheat, rye and barley. It is the substance in flour that forms the structure of the dough, or the “glue “ that holds the product together.

*Gluten intolerance* is a driving force behind the development of foodservice items, from gluten-free beer to gluten-free cookies and gluten free pizza dough. Until recently, celiac disease was thought to be uncommon in the United States. However, recent findings estimate about 2 million people in the United States have celiac disease, or about one in every 133 people. More than 95 percent of people with the disease remain undiagnosed.

*Celiac disease*, the most common form of gluten intolerance, is a genetic ailment. When someone with celiac eats gluten, the protein becomes toxic and will cause damage to the small intestines that can lead to decreased absorption of essential nutrients. A person with celiac disease could actually eat gluten a few times before the body reacts negatively. But once on a gluten-free diet, if digested the body will often react in a much stronger manner. Once medically diagnosed, the recommended treatment is to follow a gluten-free diet for life. If left untreated, it can lead to cancer, iron deficiency anemia, decreased bone density, foliate and vitamin B12 deficiency, diabetes, infertility, and other autoimmune diseases. It is wide spread but one of the most commonly undiagnosed ailments in the country.

## Safe Selections

- Many plain foods are naturally gluten-free: meats, fish, poultry, vegetables, fruits, legumes, many dairy products, eggs, nuts and seeds.
- Some examples of safe STARCHES include: corn, rice and wild rice, potato and tubers, buckwheat, amaranth, quinoa, tapioca, modified tapioca starch, teff, arrowroot, sorghum, montina, millet, ragi, chick pea, lentil, soy and bean flours.
- OATS are considered safe but are often processed in a facility where there is a possibility of cross-contamination with gluten-containing grains. *For this reason, oats are still not accepted by some organizations as gluten-free.*

## Products to Avoid

- Barley
- Bran
- Bulgur
- Couscous
- Durum
- Einkorn
- Emmer
- Farina
- Faro
- Graham Flour
- Kumut
- Matzo meal/flour
- Malt or malt flavoring (can be made from barley)
- Malt Vinegar (made from barley)
- Orzo
- Panko
- Rye
- Seitan
- Semolina
- Spelt
- Triticale
- Udon
- Wheat

*MORE ON THE BACK*

# Hidden Gluten Sources

- Check vitamins, herbal supplements and medicines ([www.glutenfreedugs.com](http://www.glutenfreedugs.com))
- Check toothpaste, lip gloss, chapstick and lipstick
- Communion wafers
- Dairy substitutes
- Bouillon cubes
- Dextrin
- Hydrolyzed vegetable protein (may use wheat rye, oats or barley as a HVP or HPP protein source)
- Imitation seafood
- Licorice
- Luncheon meats
- Modified food starch (may be derived from wheat)
- Play clay
- Salad dressings, soups & gravies
- Seasonings
- Soy sauce

## TIPS & TECHNIQUES

### Avoid Cross-Contamination

Kitchen practices must be set up to avoid cross contamination of glutinous material into gluten free meals. Setting up a gluten free kitchen can be likened to setting up a Kosher kitchen in that it restricts ingredients and calls for special protocols to help Celiacs maintain their diet. A gluten free kitchen should have separate, labeled preparation areas. Cutting boards (thin plastic ones work great), knives, fryers, and condiments for both glutinous foods and gluten free foods should be color coded and labeled.

- Use squirt bottle for mayo, mustard, jelly.
- Use a dedicated toaster for gluten-free foods or toaster bags.
- Clean out silverware drawers. These are great crumb collectors. Even small traces of gluten—such as the amount found in bread crumbs that accidentally come in contact with gluten-free food prepared on the same surface or with the same utensils—will cause cross contamination.
- Use separate strainers/utensils if cooking non-gluten free and gluten-free pasta at same time.
- Clean food preparation areas.
- Check labels on deli meats & ask for a clean slicer.
- Place gluten-free items on top shelves.
- Flour particles can remain in the air for 24 hours. Prepare gluten-free bakery products on a designated day.
- Heat does not kill gluten.
- Educate your staff about gluten-free preparations.

### Organize & Simplify

- When purchasing bread, divide loaf into two slice sections, putting these into baggies & then back into the larger bag before freezing food.
- Make extra portions and freeze individual meals in plastic containers.
- When you have a favorite recipe, make several bags of the dry ingredients.
- Ask local bakeries for gluten-free breads.

### Baking Ingredient Tips

- Add xanthan gum or an extra egg or egg white or egg white powder.
- Pans - use smaller pans, round shapes or silicone bakeware.
- Toasting - many breads, crackers, taste better toasted.
- Rice flours - may be gritty, check books for tapioca, potato starch/rice combos.
- Use corn starch as a thickener.

### Labeling

- FALCPA (Food Allergen Labeling and Consuming Protection Act) effective 1-1-2006. All products containing wheat or ingredients made from wheat must be labeled. Barley and rye are not included in this law. Watch out for barley malt, it is often used in chocolate candies and cereal.
- Continue to read all labels - companies do change products and ingredients.

## RESOURCES

American Celiac Diseases Alliance - [www.americanceliac.org](http://www.americanceliac.org)

Celiac Disease Foundation - [www.celiac.org](http://www.celiac.org)

Gluten Intolerance Group - [www.gluten.net](http://www.gluten.net)

National Foundation for Celiac Awareness - [www.celiaccentral.org](http://www.celiaccentral.org)

Celiac Clinic (Mayo Clinic) - [www.mayoclinic.org/celiac-disease](http://www.mayoclinic.org/celiac-disease)

The Celiac Site, in cooperation with the National Foundation for Celiac Awareness, offers a gluten-free kitchen protocol training program for chefs, kitchen operators and restaurateurs who would like to correctly serve gluten free food to their customers. [www.TheCeliacSite.com](http://www.TheCeliacSite.com)



Route 66 Hudson, New York, 12534  
PHONE: 800/999-6006 or 518/828-4004  
[www.ginsbergs.com](http://www.ginsbergs.com)  
E-mail: [info@ginsbergs.com](mailto:info@ginsbergs.com)