



[www.nationalceliac.org](http://www.nationalceliac.org)  
1.888.4.CELIAC

**RESTRICTED DIET INFORMATION**

## The Gluten Free Diet

It is imperative that persons with celiac disease avoid eating gluten.

Gluten is found in **WHEAT, RYE, OATS, and BARLEY** and all derivatives of these grains. Other examples of wheat-based grains to avoid include kamut, spelt, semolina and triticale.

To avoid intestinal damage people with celiac disease cannot ingest even small amounts of these grains.

Potential sources of gluten include flours, breading/coating mixes, thickeners, sauces, soy sauce, marinades, malt, malt flavoring, hydrolyzed wheat protein, modified wheat starch, pasta, croutons, stuffing, some herbal teas, broth, self-basting (injected) poultry, imitation seafood, and imitation bacon. **PLEASE CHECK ALL LABELS.**