



**RECOMMENDED DIET - MILK FREE/GLUTEN (GLIADIN) FREE DIET**

Patients suffering from a milk and gluten intolerance control the problem by strictly eliminating both milk and gluten gliadin products from their diet. This diet has been created in order to assist those suffering from such problems.

It is extremely important to **READ LABELS** on all products as manufacturers constantly change ingredients, even those listed on this sheet. Products listed on this sheet are also subject to change. All people do not have the same time response to the offending agents. You should take extreme caution to avoid these ingredients, even if you have escaped symptoms on some occasions.

*Gluten-gliadin: All products that contain barley, oats, rye, wheat (including spelt and kamut), or any by-products of these grains (including food starch, malt, and semolina).*

*Milk: All milk and lactose products and milk by-products (including curds and whey).*

*Note skim milk and non-fat dry milk contain lactose. Note products mark "parve" are milk free.*

**Allowed**

**MILK AND MILK PRODUCTS**

Nutramigen, Almond milk, Soy milk, Rice milk, Coconut milk, and non-dairy creamer (e.g. Coffee Rich), some margarines and cheeses. But be sure to read the label to assure no wheat, rye, barley or even milk products are included. There are labeled produced dairy free such as rice cheese which actually have milk casein or whey in them. These are not acceptable if avoiding milk

**MEATS, FISH, FOWL**

Plain beef, chicken, fish, turkey, lamb, veal, and pork. All these foods may be prepared with flour from corn, soy, rice, tapioca, potato, and gluten free flours.

**BREADS**

Breads, cookies, pasta, crackers made from rice, corn, soy, potato, tapioca, and poi flours, cereals made these products such as grits from corn.

**Avoid**

**MILK AND MILK PRODUCTS**

Milk, skim milk, non-fat dry milk, ice cream, cheese butter, cream cheese, cottage cheese, sherbet, all by-products of milk including curds, whey, etc. **Note** some non-dairy product may also contain gluten- gliadin grains.

**MEATS FISH FOWL**

Pre-breaded meats, fish, fowl or breaded with wheat, oats, barley, and rye flours. Pre-processed meats (many have fillers). Organ meats: liver, pancreas, and brains.

**BREADS**

All products containing wheat, rye, barley and oats (gluten-gliadin), whey, curds, milk solids (lactose), pasta, breads and crackers containing gluten and/or lactose

## ALLOWED

### SPICES

Salt, pepper, olives, nuts (unshelled), pure spices, dry yeast

### FATS, DRESSINGS, & SPREADS

Olive oil, corn oil, sunflower seed oil, home made mayonnaise without prohibited vinegar, apple cider vinegar, wine vinegar, rice vinegar

### SOUPS

Broths and soups thickened with cornstarch, potato, soy, and rice

### VEGETABLES

Artichokes, asparagus, buckwheat (**note** this belongs to the asparagus family not the wheat family), broccoli, cauliflower, eggplant, kale, lettuce, parsnip, potato, spinach, tomatoes (*if no erythrocyt galactose content*)

### SWEETS

White sugar, brown sugar, honey, molasses corn syrup, jam, jelly, pure chocolate, coco, marshmallows, Jell-O, and fresh fruit. Commercial candies which contain only corn starch and sugar.

### BEVERAGES

Tea, pure cocoa, ground coffee (except with grains added), pure fruit juices, some carbonated drinks (Classic Coke, 7 Up, Ginger Ale), Pure white wine\*, Vodka\* (potato only), Rum\*, Sake\* **Read Labels. Recently Nestea instant tea started processing the instant tea in a factory with other Nestle product containing wheat.**

### MEDICATIONS

Prevacid for gastric reflux

## AVOID

### SPICES

Some spice blends, monosodium glutamate, prepackaged gravy and sauces need to read labels

### FATS, DRESSINGS, & SPREADS

Distilled vinegar, mayonnaise, mustards, catsup, barbecue sauce, steak sauce, most commercial salad dressings, some margarine, butter, some vegetable oils (check for approved ones).

### SOUPS

Creamed soups, bean or pea soups, commercially prepared soups containing gluten flour thickening or lactose products

### VEGETABLES

If cream, milk, wheat, barley, rye or oats are added to vegetables during processing then they must be avoided. **Read labels**

### SWEETS

Milk chocolate, butter-scotch, chewing gum, most commercial candy. **Read labels.**

### BEVERAGES

Malted drinks, instant coffee or instant tea (may contain barley grains), coffee substitutes (Postum), milk, powdered soft drinks, beer, ale, whiskey, gin, bourbon, Canadian blend, grain vodka.

**It is strongly suggested gastric problem patients avoid alcoholic drinks.**

### MEDICATIONS

Pepto Bismol, Malox

***It should be noted that many medications contain fillers that are chiefly composed of milk by products such as lactose and gluten. Some companies publish the list of fillers for their products in the Physicians Desk Reference, however all companies have not done so.***

***\*\* FOR VEGETABLES IT IS RECOMMENDED TO AVOID CABBAGE, WHOLE CORN AND BEANS BECAUSE THEY CAUSE GASTRIC DISTRESS. THESE VEGETABLE DO NOT CONTAIN GLUTEN OR MILK UNLESS PREPARED WITH SUCH PRODUCTS. HOWEVER, BECAUSE THEY DO CAUSE GASEOUS DISTRESS, CAN PRESENT UNNECESSARY DISCOMFORT.***

*American Celiac Society*