



Gluten-free Diet

What is gluten intolerance?

Gluten intolerance, or celiac sprue, is an intestinal disorder resulting from a sensitivity to gluten. Gluten is a protein that comes from wheat, oats, barley and rye.

Why restrict gluten?

Restricting gluten in your diet helps you to eat without having nausea, vomiting, diarrhea or other symptoms. Avoiding gluten can also help to keep your intestinal tract healthy.

What basic guidelines should be followed?

- Select foods that do not contain gluten. Gluten is most commonly found in grains and flours. Products made with the following grains should not be eaten: wheat, rye, oats and barley.
- Use products that contain rice, potato, corn and soy flours, arrowroot and cornstarch.
- Read labels to make sure foods are free of gluten-containing ingredients. If you are able, write or call manufacturers to request information on questionable ingredients in products. Many product labels have toll-free phone numbers.