

The diet may be used for patients who do not absorb nutrients properly when the gluten and gliadin proteins in wheat, oats, rye, barley and buckwheat are present. This diet may be indicated for diseases such as nontropical sprue or celiac disease. All labels on food should be checked to see that these products have not been included. Rice, corn, soy, potatoes and wheatstarch products are allowed.

The diet is adequate in all nutrients.

<b>Approximate composition of Gluten-Gliadin Restricted diet if suggested meal pattern is followed:</b>			
<i>Protein</i>	<i>Fat</i>	<i>CHO (Carbohydrates)</i>	<i>Calories</i>
120 gms.	130 gms.	275 gms.	2750

*This diet warning*

<b>SUGGESTED MEAL PATTERN</b>	
<b>Breakfast</b>	Citrus Fruit Juice Cereal / sugar 2 Eggs 1 Rice flour biscuit Margarine Jelly Milk Coffee
<b>Lunch &amp; Dinner</b>	Meat Potato or substitute Vegetable Salad and dressing Cornbread or gluten-free bread Margarine Fruit or dessert Milk

<b>GLUTEN-GLIADIN RESTRICTED DIET, FOODS ALLOWED / NOT ALLOWED</b>		
<b>Items</b>	<b>Foods Allowed</b>	<b>Foods Not Allowed</b>
<b>Milk &amp; Milk Products</b>	All except those not allowed	Malted milk and commercial chocolate milk (may have cereal additives), cereal beverages, such as Postum and Ovaltine, commercial ice cream. Processed cheese, cheese foods and cheese spread which contain a gluten stabilizer.
<b>Meat, Poultry, Fish and Alternatives</b>	All meats that are "all meat." May be breaded or combined with crumbs or flour from allowed grains. Strained and junior meats. Peanuts.	All breaded meats, fish, poultry using restricted flours or breads. Cold cuts, frankfurters, sausage, bologna unless "all meat." Chili con carne and other canned or frozen meats, fish, poultry that contain restricted flour.
<b>Egg</b>	Egg prepared without the omitted grain products.	Eggs prepared with not-allowed ingredients.
<b>Vegetables</b>	All fresh, frozen, canned vegetables and vegetable juices.	Breaded or creamed unless prepared with allowed flours.
<b>Fruits</b>	All juices and fruits; any strained or junior products not containing farina or oatmeal.	Fruits in combination with restricted flours or cereals.
<b>Potatoes or Substitutes</b>	White potato, sweet potato, potato chips, hominy, grits and rice.	Creamed or escalloped potatoes unless made with allowed flours; macaroni, noodles, spaghetti, vermicelli, other pasta; dumplings, except cornmeal dumplings.
<b>Bread, Cereal and Flour</b>	Breads and flours of rice, potato, soybean, arrowroot, lima beans, gluten-free wheat starch. Flours, gluten-free bread mix. Enriched corn meal: cornbread, corn pone, spoon-bread (prepared with grain products allowed). Starches: corn, potato, tapioca, cream of rice, ready to eat corn and rice cereals (malt flavoring allowed as tolerated). Enriched corn meal and rice products are emphasized to furnish adequate Vitamin B.	Breads, rolls, crackers, made with wheat, rye, oat, barley bran or buckwheat; pretzels, bread and cracker crumbs. Prepared mixes for breads, waffles and pancakes. All wheat, oat, rye cereals, wheat gum, barley, bulgar, oatmeal.
<b>Fats</b>	Butter, cream margarine, oils, shortening, oil dressings, pure mayonnaise or salad dressings which do not contain a gluten stabilizer, peanut butter, olives.	Commercial salad dressings prepared with wheat flour; sauces or gravies made with flour (read labels).
<b>Soups</b>	Clear broth, bouillon, consommé, cream soups using cornstarch, potato, rice or soybean flour, vegetable soup made without barley or wheat products (noodles, macaroni, etc.).	All soups containing wheat flour; soups with barley, spaghetti, noodles, macaroni.
<b>Desserts</b>	Gelatin desserts, fruit whips, custards, rice, cornstarch, or tapioca puddings, meringues, homemade ice cream or sherbet, desserts made with cornstarch, tapioca or rice flour; junket, rennet puddings.	Cakes, cookies, doughnuts, pastries, commercial sherbet or ice cream, ice cream cones. Pies made with wheat, rye, barley or oat flour. Prepared mixes for cakes, cookies, pie crusts. Bread pudding.
<b>Sweets</b>	Honey, jams, jellies, marmalade, marshmallows, molasses, syrups.	Commercial candies containing restricted grain products.
<b>Beverages</b>	Coffee (without wheat flour added), decaffeinated coffee, tea, carbonated beverages, fruit juices.	Postum, Ovaltine, beer, ale, whiskies, gin, any drink containing grain neutral spirits; cereal beverages.
<b>Miscellaneous &amp; Seasonings</b>	Salt, pepper, spices, vinegar, soy sauce, herbs, pickles, popcorn, Worcestershire sauce, mustard, catsup, chili sauce, chocolate, pure cocoa.	Any foods containing the restricted flours as fillers or stabilizers.