



**California Division North
Nutritional Services
Diet - Menu**

Subject/Title: GLUTEN-RESTRICTED, GLUTEN-FREE DIET Order As: NOGLUT
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GOALS OF DIETARY MANAGEMENT:

The goals of dietary management are the remission of clinical signs, the normalization of absorptive function, and the regeneration of mucosal villi.

DIET PRINCIPLES:

To restrict gluten and gluten containing products from the diet. Gluten is a generic term for the water insoluble protein found in cereal grains such as wheat, rye, oats, and barley, and their derivatives. Some adults with celiac disease have been able to tolerate small amounts of oats, this would not be appropriate for children.

ADEQUACY:

Depending on individual food choices adequate amounts of nutrients can be obtained based on the RDA's.

In the case of prolonged malabsorption, deficiencies of calcium, magnesium, fat-soluble vitamins, folate, iron, and vitamins B-12 can occur. Gluten-free supplements may be used to help meet the nutritional goals of the prescribed diet.

GUIDELINES:

FOOD GROUP	ALLOWED	NOT ALLOWED
BEVERAGES	Tea, coffee, decaffeinated coffee, fruit juices, vegetable juices without thickeners	Cereal beverages (i.e. Postum), malt, Ovaltine, beer, ale
MEAT, MEAT SUBSTITUTES	Pure meat, fish, fowl, eggs, cottage cheese, peanut butter	Cold cuts, stuffing's, commercial soufflés, omelets, fondues, soy meat substitutes

FATS, OILS	Butter, margarine, vegetable oil	Commercial gravies, white and crème sauces
MILK	Whole milk, low-fat skim or non-fat, fat-free milk: buttermilk	Milk with malt, and some commercial chocolate milks
GRAINS & GRAIN PRODUCTS	Rice, potatoes, pure corn products, hominy grits, popcorn	Bread, pasta, crackers, or cereals containing wheat, oats, rye, malt, malt flavorings, graham flour
FRUIT	Fresh fruit, sweetened fruit or thickened with tapioca	Commercial pie fillings

SAMPLE MENU

Breakfast

Orange juice
Poached egg
Cream of rice
Gluten-free toast
Margarine
Whole milk
Coffee w/o added grains
Cream
Sugar

Lunch

Beef consomme
Sandwich made with:
gluten-free bread
toast turkey
lettuce leaf
sliced tomato
mayonnaise
Applesauce
Whole milk
Coffee w/o added grains
Cream
Sugar

Dinner

Lean broiled veal chop
Steamed potato
Buttered spinach
Peach half w/ prune
Plum
Gluten-free bread
Margarine
Wheat starch cookie
Coffee w/o added grains
Cream
Sugar