

GUIDELINES FOR GLUTEN / GLIADEN AND LACTOSE FREE DIET

1) FOLLOW MENU MAKING THE FOLLOWING SUBSTITUTIONS:

2) SUBSTITUTE REGULAR BREAD, PANCAKES, WAFFLES, CEREALS AND CRACKERS WITH : GLUTEN FREE PRODUCTS

3) SUBSTITUTE REGULAR PASTA WITH GLUTEN FREE PASTA

USE FRESH RICE, POTATO OR SWEET POTATO AND OTHER STARCHES ALLOWED ON LIST

AVOID BREAD STUFFING

AVOID BAKED GOODS (USE SPECIALTY GLUTEN FREE)

4) ALL FRUITS AND VEGETABLES ARE ALLOWED (UNLESS PREPARED WITH GLUTEN - READ FOOD LABELS)

5) PREFEREBLY: USE RICE MILK OR ALMOND MILK (READ FOOD LABELS – NO GLUTEN STABILIZERS)

6) USE FRESH BEEF, PORK, VEAL, POULTRY, FISH, EGGS, PEANUT BUTTER, DRY BEANS WITHOUT GLUTEN GRAIN ADDITIVES AND COOKED IN SAUCES WITHOUT FILLERS OR BREADING (AVOID MEAT PRODUCTS WITH ADDED FILLERS)

7) USE MARGARINE, MAYONNAISE, SALAD DRESSINGS AND GRAVIES WITHOUT FILLERS OR MILK SOLIDS

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