

## GUIDELINES FOR WHEAT FREE DIET

- 1) FOLLOW MENU MAKING THE FOLLOWING SUBSTITUTIONS:
- 2) SUBSTITUTE REGULAR BREAD, PANCAKES, WAFFLES, CEREALS AND CRACKERS WITH : WHEAT FREE PRODUCTS
- 3) SUBSTITUTE REGULAR PASTA WITH WHEAT FREE STARCHES:  
  
USE FRESH RICE, POTATO OR SWEET POTATO  
  
AVOID BREAD STUFFING  
  
AVOID BAKED GOODS (USE SPECIALTY WHEAT FREE)
- 4) ALL FRUITS AND VEGETABLES ARE ALLOWED  
(UNLESS PREPARED WITH WHEAT - READ FOOD LABELS)
- 5) USE ICE CREAMS, PUDDINGS WITH ALLOWED INGREDIENTS  
(READ FOOD LABELS – NO WHEAT TYPE OF STABILIZERS)
- 6) USE FRESH BEEF, PORK, VEAL, POULTRY, FISH, EGGS, PEANUT BUTTER, DRY BEANS WITHOUT WHEAT OR 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

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