

Gluten-Free Diet

The following grains & starches are allowed:

- Rice
- Coconut Flour
- Corn
- Soy
- Potato
- Tapioca
- Beans
- Garfava
- Sorghum
- Quinoa
- Millet
- Buckwheat
- Arrowroot
- Amaranth
- Tef
- Montina®
- Nut Flours
- Oats (okay, but are often contaminated with wheat in processing)

The following grains contain gluten and are not allowed:

- Wheat (durum, graham, semolina, kamut, spelt)
- Rye
- Barley
- Triticale
- Malt or malt flavoring (can be made from barley)
- Malt vinegar (made from barley)

Additional sources frequently overlooked that often contain gluten:

- Breading, Coating mixes, Panko
- Broth, Soup bases
- Brown rice syrup
- Candy – ex: Licorice, some Chocolates
- Croutons
- Flour or cereal products
- Imitation bacon
- Imitation seafood
- Marinades
- Pastas
- Processed luncheon meats

Sauces, Gravies
Self-basting poultry
Soy sauce or soy sauce solids
Stuffing, Dressing
Thickeners (Roux)
Communion wafers
Herbal supplements
Drugs and Over-the-Counter Medications
Nutritional Supplements, Vitamins and Mineral Supplements
Playdough: A potential problem if hands are put on or in the mouth while playing with playdough or are not washed after use.

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