

## Gluten-free treats

Following a gluten-free diet doesn't mean that you can't have occasional treats. Here is a list of some gluten-free options:

Corn chips or potato chips (plain)

Ice cream

Pudding

Jello

Popsicles

Chocolates

Most candies

Chewing gum

Soda



CERT TM

This symbol on packaging indicates that the product is gluten-free.

## Ideas for Meals

### Breakfast

Cornflakes with milk

Egg and plantain

Beverage of choice



### Snack

Banana

Rice crackers & peanut butter

### Lunch

Fish, chicken or meat

Rice, potato, gluten-free pasta

Vegetables - any kind

Beverage of choice



### Evening Meal

Cassava bakes or pancakes

Cornmeal porridge or milk beverage

## Nutrition Series



# Gluten-Free Diet

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# Gluten

## What is Gluten?

Gluten is a protein particle found in all forms of wheat, barley and rye.

Those on a gluten-free diet try to avoid all products containing wheat, barley, rye.

## Why do I need to avoid gluten?

An intolerance to gluten can cause gastrointestinal problems such as gas, bloating, diarrhea, constipation, or reflux. That means that eating regular bread, crackers, cookies, cakes, and pasta could be making you sick.

Avoiding gluten can help prevent, or relieve, these symptoms.

## What can I eat?

You can still enjoy vegetables, fruits, meats, peas and beans, and some cereals. Nuts and most dairy products are also naturally gluten-free, and safe for those who do not have allergies to these foods.

**The gluten-free diet is safe, and can be healthy for everyone.**

**NOTE:** Gluten-free is not the same as Wheat-free. Read labels carefully.

## Main Gluten-Containing Foods to Avoid

**Wheat:** wheat bran, wheat flour (bread, crackers, cookies, cakes, pasta), wheat germ, wheat starch, spelt, farina, bulgur, couscous, bran flakes and other wheat cereals

**Rye:** rye bread, rye crackers, rye flour

**Barley:** beer, lager, brewer's yeast, malt, malt extract, malt vinegar, malted milk

**\*Oats:** oat flour, oatmeal, oat flakes, oat bran

**NOTE:** \*1 cup cooked pure, uncontaminated oats is generally well tolerated but you may want to talk to your doctor before including them in your diet.

## Grains and starches to use instead

Almond meal flour	Amaranth
Arrowroot	Breadfruit
Buckwheat	Cassava
Coconut flour	Corn, corn meal
Green banana	Linseed
Millet	Peas & beans
Plantain	Potatoes
Quinoa	Rice & rice pasta
Sago	Soy
Sweet potato	Tapioca
Yam	

## Ideas for breakfast and light meals

1. Muffins, bakes, pancakes, and breads made with gluten-free flour substitute (see list on previous page).
2. Corn meal porridge, corn flakes, Rice Krispies®, rice Chex®, and other hot cereal or ready-to-eat cereals made with gluten-free grains (see list on previous page).
3. Rice, lentil, nut, or cassava crackers with peanut butter, cheese, tuna, or other suitable alternative.
4. "Left-overs": Rice, potato, provisions, pasta made from rice or corn, along with fish, chicken or meat, and vegetables.

## Ideas for nutritious snacks

Fruit (fresh or canned)  
Veggies with dip  
Dried fruit, nuts, and seeds  
String or cubed cheese  
Cottage cheese  
Hummus (chick pea paste)  
Peanut butter  
Rice, lentil, nut, or cassava crackers  
Yogurt (regular or frozen)  
Popcorn