

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



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

National Nutrition Centre

Ministry of Health

Tel: (246) 536 3800

Email: nutrition.centre@barbados.gov.bb

<http://nutritioncentre.health.gov.bb>

Community Nutrition Officer _____

Telephone _____

National Nutrition Centre
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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)