

Gluten

Gluten is a protein found in wheat, rye, barley, and triticale.

Patient should avoid:

- Bread
- Pasta
- Beer
- Cereal
- Baked goods
- Flour tortillas
- French fries

Types of wheat that contain gluten:

- Durum
- Einkorn
- Emmer
- Kamut
- Spelt

Flours that contain gluten:

- Enriched flour with added vitamins and minerals
- Farina (Usually found in hot cereals)
- Graham flour
- Self-rising flour (Also called phosphate flour)
- Semolina (Found in pasta and couscous)