

from the book **PRACTICAL PALEO**  
guide to: gluten

What is it? Gluten is a protein found in wheat, rye, oats, and barley. Gluten is the composite of a prolamin and a glutelin, which exist, conjoined with starch, in the endosperm of various grass-related grains. Gliadin, a water-soluble, and glutenin, a water-insoluble, (the prolamin and glutelin from wheat) compose about 80% of the protein contained in wheat seed. Being insoluble in water, they can be purified by washing away the associated starch. Worldwide, gluten is a source of protein, both in foods prepared directly from sources containing it, and as an additive to foods otherwise low in protein.



**sources of gluten OR ITEMS THAT MAY CONTAIN HIDDEN GLUTEN**

- Ales
- Barley
- Barley malt/extract
- Beer & lagers
- Bran
- Breading
- Broth
- Brown rice syrup
- Bulgur
- Candy coating
- Communion "wafers"
- Couscous
- Croutons
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Gloss & balms
- Graham flour
- Herbal blends
- Imitation
- Imitation seafood
- Kamut
- Lipstick
- Luncheon meats
- Malt
- Makeup
- Marinades
- Matzo flour/meal
- Meat/sausages
- Medications
- Orzo
- Panko
- Pasta
- Play dough
- Roux
- Rye
- Sauces
- Seitan
- Self-basting poultry
- Semolina
- Soup base
- Soy sauce
- Spelt
- Spice blends
- Stuffing
- Supplements
- Thickeners
- Triticale
- Udon
- Vinegar (malt only)
- Vital wheat gluten
- Vitamins
- Wafers
- Wheat
- Wheat bran
- Wheat germ
- Wheat starch

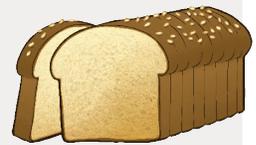
**gluten-free\* (BUT STILL NOT RECOMMENDED)**

\*Nearly all processed foods and grains carry some risk of cross-contamination. For the safest approach to a gluten-free diet, eat only whole, unprocessed foods.

- Amaranth
- Arrowroot
- Buckwheat
- Corn
- Flax
- Millet
- Montina™
- Nut flour
- Bean flour
- Potato flour
- Potato starch
- Quinoa
- Rice
- Rice bran
- Sage
- Seed flour
- Sorghum
- Soy (soya)
- Tapioca
- Teff

**signs of gluten EXPOSURE**

- Abdominal bloating
- Fatigue
- Skin problems or rashes
- Diarrhea or constipation
- Irritable, moody
- Change in energy levels
- Unexpected weight loss, mouth ulcers, depression, and even Crohn's disease are all more severe gluten allergy symptoms that you may experience.



· Consult with your nutritionist or physician if you experience symptoms of a gluten exposure that result in prolonged discomfort.

**most common sources of HIDDEN GLUTEN**

**Alcohol:**

Beer, malt beverages, grain alcohols

**Cosmetics:**

Check ingredients on makeup, shampoo, and other personal care items

**Dressings:**

Thickened with flour or other additives

**Fried foods:**

Cross contamination with breaded items in fryers

**Vinegar:** Malt varieties

**Medications, vitamins, and supplements:**

ask the pharmacist and read the labels closely

**Processed / packaged foods:**

Additives often contain gluten

**Sauces, soups, and stews:**

Thickened with flour

**Soy, Teriyaki, and Hoisin sauces:**

Fermented with wheat



**gluten-free BOOZE\*\***

- Brandy
- Bourbon
- Cognac
- Gin
- Grappa
- Rum
- Sake
- Scotch
- Sherry
- Tequila
- Vermouth
- Vodka
- Whiskey
- Wine
- Champagne
- Mead
- Hard cider
- Gluten-free beers

**i am allergic TO GLUTEN**

I have a severe allergy and have to follow a STRICT gluten-free diet.

I may become very ill if I eat food containing flours or grains of wheat, rye, barley, or oats.

Does this food contain flour or grains of wheat, barley rye, or oats? If you or the chef/kitchen staff are uncertain about what the food contains, please tell me.

I CAN eat food containing rice, maize, potatoes, vegetables, fruit, eggs, cheese, milk, meat, and fish as long as they are NOT cooked with wheat flour, batter, breadcrumbs, or sauce containing any of those ingredients.

Thank you for your help!

For more gluten-guides, visit: [www.celiactravel.com](http://www.celiactravel.com)



**for more information ON GLUTEN**

These sites are not necessarily "Paleo" but will give ample information for those who need to be 100% strictly gluten-free

- celiac.com
- celiac.org
- celiaccentral.org
- celiaclife.com
- celiactravel.com
- celiacsolution.com
- elanaspantry.com
- glutenfreegirl.com
- surefoodsliving.com

\*\*\*According to celiac.com, all distilled alcohols are gluten-free but for someone with overt Celiac Disease, avoiding alcohols made from wheat, barley, and rye is still recommended.

\* Cut me out and take me with you