

# Celiac Disease Diet Chart

<b>Name:</b>	<b>Date of birth:</b>
<b>Gender:</b>	<b>Contact information:</b>
<b>Relevant medical information/other diet considerations (if needed):</b>	
<b>Referring physician:</b>	
<b>Referring physician's contact information:</b>	

	<b>Date</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>	<b>Snacks (within the day)</b>	<b>Notes</b>
<b>Day 1</b>						
<b>Day 2</b>						
<b>Day 3</b>						
<b>Day 4</b>						
<b>Day 5</b>						
<b>Day 6</b>						
<b>Day 7</b>						

## **Tips and reminders:**

- Naturally gluten-free food groups: fruits, vegetables, meat, poultry, fish, seafood, dairy, beans/legumes/nuts.
- Avoid all products with barley, rye, triticale, graham flour, semolina, farina, and any other kind of flour.
- Always look at the package and check if the rice, corn, or oat product is product is manufactured in factories with wheat products.
- Be aware of the terms for hidden gluten, like wheat bran, wheat germ, and hydrolyzed wheat protein. Emulsifiers, dextrin, seasonings, and caramel colors may also contain gluten.
- Check the labels of all foods since some products, like beer, bouillon cubes, potato chips, french fries, imitation fish, soy sauce, and vegetables in sauce, can also contain gluten.
- Separate kitchen items must be used for gluten and gluten-free foods.
- When eating out, ask if a gluten-free is available. You can ask the chef about the ingredients and how the food was prepared if you're not sure.