

Celiac Disease Diet Chart

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

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

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.