

Gluten-Free Food Guide for Children & Youth

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GLUTEN-FREE FOOD GUIDE FOR CHILDREN & YOUTH

Include unsweetened milk or a fortified plant-based beverage with your meal



Fill more than half
your plate with
fruits & vegetables



Eat
protein
foods*

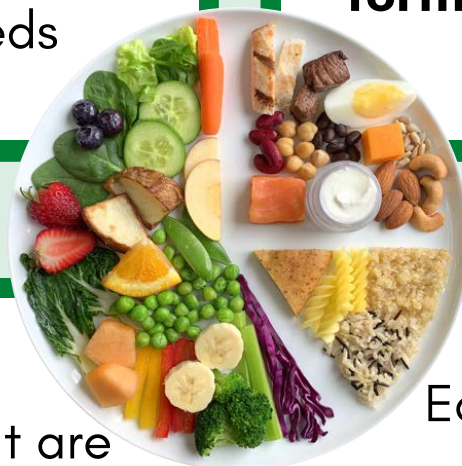
Eat gluten-free
grain foods

*Protein foods include both animal protein (e.g. beef, fish, poultry, pork and eggs) and plant protein (e.g. pulses, tofu, nuts and seeds).

KEY MESSAGES FOR CHILDREN & YOUTH WITH CELIAC DISEASE

Eat more than half a plate of **fruits and vegetables** to meet your nutrient needs

Choose unsweetened milk or plant-based beverages **fortified with vitamin D and calcium**



Choose foods that are rich sources of folate, iron and fibre

Eat less gluten-free processed foods to limit saturated fat, added sugar and sodium

Remember to...

Read food labels and ingredient lists for gluten and nutrition content

Enjoy gluten-free foods!

Cook at home more often

Choose grains labelled gluten free

Drink water throughout the day



GLUTEN-FREE DIET ESSENTIALS

Iron

WHAT IS IRON?

Iron is a mineral that is found in foods.

WHY DO I NEED IRON?

Iron helps your body grow and carries oxygen in your blood to all parts of your body.



Turkey Tortilla Pinwheels

THERE ARE TWO KINDS OF IRON IN THE DIET:

HEME IRON

Only found in animal products (poultry, meat, fish).

More easily absorbed than non-heme iron.

NON-HEME IRON

Found in plant foods and animal products.

Harder to absorb than heme iron.

TIPS TO GET MORE IRON:

- Vitamin C helps absorb non-heme iron. Try strawberries or oranges with a spinach salad.
- Heme iron helps absorb non-heme iron.
- Include at least one iron-rich food with each meal.
- Read the Nutrition Facts Table on packaged foods and choose foods with more iron.
- Look for gluten-free cereals that have been enriched or fortified with iron. This means that iron has been added to the food and can help meet nutrient needs.



GLUTEN-FREE DIET ESSENTIALS

Iron

**COMBINE FOODS FROM THESE LISTS TO CREATE
DELICIOUS IRON-RICH MEALS AND SNACKS!**

HEME IRON

Beef, chicken, turkey, lamb, pork, seafood, duck and game meat.

NON-HEME IRON

Soybeans, beans, chickpeas, lentils, nuts, seeds, tofu, eggs, soy yogurt, quinoa, gluten-free oatmeal, dark green vegetables, potatoes and enriched gluten-free breads, pastas and cereals.

VITAMIN C

Oranges, cabbage, bell peppers, broccoli, Brussels sprouts, green peas, tomatoes, grapefruit, lychee, kiwi, honeydew melon, mango, strawberries and other berries.

WHAT ARE THE SOURCES OF IRON IN THIS MEAL?

Heme Iron: Chicken

Non-Heme Iron: Black beans



WHAT WILL HELP ABSORB THE IRON?

Vitamin C: Red bell pepper, lime juice



Southwest Black Bean Salad

*All oats, oat products, pulses, flax and hemp seeds, flours and grains need to be labelled gluten free



GLUTEN-FREE DIET ESSENTIALS

Folate

WHAT IS FOLATE?

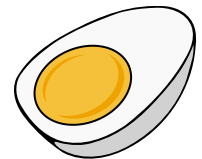
Folate is a B vitamin that is found in foods.

WHY DO I NEED FOLATE?

Folate helps you grow.

Make it Bright!

Choose **red, orange,** and **green** fruits and vegetables to brighten up your plate while also providing folate.



EAT GLUTEN-FREE FOODS WITH FOLATE THROUGHOUT THE DAY FROM:

Fruits & Vegetables:

- Dark green vegetables
- Asparagus
- Broccoli
- Parsnips
- Red peppers
- Potatoes
- Cauliflower
- Bananas
- Avocados

Protein Foods:

- Lentils
- Sunflower seeds
- Chicken or beef liver
- Eggs
- Chickpeas
- Black beans
- Kidney beans
- Pinto beans
- Split peas

Grains:

- Quinoa
- Wild rice
- Brown rice
- Amaranth
- Folate-fortified breads
- Folate-fortified breakfast cereals

***All oats, oat products, pulses, flax and hemp seeds, flours and grains need to be labelled gluten free**



GLUTEN-FREE DIET ESSENTIALS

Folate

Did you know not all gluten-free grains are fortified with folate?

Sometimes folate, which can also be listed as folic acid, is added to gluten-free breads and cereals as an ingredient because they are not high in folate. This is called fortification, which can help meet nutrient needs. When buying gluten-free breads and cereals, check the ingredient list to see if folate or folic acid are listed.

Gluten-Free Bread Ingredient List:

Water, Gluten-Free Flour Blend, Sugar, Canola Oil, Quinoa, Modified Cellulose, Psyllium, Salt, Yeast, Vitamin and Mineral Blend (Niacin, Iron, Thiamine, Folic Acid)

The sources of folate in these meals are:

Southwest Black Bean Salad



Romaine lettuce, black beans, red peppers, rice

Bento Box



Hard boiled egg, carrots

Turkey Salsa Bowl



Avocado, romaine lettuce, rice, carrots



GLUTEN-FREE DIET ESSENTIALS

Fibre

WHY DO I NEED FIBRE?

Fibre helps:

- Prevent or relieve constipation
- Control your blood sugar
- Keep you full between meals
- Lower your risk of some diseases



Southwest Black Bean Salad

FIBRE COMES FROM PLANTS

Protein Foods:

- Baked beans
- Kidney beans
- Pinto beans
- Flax seeds
- Chia seeds
- Lentils
- Split peas
- Hummus
- Almonds

Fruits & Vegetables:

- Radishes
- Potatoes
- Avocado
- Oranges
- Peas
- Strawberries
- Pears
- Turnip
- Squash

Grains:

- Quinoa
- Amaranth
- Brown rice
- Wild rice
- Corn pasta
- Gluten-free breads and cereals
- Gluten-free oats
- Air-popped popcorn



***All oats, oat products, pulses, flax and hemp seeds, flours and grains need to be labelled gluten free**



GLUTEN-FREE DIET ESSENTIALS

Fibre

TIPS TO EAT MORE FIBRE:

- Fill more than half your plate with fruits and vegetables at each meal.
- Have a fibre containing food for breakfast. Try oatmeal with fruit and nuts.
- Make homemade trail mix with dried fruit, nuts, seeds and popcorn.



Turkey Salsa Bowl

CHOOSE HIGHER FIBRE SNACKS

Compare the examples of gluten-free chips below:

Brand 1

Gluten-Free Restaurant
Style Corn Tortilla Chips

Serving size: 50g
Fibre: 3g

Brand 2

Gluten-Free Restaurant
Style Bean Chips

Serving size: 50g
Fibre: 7g



- Both snacks are gluten free, but the bean chips have more than double the amount of fibre compared to the same serving size of corn chips.
- Choose higher fibre snacks most often.

***All oats, oat products, pulses, flax and hemp seeds, flours and grains need to be labelled gluten free**



GLUTEN-FREE DIET ESSENTIALS

Fat & Sugar

Healthy fats and natural sugars are essential parts of a healthy diet. Learn about the different kinds of fats and sugars in foods below to make a healthy choice!

FAT

Enjoy foods that contain healthy fats, like avocado, fish, nuts and seeds.



Limit foods with saturated and trans fats like store-bought baked goods, snack foods and processed meats.

SUGAR

Enjoy foods that contain natural sugars, like fruit and white milk.



Limit foods and drinks with added sugars, like store-bought baked goods (muffins & cookies), fruit punch and soda.

CHOOSE FOODS THAT HAVE LESS FAT AND SUGAR

Compare the examples of gluten-free English muffins below:

Brand 1

Serving size: 80g
Calories: 214
Fat: 6g
Sodium: 590mg
Fibre: 2g
Sugar: 7g

Brand 2

Serving size: 80g
Calories: 179
Fat: 3g
Sodium: 298mg
Fibre: 3.4g
Sugar: 5g



Brand 2 is lower in calories, fat, sodium and sugar and higher in fibre.



GLUTEN-FREE DIET ESSENTIALS

Calcium

WHAT IS CALCIUM?

Calcium is a mineral found in foods.



WHY DO I NEED CALCIUM?

Calcium helps build strong bones and teeth. It also helps your muscles work well.

HAVE FOODS WITH CALCIUM DAILY:

Protein Foods:

- Milk
- Cheese
- Yogurt
- Almonds
- Peanuts
- Tofu
- Baked beans
- Chickpeas
- Fish

Fruits & Vegetables:

- Collards
- Spinach
- Radishes
- Edamame
- Bok choy
- Kale
- Calcium fortified
100% fruit juice

Grains:

- Teff
- Amaranth

TIPS TO GET MORE CALCIUM:

- Add milk to smoothies with fresh fruit.
- Use plain yogurt as a dip for fruit and vegetables.
- Add almonds to your salad or oatmeal.
- Drink a fortified** and unsweetened milk or plant-based beverage with your meal.



SOURCES OF CALCIUM:

Cheese, Yogurt

*All oats, oat products, pulses, flax and hemp seeds, flours and grains need to be labelled gluten free

**Fortified with vitamin D and/or calcium

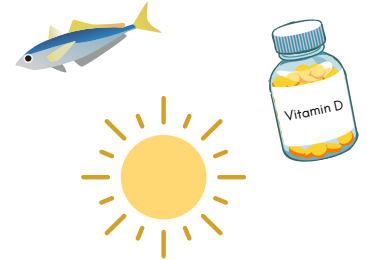


GLUTEN-FREE DIET ESSENTIALS

Vitamin D

WHAT IS VITAMIN D?

Vitamin D is a key nutrient that is found in foods and is also made by your body.



WHY DO I NEED VITAMIN D?

Vitamin D helps your body absorb calcium and phosphorous for strong bones and teeth.

WHERE CAN I GET VITAMIN D FROM?

FOOD

You can get vitamin D from fish, milk, margarine, egg yolks, fish liver oil, beef liver, seaweed and some white mushrooms. Other foods like soy beverages, cereal and yogurt might have vitamin D added.

THE SUN

Your body can make vitamin D from direct sunlight. Keep in mind that it can be hard to get enough vitamin D from the sun in Canada, especially in the winter.

SUPPLEMENTS

You will likely need a vitamin supplement because it is hard to get enough vitamin D from food and the sun alone. Talk to your doctor or dietitian to learn more.



SOURCES OF VITAMIN D

Yogurt
Cheese
Egg Yolk



GLUTEN-FREE DIET ESSENTIALS

Grains

Replace gluten-containing grains with gluten-free grains

GLUTEN-CONTAINING GRAINS:

- ✗ Wheat
- ✗ Barley
- ✗ Bulgur
- ✗ Rye
- ✗ Durum
- ✗ Oats
- ✗ Farro
- ✗ Triticale
- ✗ Kamut

GLUTEN-FREE GRAINS:

- ✓ Rice
- ✓ Buckwheat/Kasha
- ✓ Quinoa
- ✓ Gluten-free oats
- ✓ Millet
- ✓ Sorghum
- ✓ Amaranth
- ✓ Teff



Rice



Quinoa



Millet



Buckwheat



Gluten-Free Oats



Sorghum

COOKING GLUTEN-FREE GRAINS

Grain	Amount of Grain	Add to Boiling Water	Cooking Instructions
Amaranth	½ cup	3 cups	Simmer 20 minutes
Buckwheat	1 cup	2 cups	Simmer 20 minutes
Millet	1 cup	2-2 ½ cups	Simmer 25 minutes
Quinoa	1 cup	2 cups	Simmer 20 minutes
Rice	1 cup	2 cups	Simmer 20-45 minutes depending on the kind of rice
Sorghum	1 cup	3 cups	Simmer 40-60 minutes until soft, drain

***All oats, oat products, pulses, flax and hemp seeds, flours and grains need to be labelled gluten free**



GLUTEN-FREE DIET ESSENTIALS

Grains

It can be a big change to bake and cook gluten free, but it will get easier the more you practice. Gluten-free flours can be mixed together to make gluten-free flour blends. See the table below for gluten-free flour alternatives.

ALMOND FLOUR	Cookies, cakes, muffins and pancakes. Use up to 25% in a gluten-free flour blend.
AMARANTH FLOUR	Savoury dishes, such as pizza dough. Swap 1:1 for glutinous flour.
BUCKWHEAT FLOUR	Muffins, cookies, pancakes, waffles and breads. Use up to 50% in a gluten-free flour blend.
MILLET FLOUR	Muffins, breads, cookies, cakes and crusts. Use up to 25% in a gluten-free flour blend.
RICE FLOUR	All kinds of baking or as a thickener in soups and stews. Swap 1:1 for glutinous flour, or use up to 50% in a gluten-free flour blend.
SORGHUM FLOUR	Muffins, breads, pancakes and cookies. Swap 1:1 for glutinous flour, or use up to 50% in a gluten-free flour blend.
TAPIOCA FLOUR	Best for mixing into gluten-free flour blends. Use up to 20% in a gluten-free flour blend.

GLUTEN-FREE FLOUR BLENDS

Example Recipe #1

2 cups white rice flour
1 cup millet flour
1 cup tapioca flour
1 cup potato starch
4 teaspoons xanthan gum*
Yields: 5 cups

Example Recipe #2

4 cups brown rice flour
2 cups sorghum flour
2 cups potato starch
½ cup tapioca flour
½ cup corn starch
5 teaspoons xanthan gum*
Yields: 9 cups

*Gums (such as xanthan) are used to bind ingredients together and provide chewiness to the final product



GLUTEN-FREE DIET ESSENTIALS

Oats

Oats are naturally gluten free, but they are often grown and harvested with gluten-containing grains such as wheat, barley and rye.

This means these oats are at high risk for **gluten cross-contamination** and are **not** safe for people with celiac disease.



PURITY PROTOCOL OATS:

- Grown on dedicated gluten-free fields.
- Planted and harvested with dedicated equipment.
- Stored in dedicated gluten-free bins.
- Transported in gluten-free containers.
- Processed in dedicated gluten-free facilities.

- Look for the words "**gluten-free oats**" in the ingredient list.
- Check for a gluten-free certification symbol on the product label.
- These oats are uncontaminated and are tested to make sure their gluten content is less than 20 ppm (parts per million).
- Oats with less than 20 ppm are safe for people with celiac disease.





GLUTEN-FREE DIET ESSENTIALS

Oats

COMPARE THE TWO INGREDIENT LISTS BELOW:

Ingredient: Whole Grain Oats



Should be avoided due to
possible cross-contamination

Ingredient: Gluten-Free Whole Grain Oats



Safe for people with
celiac disease

Some people with celiac disease may have symptoms after eating uncontaminated oats. Talk to your dietitian or doctor about when it is okay to start adding oats to your diet after diagnosis.

If your symptoms continue after eating gluten-free oats, you should stop eating oats and talk with your dietitian or doctor.

GLUTEN-FREE OAT BITES RECIPE:

- 1 cup gluten-free oats
- $\frac{2}{3}$ cup peanut or nut butter of choice
- 2 Tbsp honey
- $\frac{1}{2}$ cup chocolate chips

1. Combine all ingredients in a bowl.
2. Put the mixture in the fridge to cool for 10-15 minutes.
3. Roll into 1-inch balls.
4. Store in the fridge.





GLUTEN-FREE DIET ESSENTIALS

Pulses

WHAT ARE PULSES?

Pulses are dry peas, dry beans, lentils and chickpeas.
Fresh peas, green beans and soybeans are not considered pulses.

THERE ARE MANY DIFFERENT TYPES OF PULSES:

- Beans (black, kidney, navy, pinto, fava, lima, adzuki, romano, cannellini, pink, red & white)
- Chickpeas
- Lentils
- Split peas



Kidney Beans



Black Beans



Chickpeas



Lentils



Split Peas

PULSES & THE GLUTEN-FREE DIET:

Pulses are naturally gluten-free. **Choose pulses with a gluten-free claim** due to the high risk of cross-contamination. For those without a gluten-free claim, visually inspect for foreign grains, remove these grains and rinse pulses thoroughly.

Pulses have many nutrients that are very important for a gluten-free diet, such as:

- Protein
- Carbohydrates
- Fibre
- B-vitamins (including folate)
- Iron
- Calcium
- Zinc



Kidney Bean Curry

GLUTEN-FREE DIET ESSENTIALS

Pulses



WAYS TO ADD PULSES THROUGHOUT YOUR DAY

- Add beans or chickpeas to a salad.
- Try homemade black bean dip with toasted gluten-free flatbread.
- Use hummus as a dip for your favourite vegetables.

CANNED AND DRIED PULSES ARE BOTH NUTRITIOUS. CHOOSE THE KIND THAT IS BEST FOR YOU!

DRIED PULSES

Look for smooth skin, bright colours and uniform size.

SOAK: Soak beans and chickpeas overnight in the fridge. Use 3 cups of water for 1 cup of pulses. Split peas and lentils do not need to be soaked.

COOK: Drain the soaking water, then rinse the pulses under running water for 30 seconds. Boil according to the package instructions or until soft. Use boiled pulses according to the recipe.

STORE: Store dried pulses for up to a year. Store cooked pulses in the fridge for up to 5 days.

CANNED PULSES

540 mL can = 2 cups of cooked pulses
398 mL can = 1.5 cups of cooked pulses

DRAIN: Pour into a strainer to drain the liquid. Rinse with running water for at least 30 seconds to remove excess salt. Drain for 2 more minutes.

COOK: Prepare according to the recipe.

STORE: Store opened, rinsed and drained pulses in an airtight container in the fridge for 1-3 days and prepared pulses for up to 5 days.

DID YOU KNOW?

You can freeze cooked pulses for up to 6 months in an airtight container or in a freezer bag. Freeze in 1-2 cup portions.



GLUTEN-FREE DIET ESSENTIALS

Lacto-Ovo Vegetarian

Lacto-ovo vegetarians eat dairy, eggs and plant foods. The vegetarian diet does not include any animal meat. Some nutrients are harder to get if you are not eating animal meat. A well-planned vegetarian diet can help you meet your nutrient needs.

CHOOSE FOODS WITH THESE NUTRIENTS EVERY DAY:

Protein:

Dairy products
Quinoa
Edamame
Beans
Lentils
Chickpeas
Nuts
Seeds

Iron:

Eggs
Fortified gluten-free cereals
Beans
Lentils
Chickpeas
Nuts
Seeds

Omega-3 Fat:

Walnuts
Soybeans
Flax seeds
Chia seeds
Hemp seeds
Flax oil
Canola oil
Hemp oil

Zinc:

Wild rice
Tahini
Tempeh
Tofu
Beans
Chickpeas
Nuts
Pumpkin seeds



Have a source of vitamin C to help absorb the iron from your foods.

Try oranges, cabbage, bell peppers, broccoli or kiwi.

VEGETARIAN SNACK AND MEAL IDEAS:

- Hummus with vegetables and gluten-free flatbread
- Yogurt with fresh fruit and nuts or seeds
- Tofu scramble with berries and yogurt
- Salad with your favourite vegetables and a hard boiled egg
- Bean chilli with a gluten-free biscuit



Tofu Scramble Wrap

***All oats, oat products, pulses, flax and hemp seeds, flours and grains need to be labelled gluten free**



GLUTEN-FREE DIET ESSENTIALS

Lactose Intolerance

WHAT IS LACTOSE?

Lactose is a sugar found in milk.

Lactase is made by your body and helps your gut digest **lactose**. Lactose intolerance happens when there is not enough lactase in your gut to break down lactose. This can happen if your body does not make enough lactase or your gut has some damage from celiac disease.

It may take up to a year or longer for your gut to fully heal on the gluten-free diet. Some people take longer to heal than others. After the gut heals, more lactose is usually tolerated.

Lactose is found in dairy products...

Milk, yogurt, cheese, cream, sour cream, whipping cream, ice cream, buttermilk and cream cheese.



...and in other foods made with dairy products, like:

Margarine, some flavors of chips, creamy salad dressings, soups and sauces, some lunch meats, instant potatoes, creamed vegetables, cookies and desserts.

TO IDENTIFY LACTOSE IN FOODS:

LOOK FOR WORDS LIKE:

Milk, modified milk ingredients, lactose, milk powder or any of the dairy products listed above.

Ingredients: Potatoes, vegetable oil, seasoning, salt, lactose, citric acid.

Ingredients: Sour cream, mayonnaise, garlic, salt, parsley, dill, chives, paprika, buttermilk, acetic acid.



GLUTEN-FREE DIET ESSENTIALS

Lactose Intolerance

DID YOU KNOW?

Lactose intolerance and dairy allergies are not the same! If you have a dairy allergy, look for the words "dairy free."

WAYS TO LIMIT LACTOSE

- Small amounts of dairy products may be more tolerable throughout the day instead of larger amounts all at once.
- Choose milk, cheese and yogurt that say "lactose free."
- Try plant-based beverages, like soy, with added calcium and vitamin D. These beverages do not contain lactose.
- Yogurt is easier to digest than other dairy products.
- Hard cheese, like cheddar, is often easier to tolerate than soft cheese like mozzarella.
- Take lactase pills with meals, or add lactase drops to milk 24 hours before you drink it.

LACTOSE-FRIENDLY TORTILLA PIZZA

- Start with a gluten-free grain. Try a gluten-free tortilla for a crispy crunch!
- Spread the tomato sauce on top.
- Add fresh vegetables and a protein source for a topping. Try ground turkey or black beans!
- Top with a **lactose free or low-lactose cheese**.
- Bake in the oven until the cheese is bubbling and the edges are crisp.
- Fill your plate with your favourite colourful vegetables on the side!





GLUTEN-FREE DIET ESSENTIALS

Vegan Diet

A vegan diet includes only plant foods. Vegan diets do not include any animal products (dairy products, eggs and animal meat). Some nutrients are hard to get on a vegan diet. Plan meals carefully to help ensure that nutritional needs are being met.

CHOOSE GLUTEN-FREE FOODS WITH THESE NUTRIENTS DAILY:

I NEED...

I CAN EAT...

Vitamin B12	<ul style="list-style-type: none"> • Fortified soy foods • Fortified nutritional yeast
Iron	<ul style="list-style-type: none"> • Beans & Chickpeas • Quinoa • Fortified Gluten-Free Cereals • Nuts & Seeds
Protein	<ul style="list-style-type: none"> • Nut butter • Quinoa • Edamame • Tofu • Beans, Chickpeas & Lentils • Nuts & Seeds
Omega-3 Fat	<ul style="list-style-type: none"> • Flax seeds* • Chia seeds • Hemp seeds* • Walnuts • Soybeans • Canola oil • Soy oil • Hemp oil
Zinc	<ul style="list-style-type: none"> • Wild rice • Pumpkin seeds • Nuts • Beans & Chickpeas • Tofu & Tempeh • Tahini

If you have specific questions about your nutrient needs, talk to your doctor or dietitian.

***Buy flax and hemp seeds labelled "gluten free"**

Vegan Tacos



GLUTEN-FREE DIET ESSENTIALS

Vegan Diet

CONSIDERATIONS FOR A VEGAN AND GLUTEN-FREE DIET

Remember always to read the label of any product when following a strict gluten-free diet. Some processed vegan foods may contain gluten, such as:

- Tofu
- Tempeh
- Miso
- Meat substitutes
- Plant-based beverages (e.g. soy, almond, cashew, rice and oat)

Some processed gluten-free foods have eggs and dairy. Check the ingredient list to see if it is vegan.

COMPARE THE THREE INGREDIENT LISTS BELOW:

Ingredients:

Water, Corn starch,
Skim milk powder, Corn
flour, Liquid egg white,
Sugar, Vegetable oil,
Salt, Corn meal

**Gluten-free but
not vegan**

Ingredients:

Water, Soybeans,
Soy sauce (water,
soybeans, salt, wheat),
Cider vinegar, Cane
syrup, Brown rice, Salt,
Spice

**Vegan but
not gluten-free**

Ingredients:

Cauliflower, Corn
flour, Water, Corn
starch, Potato starch,
Olive oil, Salt, Pepper,
Spice

**Gluten-free &
vegan**



GLUTEN-FREE DIET ESSENTIALS

Reading Nutrition Facts Tables

A NUTRITION FACTS TABLE TELLS YOU ABOUT THE NUTRIENTS IN A FOOD

Use the picture below to learn how to make healthier choices when choosing gluten-free processed foods.

The nutrient amounts listed are based on this **serving size**. If you eat more or less of this amount, you will get more or less nutrients.

Choose foods with less than **2g of saturated fat**, **0g of trans fat** and less than **5% sodium**.

Nutrition Facts		Valeur nutritive	
Per 1 cup (250 mL)			
pour 1 tasse (250 mL)			
Calories 110		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 0 g			0 %
Saturated / saturés 0 g			0 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 26 g			
Fibre / Fibres 0 g			0 %
Sugars / Sucres 22 g			22 %
Protein / Protéines 2 g			
Cholesterol / Cholestérol 0 mg			
Sodium 0 mg			0 %
Potassium 450 mg			10 %
Calcium 30 mg			2 %
Iron / Fer 0 mg			0 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Look for **2g** or more of **fibre** per serving.

5% or less is a little. 15% or more is a lot.

CHOOSE FOODS HIGH IN:

- Vitamins
- Minerals
- Fibre
- Protein

CHOOSE FOODS LOW IN:

- Saturated fat
- Trans fat
- Sodium
- Added sugar



GLUTEN-FREE DIET ESSENTIALS

Reading Ingredient Lists

THE INGREDIENT LIST TELLS YOU WHICH FOODS THE PRODUCT IS MADE OF

Prepackaged products in Canada must say if they contain any gluten sources. These sources will be listed as their grain names in the ingredient list or in a "Contains" statement. Read the ingredient list on the product package every time!

Look for BROW ingredients:

Barley

Rye

Oats

Wheat



Products that have any BROW ingredients are not considered safe for people with celiac disease.

Products that have "gluten-free" statements or certifications must:

- Control for cross-contamination.
- Have less than 20 ppm (parts per million) of gluten.

These products are considered safe for people with celiac disease.

LOOK FOR THESE LABELS ON PRODUCTS:



These labels are used on products that are certified gluten-free and are considered safe for celiacs to enjoy!

***All oats, oat products, pulses, flax and hemp seeds, flours and grains need to be labelled gluten free**



GLUTEN-FREE DIET ESSENTIALS

Reading Ingredient Lists

Not all the foods you buy need to be labelled "gluten free."
However, the **exceptions** to this are:

- Gluten-free flours, oats and grains (except whole rice grains)
- Products made with gluten-free flours, oats and grains
- Hemp and flax seeds
- Dried beans, chickpeas, peas and lentils



It is recommended to only purchase the above products with a "gluten-free" claim or "gluten-free" certification symbol due to the increased risk of cross-contamination.

COMPARE THE INGREDIENT LISTS TO SEE WHICH PRODUCTS ARE CELIAC SAFE

Ingredients: **Rye Flour**, Yeast, Eggs, Salt, Butter,
Water, Honey
Contains: **Rye**

NOT GLUTEN FREE

Ingredients: Cashews, Peanut Oil, Salt
May contain: Peanuts, Other Tree Nuts, Milk, Soy,
Wheat, Sesame and Sulphites

SHOULD BE AVOIDED DUE TO
THE RISK OF
CROSS-CONTAMINATION

Ingredients: Olive Oil, Apple Cider Vinegar, Honey,
Garlic, Salt, Pepper

GLUTEN FREE



GLUTEN-FREE DIET ESSENTIALS

Cross - Contamination

Cross-contamination happens when gluten-free foods come in contact with gluten. This can happen at home or when eating away from home (e.g. restaurants, school). Care must be taken to avoid and prevent cross-contamination while on the gluten-free diet.

WHAT YOU CAN DO AT HOME:

- Store gluten-free foods away from foods that contain gluten.
- Use squeeze bottles for shared spreads and condiments or put them in a different container for household members eating gluten free. Make sure you clearly label your gluten-free containers.
- Use a designated gluten-free toaster. If this is not possible, purchase reusable toaster bags for the gluten-free bread in a shared toaster.
- Always clean kitchen surfaces and utensils before cooking and eating gluten-free foods.
 - Be cautious of wooden utensils and cutting boards. They are porous and can hold gluten particles even after they are cleaned and can potentially contaminate gluten-free foods.
- Try preparing gluten-free meals and snacks before gluten-containing ones.
- Prepare and cook gluten-free foods separately from gluten-containing foods.
- Wash your hands before and between preparing, cooking and eating.
- BBQs are a source of contamination. Place the gluten-free items on foil to prevent cross-contamination.

WHAT YOU CAN DO WHEN GROCERY SHOPPING:

- Do not participate in food samplings.
- Avoid purchasing from bulk bins as there is a high potential for cross-contamination.
- Always remember to read the food label.





GLUTEN-FREE DIET ESSENTIALS

Cross- Contamination

WHAT YOU CAN DO AT SCHOOL:

- Let your teachers know you have celiac disease and what your needs are.
- Be careful that your gluten-free foods do not come in contact with gluten-containing foods during lunch and snack times.
- Wash your hands before eating, and do your best to wipe down tables and surfaces before eating.
- Do not eat anything given to you until it has been checked to be gluten free.

WHAT YOU CAN DO WHEN EATING OUT:

At a restaurant:

- Let your server know you have celiac disease and can get sick if you eat gluten.
- Ask lots of questions about how your food will be prepared and how the kitchen avoids cross-contamination.
- Check with your server that the item you ordered is gluten free before eating.

At a social event:

- Talk to the host ahead of time to see if there will be gluten-free options.
- Offer to bring a gluten-free dish.
- Bring your own snacks.
- Eat before you go, or only eat gluten-free foods that have not been contaminated by others. Avoid eating from shared bowls or plates.



GLUTEN-FREE DIET ESSENTIALS

Grocery Shopping Tips

FOLLOW THE **THREE STEPS** BELOW TO HELP
MAKE GLUTEN-FREE GROCERY SHOPPING
EASY AND EFFICIENT!

STEP 1: MAKE A PLAN

- Plan meals for the entire week, if possible.
- Plan meals using the ingredients you already have at home. This can help prevent food spoilage and waste.
- Try to include lots of naturally gluten-free foods. Focus on fruits and vegetables.
- Choose simple recipes to start. Try more complex recipes as you build your knowledge and skills around gluten-free eating.



STEP 2: WRITE A LIST

- Add headings to your grocery list that match the sections of the store, such as "fresh produce" and "dairy." This will help you stay organized when shopping.
- Add your ingredients from your meal plan to your grocery list. Have your grocery list visible in your kitchen and add to it as you run out of other items.



GLUTEN-FREE DIET ESSENTIALS

Grocery Shopping Tips

STEP 3: SHOP WITH EASE

- Shop the perimeter of the store. This is where you will find most of the naturally gluten-free foods like fresh produce, meat and dairy products.
- Other nutritious food items are found in the inner aisles, such as pulses, nuts, seeds, gluten-free grains/flours and cereals.
- Get everything you need from one section of the store before moving on to the next.
- Read labels to check for gluten; think BROW: barley, rye, oats, wheat. Look for "gluten-free" certification symbols. Look for "gluten-free" claims or "gluten-free" certification symbols.
- Avoid buying from bulk bins as they can easily become contaminated with gluten.
- Select refrigerated and frozen items last to keep foods cold and prevent melting and thawing on your way home.



LOOK FOR THESE LABELS ON PRODUCTS:



***All oats, oat products, pulses, flax and hemp seeds, flours and grains need to be labelled gluten free**

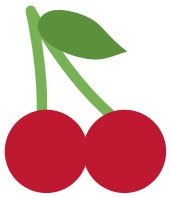


GLUTEN-FREE DIET ESSENTIALS

Eating on a Budget

TIPS TO HELP YOU EAT GLUTEN-FREE ON A BUDGET!

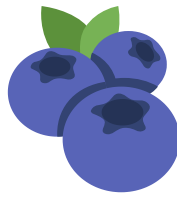
- Set a budget, create a grocery list for the week and stick to it!
- Stock up on non-perishable items when they are on sale.
- Compare prices of items at different grocery stores.
- Consider what foods are in season; they will often be less expensive than foods that are not in season.



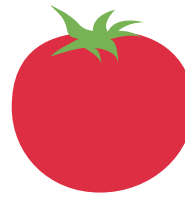
June & July



June - October



July & August



July - September



August & September

- Buy naturally gluten-free items like rice, quinoa, fresh and frozen produce, pulses (beans, lentils, peas) as well as meat, poultry and fish. Limit processed gluten-free packaged foods, which can be expensive.
- Look for gluten-free items outside of the "gluten free" and "natural" sections. Some products are not labelled "gluten-free" but do not contain any gluten ingredients and are safe. These products can be cheaper.

***All oats, oat products, pulses, flax and hemp seeds, flours and grains need to be labelled gluten free**

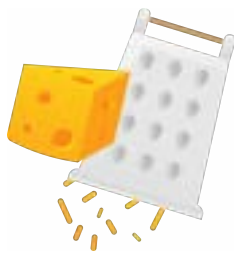


GLUTEN-FREE DIET ESSENTIALS

Eating on a Budget

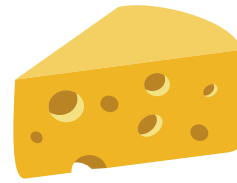
CHOOSE LESS CONVENIENT FOODS:

Prepackaged "handy" foods are often more expensive than the less convenient version.



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Shredded Cheese

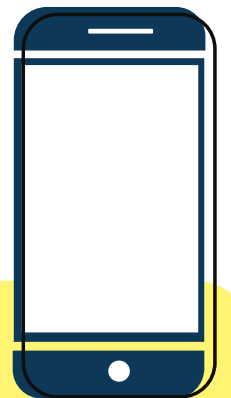


\$\$

Block Cheese

GROCERY SHOPPING APPS

There are lots of mobile apps available to download to help with grocery shopping and shopping on a budget. Take a look at your app store and see what is right for you!



APPS CAN:

- Let you set alerts and notifications for when food items go on sale.
- Allow you to compare weekly flyers of different grocery stores to find the best deal.
- Help you plan meals with what you already have in your refrigerator and pantry.
- Help you manage your grocery lists and receipts.
- Help you stay on budget by calculating the total cost of your shopping list.
- May provide flyers, deals and coupons.



GLUTEN-FREE DIET ESSENTIALS

Eating Out

FOLLOW THESE TIPS WHEN EATING OUT

AT HOME BEFORE ORDERING...

- Check online menus for gluten-free options.
- Call the restaurant and speak to the staff or chef about any questions.

WHEN ORDERING...

Ask about:

- Menu ingredients, preparation and cooking methods.
- Menu items that can be changed to become gluten free.
- How does the staff know when there is a gluten-free order.
- How the staff avoids cross-contamination with gluten.



Be clear that you have celiac disease and can become very sick if you eat gluten.

BEFORE EATING...

- Confirm with the staff that your meal is the gluten-free option.
- Check the meal before eating it. Do not be afraid to send it back if there are any concerns.

WHEN ORDERING TAKEOUT...

- Call the restaurant and order directly through them instead of using delivery apps. This allows you to talk with the staff directly about any dietary needs.
- Check the order at pickup and confirm with staff that the order is gluten free.

Gluten-free dedicated
restaurants provide only
gluten-free food.

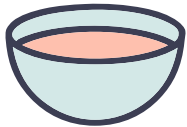
Gluten-free verified
restaurants provide safe
gluten-free food and
gluten-containing food.



GLUTEN-FREE DIET ESSENTIALS

Eating Out

SOME FOODS THAT MAY CONTAIN OR BE CONTAMINATED WITH GLUTEN...



Soup bases
and broths



Seasonings, condiments,
marinades, sauces, thickeners,
dips and dressings



Salad croutons, noodles
and taco chips



Rice dishes such
as rice pilaf



Breaded, coated or marinated
meat, poultry and fish



Fillers in vegetarian
and meat patties or sausages



Foods cooked on the same surface
as gluten-containing foods



Gluten-free pasta, pizza crusts
and bread made in-house



Desserts topped with cookies, with crumb
bases or made in a baking dish coated with
flour to prevent sticking

TO PREVENT CROSS-CONTAMINATION, ASK FOR MEALS TO BE PREPARED...



On clean cooking surfaces
(cutting boards, griddles
and BBQs)



With clean cooking utensils,
pots, pans, colanders
and toasters



With fresh water to
boil pasta
and vegetables



In a gluten-free
dedicated fryer



GLUTEN-FREE DIET ESSENTIALS

Travel

With proper planning and research, traveling on the gluten-free diet can be a safe and fun experience!

BEFORE YOU GO:

- Pack lots of gluten-free, non-perishable snacks to last your entire trip.
- Research food establishments for gluten-free options in and around the areas you will be staying.
- If you are on a road trip, research gluten-free food establishments along your route.



ONCE YOU ARRIVE:

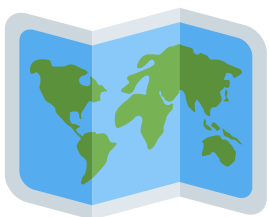
- Visit the local grocery store and pick up your gluten-free essentials. Look for new gluten-free foods to try!

FLYING:

Review which foods are allowed to be brought on the airplane.

- When flying within Canada, foods such as sandwiches and apples are allowed in carry-on bags.
- When flying outside Canada, any food not consumed will be subject to the regulations of the country you are visiting.

Contact the airline before buying your plane ticket to find out whether a gluten-free meal can be offered during the flight. If it can, follow up with a flight attendant when boarding to make sure your gluten-free meal gets to you.



If you are traveling to a country that speaks a different language, look online for gluten-free dining cards translated into those languages to help restaurant staff understand your needs.





GLUTEN-FREE DIET ESSENTIALS

Travel

STAYING IN A HOTEL:

- Contact the hotel you will be staying at to find out if there is a fridge in your room.
- Talk with hotel staff to see if they can recommend any gluten-free restaurants close by.

ALL-INCLUSIVE RESORTS:

- Contact the resort before you go and explain your dietary restrictions to see what accommodations they have.
- Opt for a-la-carte restaurants when possible to reduce the risk of gluten cross-contamination.
- At the buffet, arrive at the beginning of the meal service to reduce the risk of cross-contamination. Ask the chef which items are gluten free.

STAYING IN A CONDO:

- Wooden and other porous kitchen tools should not be used in shared spaces. Other kitchen tools that are well-washed are safe to use.
- Toaster bags are a good way to eliminate cross-contamination in shared toasters.

CRUISES:

- Contact the cruise line when booking to let them know of your dietary restrictions.
- Follow-up with staff once on board the ship.



TRAVEL REMINDERS:

**Do your research.
Plan for meals and snacks.
Ask questions.
When in doubt, do not eat it.
Do not let food restrictions prevent
you from travelling the world!**



GLUTEN-FREE DIET ESSENTIALS

Breakfast

Breakfast is an important meal to provide energy and nutrients to start the day!



Fill more than half your plate with fruits and vegetables



Add a protein food



Add a gluten-free grain food



Drink unweetened milk or fortified plant-based beverages

Tips to get more fruits and vegetables at breakfast:

- Add fruit to gluten-free cereal or oatmeal
- Add fresh or frozen vegetables to omelets, quiches or scrambles
- Add a mixture of fruits and vegetables to a smoothie

***All oats, oat products, pulses, flax and hemp seeds, flours and grains need to be labelled gluten free**



GLUTEN-FREE DIET ESSENTIALS

Breakfast

NEED SOME BREAKFAST IDEAS?

Each square below shows a different breakfast meal idea that has a source of fruit or vegetable, protein and gluten-free grain. Remember to have a fortified milk or plant-based beverage with your meal.

Gluten-free toast Scrambled eggs Fruit salad	Gluten-free oatmeal* Yogurt Berries
Gluten-free bread Peanut or nut butter Banana	Gluten-free cereal Almonds Strawberries
Fruit smoothie: fruits and vegetables of choice, peanut or nut butter, yogurt and gluten-free oats*	Tofu scramble Gluten-free tortilla Yogurt Berries



*All oats, oat products, pulses, flax and hemp seeds, flours and grains need to be labelled gluten free



GLUTEN-FREE DIET ESSENTIALS

School Lunches

School lunches are important because they provide children with energy and nutrients throughout the day. Having lunch together is a great way to spend time with classmates.

Getting involved in making school lunches:

- Improves food knowledge.
- Teaches kitchen and food safety skills.
- Decreases the amount of food that comes home uneaten.



Bento Box

Tips for preparing lunches with a busy family schedule:

- Plan lunches on the weekend for the week ahead.
- Wash and chop fruits and vegetables the night before.
- Use leftovers to make quick lunches.



Turkey Tortilla Pinwheels with Vegetables



Remember to fill lunches with fruits and vegetables and add a source of protein and gluten-free grain. Add fortified and unsweetened milk or plant-based beverages as part of your meal or on the side.



GLUTEN-FREE DIET ESSENTIALS

School Lunches

Eating at school can be difficult for children who are on the gluten-free diet. Their food is at risk of being cross-contaminated, and they may feel left out when they cannot enjoy the same foods as their classmates.

To prevent cross-contamination at school:

- Be careful that gluten-free foods do not come into contact with gluten-containing foods.
- Wash desks or tables before eating.
- Only eat gluten-free food and beverages that are safe.
- For younger children, talk with the teacher about your child's needs.



To be a part of special events:

- Leave gluten-free items that are shelf stable with the teacher so that if there is a special event at school, a safe treat is available.
- Keep non-food items with the teacher, like stickers or crafts, just in case a special event happens at school, and there are no gluten-free foods available.
- Send gluten-free versions of hot lunch foods.



GLUTEN-FREE DIET ESSENTIALS

Healthy Snacks

Snacks keep you energized and satisfy hunger between meals. They provide important nutrients and support your health. Check out the tips below on making, planning and buying healthy snacks!

PLANNING SNACKS:

- Plan snacks for the week ahead based on the foods you already have at home.
- Make a weekly shopping list of items you would like to purchase for snacks for the week.

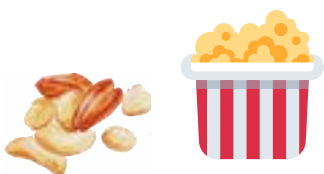
BUYING SNACKS:

- Choose a variety of healthy foods for your snacks.
- Always read the label on packaged snacks.
- Look for snacks that have a gluten-free claim or do not have gluten-containing ingredients.
- Choose prepared gluten-free snacks that are lower in both fat and added sugar.

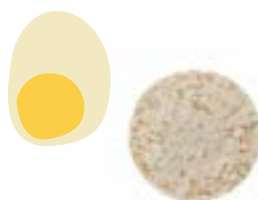
PREPARING SNACKS:

- Prepare snacks ahead of time.
- Chop extra vegetables when cooking to have for later.
- Hard boil and refrigerate eggs on the weekend to have throughout the week.
- Bake gluten-free muffins in large batches and freeze.

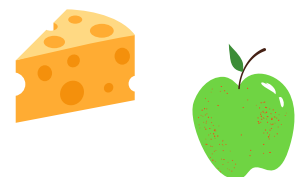
TRY OUT THESE SNACK COMBOS BELOW:



Nuts & Plain Popcorn



Hard Boiled Egg & Rice Cakes



Cheese & Apple Slices



GLUTEN-FREE DIET ESSENTIALS

Healthy Snacks

COMPARE AND CHOOSE THE HEALTHIER PACKAGED SNACK OPTION:

Gluten-Free Granola Bars

GRANOLA BAR 1

Nutrition Facts	
6 servings per container	
Serving size	1 Bar (40g)
Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 16g	6%
Dietary Fiber 7g	25%
Total Sugars 5g	
Protein 6g	12%
Vitamin D 0.4mcg	2%
Calcium 78mg	6%
Iron 1.08mg	6%
Potassium 188mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

GRANOLA BAR 2

Nutrition Facts	
6 servings per container	
Serving size	1 Bar (40g)
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 15g	19%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 12g	
Protein 2g	4%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.36mg	2%
Potassium 94mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

— Equal

— Less

— Less

— Less

— More

— Less

CHOOSE MOST OFTEN

- ✓ Less fat
- ✓ Less sodium
- ✓ More fibre
- ✓ Less sugar

CHOOSE LESS OFTEN

- ✗ More calories
- ✗ More fat
- ✗ More sodium
- ✗ Less fibre
- ✗ More sugar

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