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## CELIAC DISEASE OR A GLUTEN FREE DIET

Gluten is the generic name for certain types of proteins contained in the common cereal grains wheat, barley, rye and their derivatives that must be eliminated. The good news is that all fresh fruits, vegetables, beef, chicken, fish, lamb, pork and dairy products are naturally gluten-free.

### ALLOWED

#### Grains/Flours

Rice, corn (maize), soy, potato, tapioca, beans, garfava, sorghum, quinoa, millet, buckwheat, arrowroot, amaranth, teff, Montina®, flax, and nut flours

#### Oats

Research indicates that pure, uncontaminated oats consumed in moderation (up to 1/2 cup dry oats daily) are tolerated by most celiacs. Gluten-free oats are currently available in the United States. Consult your physician or dietician before including oats in your diet and for regular monitoring.

Distilled alcoholic beverages and vinegars are gluten-free. Distilled products do not contain any harmful gluten peptides. Research indicates that the gluten peptide is too large to carry over in the distillation process. This process leaves the resultant liquid gluten-free.

Wines and hard liquor/distilled beverages are gluten-free. Beers, ales, lagers and malt vinegars that are made from gluten-containing grains are not distilled and therefore, are not gluten-free. Gluten-free beers are available in the United States.

### NOT ALLOWED IN ANY FORM

Wheat (einkorn, durum, faro, graham, kamut, semolina, spelt), rye, barley and triticale

Frequently overlooked foods that may contain gluten and need to be verified:

- |                                 |  |   |
|---------------------------------|--|---|
| • Brown rice syrup              | • Processed luncheon meats             | • Nutritional supplements   |
| • Breeding & coating mixes      | • Sauces, gravies                      | • Vitamins & mineral supplements  |
| • Croutons                      | • Self-basting poultry                 | • Play-dough: a potential problem if hands are put on or in the mouth while playing with play-dough. Hands should be washed immediately after use |
| • Energy Bars                   | • Soy sauce or soy sauce solids        |   |
| • Flour or cereal products      | • Soup bases                           |   |
| • Imitation bacon               | • Stuffings, dressing                  |   |
| • Imitation seafood             | • Thickeners (Roux)                    |   |
| • Marinades                     | • Communion wafers                     |   |
| • Panko (Japanese bread crumbs) | • Herbal supplements                   |   |
| • Pastas                        | • Drugs & over-the-counter medications |   |