

## Restaurant Guidelines—Serving Gluten Free Diners

This document is a beginning point for any restaurant/chef who is considering promoting a gluten free component to their dining customers. It is highly recommended that you have a dietary expert, like a certified nutritionist review your menu offerings, kitchen procedures and staff training to ensure that you are, in fact, offering gluten free dishes.

In the meantime, please review the information presented and use it as a guideline to assess your restaurant, menu and staff. It is not difficult to meet the dietary needs of gluten free diners, it simply means some pre-planning on your part and a commitment from staff to follow the practices and safeguards that you put into place.

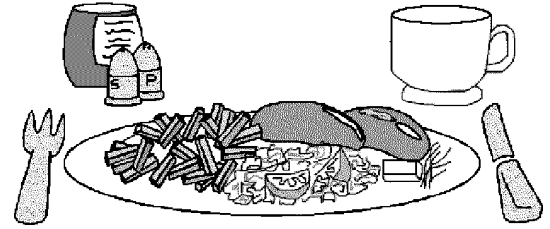
### What is Gluten ?

Gluten, as it is commonly referred to, is the protein found in wheat, rye and barley. For individuals with Gluten Sensitive Enteropathy (GSE) even a microscopic amount causes a physical reaction at a cellular level. Though the patient may not have obvious symptoms, the results affect their entire body, all of its organs and systems. The FDA has recently defined “gluten-free” as a product which contains less than 20 parts per million of gluten.

Consequently, the ingestion of gluten is naturally to be avoided at all costs. The only “cure” for GSE, which includes celiac disease and dermatitis herpetiformis, two of the more well-known GSE conditions, is a strict gluten-free diet. Additionally, there are a host of individuals who have found that they feel a significant improvement to their overall health on a gluten free diet.

### Why would a restaurant want to serve Gluten Free Diners?

More and more individuals are either on a gluten free diet themselves or know someone who is. Some restaurants have discovered when they start promoting that they serve gluten free, up to 30% of their dining tickets can be directly related to a gluten free diner in the party. The reason for this is that a group choosing to dine out will accommodate the diner with dining restrictions, so that they will be able to enjoy the meal with their group without worrying. There is also the side benefit of knowing that you are providing a safe dining experience for individuals who have a limited number of places to eat without worrying about getting contaminated.



### How difficult is it to serve Gluten Free ?

Depending on your menu, kitchen setup and storage capacity it may be very easy. We strongly encourage everyone to serve “gluten free naturally” which means clean, fresh vegetables, fruits and meats. Canned, dried and/or frozen is also acceptable, however, anything with a sauce or seasoning is to be considered suspect.

Kitchens with scratch cooking have an easier time of being able to serve gluten free with more choices, however with imagination, nearly every dining facility can offer something for the gluten free diner to safely eat.

### Quick Punchlist—Summary of Process

1. **Review your menu**—identify those items that are already naturally gluten free. These will include items like plain salad, grilled meats, baked potatoes, vegetables.
2. **Identify ingredients and verify gluten-free or which can be exchanged (or eliminated)** for those that don't contain gluten. For example, using cornstarch or tapioca flour to thicken a soup or gravy instead of flour (wheat). Croutons, crispy noodles or breaded chicken make a salad unsafe, however not putting them on, makes the same salad perfectly fine for gluten-free diners!
3. **Eliminate chance for cross contamination**, this can be the trickiest part of preparing a gluten free meal. Utensils and cooking surfaces need to be either dedicated or cleaned between contact with gluten and gluten free food. For example, a fryer used to make French fries AND battered onion rings will not make gluten-free fries, they will be contaminated from the batter on the onion rings.
4. **Training staff** getting your staff on-board with the gluten free program, they should understand what gluten-free is and be able to help diners be assured that they will get a gluten-free meal, free of contamination.

## The Beginning - Menu Review and Gluten Free Safe Foods and Unsafe Foods

Following this section, you will find a Safe Food List and an Unsafe Food List. These are the most recent lists (date is included). You should regularly check the website at [www.celiac.com](http://www.celiac.com) to make sure that there have been no changes to ingredients that do or do not contain gluten. It is also an excellent resource to find more information on the gluten-free diet, celiac disease and GSE.

Using the lists, review every item on your regular menu. Some items can be rejected immediately and will have no easy alternatives. This is ok, most gluten free diners will not expect that they can order everything on your menu and have you prepare it gluten free. The next step is to look at your menu for items which contain ingredients that can be **verified** as gluten free (or not). This may include things like sausage, prepared meats, barbeque sauce or salad dressing. This may require that you contact the manufacturer to verify that the item is “safe”.

Make a list of all items which are *naturally* gluten free, this will be the starting point for your gluten free menu. Things like fruit cups, shrimp cocktail, salads, baked potatoes, etc. Be aware however, that any sauce, marinade, or dressing that is added to the plain food item will need to be checked to be sure that it is gluten free. You will need to contact the manufacturer to make sure that all ingredients are gluten free. Unfortunately, some restaurant packaging does not include allergen information, like the ingredient list on retail products. At this point you should *not* be considering pre-packaged foods unless you are buying gluten free product from a dedicated or certified gluten free facility (like a pre-made cheesecake or pizza crust).

It is highly recommended that you create a separate gluten free menu. First, it gives the GF diner the confidence that, in fact, you have considered what you can prepare safely for them and are willing to promote those items. Secondly it eliminates staff having to remember what is and what is not available gluten free AND it serves as a tangible reminder to everyone that this meal is *special* and will be requiring some extra awareness (like NOT throwing the croutons on automatically because that is the way you ALWAYS serve the dinner salad !)

It is extremely important that you *only* advertise items that you *KNOW* are gluten free as gluten free. Diners are **trusting you** to be honest in your offerings. They would rather NOT eat something than eat something that might not be safe !

### Consider Replacing Ingredients

By now, you should have a list of items from your menu that are naturally gluten-free, or have GF items added to the dish (like spaghetti sauce). Does this list of items create a meal ? Maybe even more than a few choices for your GF diner ? If not, consider looking at the next level in this process.

Review your menu items again, thinking about substituting ingredients that contain gluten for those that are gluten-free. This might mean using wheat-free soy sauce or eliminating those buttered crumbs from the gremolata. Could you thicken the soup with potato flakes instead of flour ? Or use wheat-free soy sauce to prepare teriyaki marinade?

Rather than trying to find an equivalent GF item, look for something you are already serving that is naturally gluten free. Maybe an appetizer like an artichoke cheese dip served with tortilla chips instead of pita chips . . .

Lastly, you can replace gluten items with gluten free replacements. Some restaurants are making GF buns from commercially available mixes or using gluten free pasta . . . Unfortunately, these substitutes can be expensive and you will still need to be aware of the possibility of cross contamination as you prepare or store them.

**Safe Food List for Gluten Free Restaurant Dining**

All fresh, canned, or frozen fruit or Vegetables (w/o sauce or seasoning, unless confirmed gluten-free)

Acacia Gum  
 Acesulfame K  
 Acesulfame Potassium  
 Acetanisole  
 Acetophenone  
 Acorn Quercus  
 Adipic Acid  
 Agar  
 Agave  
 Albumen  
[Alcohol \(Spirits - Specific Types\)](#)  
 Alfalfa  
 Algae  
 Algin, Alginate and Alginic Acid  
 Alkalized Cocoa  
 Allicin  
 Almond, all nuts are safe  
 Alpha-amylase  
 Alpha-lactalbumin  
 Aluminum  
[Amaranth](#)  
 Ambergris  
 Ammonium Hydroxide  
 Ammonium Phosphate  
 Ammonium Sulphate  
 Amylose  
 Amylopectin  
 Annatto, Annatto Color  
 Arabic Gum  
 Arrowroot  
 Artificial Butter Flavor  
 Artificial Flavoring  
 Ascorbic Acid  
 Aspartame (can cause [IBS](#) symptoms)  
 Aspartic Acid  
 Aspic  
 Astragalus Gummifer  
 Autolyzed Yeast Extract  
 Avena Sativa ([Oats](#)<sup>3</sup>)  
 Avena Sativa Extract (from [Oats](#)<sup>3</sup>)  
 Avidin  
 Azodicarbonamide  
 Baking Soda  
 Beeswax  
 Beans, all fresh and dried  
 Adzuki, Cowitch, Garbanzo, Hyacinth, Lentil, Mung, Romano (Chickpea), Tepary  
 Benzoic acid

Betaine  
 Beta Carotene  
 BHA  
 BHT  
 Bicarbonate of Soda  
 Biotin  
 Blue Cheese  
 Brown Sugar  
[Buckwheat](#) and buckwheat flour  
 Butter (check additives)  
 Butylated Hydroxyanisole  
 Butyl Compounds  
**Calcium**  
 Acetate, Carbonate, Caseinate,  
 Chloride, Disodium, Hydroxide,  
 Lactate, Pantothenate, Phosphate,  
 Propionate, Silicate, Sorbate, Stearoyl Lactylate, Stearate,  
 and Sulfate  
 Calrose  
 Camphor  
 Cane Sugar  
 Canola (Rapeseed), Canola Oil  
 Caprylic Acid  
 Carageenan Chondrus Crispus  
 Carboxymethyl Cellulose  
 Carmine  
 Carnauba Wax  
 Carob Bean, Bean Gum and Flour  
 Carrageenan  
 Casein  
 Cassava Manihot Esculenta  
 Castor Oil  
 Catalase  
 Cellulose<sup>1</sup>  
 Cellulose Ether and Cellulose Gum  
 Cetyl Alcohol  
 Cetyl Stearyl Alcohol  
 Champagne Vinegar  
 Chana (Chickpea), Chana Flour  
 Cheese, most, but check ingredients  
 Chickpea aka garbanzo beans  
 Chlorella  
 Chocolate Liquor  
 Choline Chloride  
 Chromium Citrate  
 Chymosin  
 Citric Acid  
 Citrus Red No. 2  
 Cochineal

from [www.celiac.com](http://www.celiac.com) Aug. 2009

Cocoa, Cocoa Butter  
 Coconut; Cream, Milk, and Vinegar  
 Collagen  
 Colloidal Silicon Dioxide  
 Confectioner's Glaze or flakes  
 Copernicia Cerifera  
 Copper Sulphate  
[Corn](#)—all forms  
 Gluten, Grits, Hominy, Masa, Flour, Polenta, Starch, Sugar, Sugar Vinegar, Syrup, Syrup Solids, Sweetener, Vinegar, Zein  
 Cortisone  
 Cotton Seed, Cotton Seed Oil  
 Cowitch  
 Cream of Tartar  
 Crospovidone  
 Curds  
 Cyanocobalamin  
 Cysteine, L  
 Dal (Lentils)  
 D-Alpha-tocopherol  
 Dasheen Flour (Taro)  
 D-Calcium Pantothenate  
 Delactosed Whey  
 Demineralized Whey  
 Desamidocollagen  
 Dextran  
 Dextrose  
 Dioctyl Sodium  
 Dioctyl Sodium Solfosuccinate  
 Dipotassium Phosphate  
 Disodium Guanylate  
 Disodium Inosinate  
 Disodium Phosphate  
[Distilled Alcohols](#)  
 Dutch Processed Cocoa  
 EDTA (Ethylenediaminetetraacetic Acid)  
 Eggs, Egg Yolks and egg whites  
 Elastin  
 Ester Gum  
 Ethyl Alcohol  
 Ethylenediaminetetraacetic Acid  
 Ethyl Maltol; Ethyl Vanillin  
 Expeller Pressed Canola Oil  
 FD&C Blue No. 1 and No. 2 Dye  
 FD&C Blue No. 1 and No. 2 Lake  
 FD&C Green No. 3 Dye  
 FD&C Green No. 3 Lake  
 FD&C Red No. 3 and No. 40 Dye  
 FD&C Red No. 40 Lake  
 FD&C Yellow No. 5 and No. 6 Dye

**Safe Food List for Gluten Free Restaurant Dining (con't)**

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FD&C Yellow No. 6 Lake	Invert Sugar	<a href="#">Millet</a> and millet flour
Ferric Orthophosphate	Iron Ammonium Citrate	Milo (Sorghum)
Ferrous Gluconate, Ferrous Fumerate	Isinglass	Mineral Oil
Ferrous Lactate, Ferrous Sulfate	Isolated Soy Protein	Mineral Salts
Fish (all fresh, minimally seasoned)	Isomalt	Molybdenum Amino Acid Chelate
Flaked Rice	<a href="#">Job's Tears</a>	Monocalcium Phosphate
Flax	Jowar (Sorghum)	Monopotassium Phosphate
Folacin	Karaya Gum	<a href="#">monosaccharides</a>
Folate	Kasha (roasted buckwheat)	MSG-Monosodium Glutamate
Folic Acid-Folacin	Keratin	Monostearates
Formaldehyde	K-Carmine Color	Musk
Fructose	K-Gelatin	Mustard Flour
Fruit, fresh, frozen and dried	Koshihikari (rice)	Myristic Acid
Fumaric Acid	Kudzu, Kudzu Root Starch	Natural Smoke Flavor
Galactose	Lactalbumin Phosphate	Niacin-Niacinamide
Gelatin	Lactase	Neotame
Glucoamylase	Lactic Acid	Niacin or Niacinamide
Gluconolactone	Lactitol	Nitrates
Glucose, Glucose Syrup	Lactose	Nitrous Oxide
Glutamate (free)	Lactulose	Nuts (except wheat, rye & barley)
Glutamic Acid	Lanolin	Acorn, Almond, Brazil, Chestnut, Filbert or Hazelnut, Pecan, Walnut
Glutamine ( <a href="#">amino acid</a> )	Lard	<a href="#">Oats</a> <sup>3</sup>
Glutinous Rice, Glutinous Rice Flour	L-cysteine	Oils and Fats
Glycerin	Lecithin	Oleic Acid
Glycerol Monooleate	Lemon Grass	Oleoresin
Glycol Monosterate	Licorice, flavoring not candy	Olestra
Glycol	Licorice Extract	Oleyl Alcohol/Oil
Glycolic acid	Lipase	Orange B
Gram flour (chick peas)	L-leucine	Oryzanol
Grape Skin Extract	<a href="#">L-lysine</a>	Palmitic Acid
Grits, Corn	L-methionine	Pantothenic Acid
Guar Gum	Locust Bean Gum	Papain
Gum Acacia, Gum Arabic,	L-tryptophan	Paraffin
Gum Base, Gum Tragacanth	Magnesium Carbonate	Partially Hydrogenated Cottonseed Oil
Hemp, Hemp Seeds	Magnesium Hydroxide	Partially Hydrogenated Soybean Oil
Herbs, all pure, fresh or dried	Magnesium Oxide	Peas, all fresh, frozen, dried or flour
Hexanedioic Acid	Maize, Maize Waxy (corn)	Chick, Cow, green, yellow, split, Pi geon
High Fructose Corn Syrup	Malic Acid	Pea Starch
Hominy (corn)	Maltitol	Peanuts or Peanut Flour
Honey	Maltodextrin	Pectin
Hops	Maltol	Pectinase
Horseradish (Pure)	Manganese Sulfate	Peppermint Oil
Hydrogen Peroxide	Manioc	Pepsin
Hydrolyzed Caseinate	Masa (corn), Flour, Masa Harina	Peru Balsam
Hydrolyzed Meat Protein	Meat (ALL fresh, clean, unseasoned)	Petrolatum
Hydrolyzed Soy Protein	Medium Chain Triglycerides	PGPR (Polyglycerol Polyricinoleate)
Hydroxypropyl Cellulose	Menhaden Oil	Phenylalanine
Hydroxypropyl Methylcellulose	Methyl Cellulose <sup>2</sup>	Phosphoric Acid, Phosphoric Glycol
Hypromellose	Microcrystalline Cellulose	Polenta
Illepe	Micro-particulated Egg White Protein	Polydextrose
Iodine	Milk, all fresh or dried non-fat	
Inulin	Milk Protein Isolate	

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Polyethylene Glycol  
 Polyglycerol  
 Polyglycerol Polyricinoleate (PGPR)  
 Polysorbates, including 60 and 80  
 Pork (all fresh, frozen, unseasoned)  
 Potassium Benzoate  
 Potassium Caseinate  
 Potassium Citrate, Potassium Iodide  
 Potassium Lactate  
 Potassium Matabisulphite  
 Potassium Sorbate  
 Potatoes, also Flour or Starch  
 Poultry (all fresh, frozen, unseasoned  
 and not prepared as an ingredi-  
 ent)  
 Povidone  
 Prinus  
 Pristane  
 Propolis  
 Propylene Glycol  
 Propylene Glycol Monosterate  
 Propyl Gallate  
 Protease  
 Psyllium  
 Pyridoxine Hydrochloride  
[Quinoa and Quinoa flour](#)  
[Ragi](#)  
[Rape](#) aka rapeseed or canola oil  
 Recaldent  
 Reduced Iron  
 Rennet or Rennet Casein  
 Resinous Glaze  
[reticulin](#)  
 Riboflavin  
 Rice, all types, flour, syrup or starch  
 Rice (Enriched)  
 Ricinoleic Acid  
 Romano Bean (chickpea)  
 Rosematta  
 Rosin  
 Royal Jelly  
 Saccharin  
 Saffron  
 Sago or Sago Palm also flour or  
 starch  
 Saifun (bean threads)  
 Salt  
 Seaweed  
 Seeds (except wheat, rye & barley)  
 Pumpkin, Sesame, sunflower  
 Shea  
 Sherry Vinegar

Silicon Dioxide  
 Soba (be sure its 100% buckwheat)  
 Sodium Acid Pyrophosphate  
 Sodium Acetate, Sodium Alginate  
 Sodium Ascorbate, Sodium Benzoate  
 Sodium Caseinate, Sodium Citrate  
 Sodium Erythrobrate  
 Sodium Hexametaphosphate  
 Sodium Lactate  
 Sodium Lauryl Sulfate  
 Sodium Metabisulphite  
 Sodium Nitrate, Sodium Phosphate  
 Sodium Polyphosphate  
 Sodium Silico Aluminate  
 Sodium Stearoyl Lactylate  
 Sodium Sulphite, Sodium Stannate  
 Sodium Tripolyphosphate  
 Sorbic Acid  
 Sorbitan Monostearate  
 Sorbitol-Mannitol (can cause IBS  
 symptoms)  
[Sorghum](#) and Sorghum flour  
 Soy, Soybeans & derivatives  
 Lecithin, Protein, Protein  
 Isolate  
 Spices (pure)  
[Spirits \(Specific Types\)](#)  
 Stearates  
 Stearamide  
 Stearamine  
 Stearic Acid  
 Stearyl Lactate  
 Stevia  
 Succotash (corn and beans)  
 Sucralose  
 Sucrose  
 Sulfosuccinate  
 Sulfites  
 Sulfur Dioxide  
 Sweet Chestnut Flour  
 Tagatose  
 Tallow  
 Tapioca, also Flour and Starch  
 Tara Gum  
 Taro  
 Tarrow Root  
 Tartaric Acid  
 Tartrazine  
 TBHQ is Tetra or Tributylhydro  
 quinone  
 Tea  
 Tea-Tree Oil

[Teff](#) or Teff Flour  
 TVP—Textured Vegetable Protein  
 Thiamin Hydrochloride  
 Thiamine Mononitrate  
 Thiamine Hydrochloride  
 Titanium Dioxide  
 Tofu (Soy Curd)  
 Tolu Balsam  
 Torula Yeast  
 Tragacanth  
 Tragacanth Gum  
 Triacetin  
 Tricalcium Phosphate  
 Tri-Calcium Phosphate  
 Trypsin  
 Turmeric (Kurkuma)  
 Tyrosine  
 Urad/Urid Beans  
 Urad/Urid Dal (peas)  
 Urad/Urid flour  
 Urd  
 Vegetables, all fresh, canned or frozen  
[Vinegars \(Specific Types\)](#) except Malt  
 Apple cider, balsamic, cane,  
 distilled, fruit, herb, raisin,  
 rice, spirit, white, wine  
 Vanilla Extract or Flavoring  
 Vanillin  
 Vitamin A (retinol), Vitamin A Palmitate  
 Vitamin B1, Vitamin B-12  
 Vitamin B2, Vitamin B6  
 Vitamin D  
 Vitamin E Acetate  
 Whey or Whey Protein Concentrate  
 Whey Protein Isolate  
[Wines](#)  
 Wild Rice  
 Xanthan Gum  
 Xylitol  
 Yam Flour  
 Yeast  
 Yogurt (plain, unflavored or check)  
 Zinc Oxide or Zinc Sulfate

1) Cellulose is a carbohydrate polymer of D-glucose. It is the structural material of plants, such as wood in trees. It contains no gluten protein.

2) Methyl cellulose is a chemically modified form of cellulose that makes a good substitute for gluten in rice-based breads, etc.

3) Recent research indicates that oats may be safe for people on gluten-free diets, although many people may also

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Abyssinian Hard (Wheat triticum durum)	Hydrolyzed Wheat Starch	tract
<a href="#">Alcohol (Spirits - Specific Types)</a>	Hydroxypropyltrimonium Hydrolyzed Wheat Protein	Triticum Vulgare (Wheat) Germ Oil
Amp-Isostearoyl Hydrolyzed Wheat Protein	Kamut (Pasta wheat)	Udon (wheat noodles)
Atta Flour	Kecap Manis (Soy Sauce)	Unbleached Flour , wheat or white
Barley Grass (can contain seeds)	Ketjap Manis (Soy Sauce)	Vavilovi Wheat (Triticum aestivum)
Barley Hordeum vulgare	Kluski Pasta	Vital Wheat Gluten
Barley Malt	Maida (Indian wheat flour)	Wheat, Abyssinian Hard triticum durum
Beer (most contain barley or wheat)	Malt, including Extract, Syrup, Flavoring & Malt Vinegar	Wheat <a href="#">amino acids</a>
Bleached Flour	Malted Barley Flour	Wheat Bran Extract
Bran	Malted Milk	Wheat, Bulgur
Bread Flour	Macha Wheat (Triticum aestivum)	Wheat Durum Triticum
Brewer's Yeast	Matza (also Matzah, Matzo, Matzoh)	Wheat Germ Extract
Brown Flour	Matzo Semolina	Wheat Germ Glycerides
Bulgur (Bulgar Wheat/Nuts)	Meringue	Wheat Germ Oil
Bulgur Wheat	Meripro 711	Wheat Germamidopropylidimonium Hydroxypropyl Hydrolyzed
Cake Flour	Mir	Wheat Protein
Cereal Binding	Nishasta	Wheat Grass (can contain seeds)
Chilton	Oriental Wheat (Triticum turanicum)	Wheat Nuts
Club Wheat (Triticum aestivum subspecies compactum)	Orzo Pasta	Wheat Protein
Common Wheat (Triticum aestivum)	Pasta	Wheat Triticum aestivum
Cookie Crumbs	Pearl Barley	Wheat Triticum Monococcum
Cookie Dough	Persian Wheat (Triticum carthlicum)	Wheat (Triticum Vulgare) Bran Extract
Cookie Dough Pieces	Perungayam	Whole-Meal Flour
Couscous	Poulard Wheat (Triticum turgidum)	Wild Einkorn (Triticum boeotictim)
Criped Rice	Polish Wheat (Triticum polonicum)	Wild Emmer (Triticum dicoccoides)
Dinkle (Spelt)	Rice Malt (if barley or Koji are used)	
Disodium Wheatgermamido Peg-2 Sulfosuccinate	Roux	<i>The following items may or may not contain gluten depending on where and how they are made, and it is sometimes necessary to check with the manufacturer to find out:</i>
Durum wheat (Triticum durum)	Rusk	Artificial Color <sup>4</sup>
Edible Coatings, Films or Starches	Rye	Baking Powder <sup>4</sup>
Einkorn (Triticum monococcum)	Seitan	Caramel Color <sup>1,3</sup>
Emmer (Triticum dicoccon)	Semolina or emolina Triticum	Caramel Flavoring <sup>1,3</sup>
Enriched Bleached Flour	Shot Wheat (Triticum aestivum)	Clarifying Agents <sup>4</sup>
Enriched Bleached Wheat Flour	Small Spelt	Coloring <sup>4</sup>
Enriched Flour, wheat or white	<a href="#">Spirits (Specific Types)</a>	Dextrins <sup>1,7</sup>
Farina or Farina Graham	Soy Sauce (most use wheat, check)	Dextrimaltose <sup>1,7</sup>
Farro	Spelt (Triticum spelta)	Diglycerides <sup>4</sup>
Filler	Sprouted Wheat or Barley	Dry Roasted Nuts <sup>4</sup>
Flour (normally this is wheat)	Stearylidimoniumhydroxypropyl Hydrolyzed Wheat Protein	Emulsifiers <sup>4</sup>
Fu (dried wheat gluten)	Strong Flour	<a href="#">enzymes</a> <sup>4</sup>
Germ	Suet in Packets	Fat Replacer <sup>4</sup>
Graham Flour	Tabbouleh or Tabouli	Flavoring <sup>6</sup>
Granary Flour	Tamari (can contain wheat, check)	Food Starch <sup>1,4</sup>
Groats (barley, wheat)	Teriyaki Sauce	Food Starch Modified <sup>1,4</sup>
Hard Wheat	Textured Vegetable Protein - TVP	Glucose Syrup <sup>4</sup>
Heeng or Hing	Timopheevi Wheat (Triticum timopheevii)	Glycerides <sup>4</sup>
Hordeum Vulgare Extract	Triticale X triticosecale	Gravy Cubes <sup>4</sup>
Hydrolyzed Wheat Gluten or Protein	Triticum Vulgare (Wheat) Flour Lipids	
Hydrolyzed Wheat Protein Pg-Propyl Silanetriol	Triticum Vulgare (Wheat) Germ Ex-	

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Ground Spices<sup>4</sup>  
 HPP<sup>4</sup>  
 HVP<sup>4</sup>  
 Hydrolyzed Plant Protein<sup>4</sup>  
 Hydrolyzed Protein<sup>4</sup>  
 Hydrolyzed Vegetable Protein<sup>4</sup>  
 Hydrogenated Starch Hydrolysate<sup>4</sup>  
 Hydroxypropylated Starch<sup>4</sup>  
 Maltodextrin<sup>1,8</sup>  
 Maltose<sup>4</sup>  
 Miso<sup>4</sup>  
 Mixed Tocopherols<sup>4</sup>  
 Modified Food Starch<sup>1,4</sup>  
 Modified Starch<sup>1,4</sup>  
 Mono and Diglycerides<sup>1,4</sup>  
 Monoglycerides<sup>1,4</sup>  
 Natural Flavoring<sup>6</sup>  
 Natural Flavors<sup>6</sup>  
 Natural Juices<sup>4</sup>  
 Non-dairy Creamer<sup>4</sup>  
 Pregelatinized Starch<sup>4</sup>  
 Protein Hydrolysates<sup>4</sup>  
 Seafood Analogs<sup>4</sup>  
 Seasonings<sup>4</sup>  
 Sirimi<sup>4</sup>  
 Smoke Flavoring<sup>4</sup>  
 Soba Noodles<sup>4</sup>  
 Soy Sauce or Tamari<sup>4</sup>  
 Soy Sauce Solids<sup>4</sup>  
 Sphingolipids<sup>4</sup>  
 Stabilizers<sup>4</sup>  
 Starch<sup>1,4</sup>  
 Stock Cubes<sup>4</sup>  
 Suet<sup>4</sup>  
 Tocopherols<sup>4</sup>  
 Vegetable Broth<sup>4</sup>  
 Vegetable Gum<sup>4</sup>  
 Vegetable Protein<sup>4</sup>  
 Vegetable Starch<sup>4</sup>  
 Vitamins<sup>4</sup>  
 Wheat Starch<sup>5</sup>

1) If this ingredient is made in North America it is likely to be gluten-free.

3) The problem with caramel color is it may or may not contain gluten depending on how it is manufactured. In the USA caramel color must conform with the FDA standard of identity from 21CFR CH.1. This statute says: the color additive caramel is the dark-brown liquid or solid mate-

rial resulting from the carefully controlled heat treatment of the following food-grade carbohydrates: Dextrose (corn sugar), invert sugar, lactose (milk sugar), malt syrup (usually from barley malt), molasses (from cane), starch hydrolysates and fractions thereof (can include wheat), sucrose (cane or beet). Also, acids, alkalis and salts are listed as additives which may be employed to assist the caramelization process.

4) Can utilize a gluten-containing grain or by-product in the manufacturing process, or as an ingredient.

5) Most celiac organizations in the USA and Canada do not believe that wheat starch is safe for celiacs. In Europe, however, [Codex Alimentarius Quality wheat starch](#) is considered acceptable in the celiac diet by most doctors and celiac organizations. This is a higher quality of wheat starch than is generally available in the USA or Canada.

6) According to 21 C.F.R. S 101.22 (a)(3): [t]he terms natural flavor or natural flavoring means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or [fermentation](#) products thereof. Whose significant function in food is flavoring rather than nutritional.

7) Dextrin is an incompletely hydrolyzed starch. It is prepared by dry heating corn, waxy maize, waxy milo, potato, arrowroot, WHEAT, rice, tapioca, or sago starches, or by dry heating the starches after: (1) Treatment with safe and suitable alkalis, acids, or pH control agents and

(2) drying the acid or alkali treated starch. (1) Therefore, unless you know the source, you must avoid dextrin.

May 1997 Sprue-Nik News. (1) Federal Register (4-1-96 Edition) 21CFR Ch.1, Section 184.12277. (2) Federal Register (4-1-96) 21 CFR. Ch.1, Section 184.1444

8) Maltodextrin is prepared as a white powder or concentrated solution by partial hydrolysis of corn starch or potato starch with safe and suitable acids and enzymes.

(1) Maltodextrin, when listed on food sold in the USA, must be (per FDA regulation) made from corn or potato. This rule does NOT apply to vitamin or mineral supplements and medications. (2) Donald Kasarda Ph.D., a research chemist specializing on grain proteins, of the United States Department of Agriculture, found that all maltodextrins in the USA are made from corn starch, using enzymes that are NOT derived from wheat, rye, barley, or oats. On that basis he believes that celiacs need not be too concerned about maltodextrins, though he cautions that there is no guarantee that a manufacturer won't change their process to use wheat starch or a gluten-based [enzyme](#) in the future. (3) - May 1997 Sprue-Nik News 1. Federal Register (4-1-96) 21 CFR. Ch.1, Section 184.1444 2. Additives Alert, an information sheet from the Greater Philadelphia Celiac Support Group, updated early in 1997. This specific information comes from Nancy Patin Falini, the dietitian advisor for the group and a speaker at a national celiac conference in the past few years. 3. From the CELLIAC Listserv archives, on the Internet, Donald D. Kasarda, posted November 6, 1996.

## When in doubt, don't use an ingredient that you cannot confirm is *truly* gluten free.

Food manufacturers use gluten as an additive in prepared foods. Gluten is used as a stabilizer, an emulsifier, a thickener and flow agent in literally hundreds of processed foods, from soups to self-basting poultry.

This list of foods that are frequent sources of added gluten is not all-inclusive- gluten can turn up just about anywhere. When you aren't 100% certain that a food is gluten-free, [contact the manufacturer](#) before using it. To quote Benjamin Franklin, "**When in doubt, don't!**"

New allergen labeling laws make this process easier for gluten-free cooks and diners alike, however the law does not apply to "restaurant packaging".

### Potential Sources of Gluten

#### In Processed Foods and Beverages

Watch for these words on labels. They are a tip-off that the product contains gluten:

1. Emulsifiers
  2. Flavorings
  3. Hydrolyzed Plant Protein
  4. Natural Flavorings
  5. Stabilizers
  6. Starch
- Baking Powder
  - Beer
  - Breadings, coating mixes, battered products
  - Brown Rice Syrup (May contain malted barley)
  - Canned meats and fish in broth
  - Caramel Color (Usually corn derived, but check)
  - Cheese products- Sauces and some shredded cheeses
  - Condiments (Carefully read condiment labels. Gluten is often used as a stabilizer or thickening ingredient in ketchup, mustards and Oriental sauces)
  - Deli Meats, breaded fish and meats, pre-packaged ground beef products and hot dogs
  - Dextrin (Usually corn derived but always check)
  - Dry-roasted nuts
  - Flavorings, food starches, seasonings, and malt are general and vague words to watch for on labels of packaged foods. These terms are often clues that the product may contain gluten. For example, "malt" vinegar and "malted" milk powder contain gluten.
  - Frozen french fries (In the coating)
  - Gravy Products (Dry products, bouillon cubes, and processed, canned products)
  - Hydrolyzed Vegetable Protein (HVP) and Texturized Vegetable Protein (TVP)
  - Imitation fish/crab, meats and cheeses
  - Instant flavored coffee/cocoa mixes
  - Licorice candy (black, red and all flavors)
  - Matzo Meal
  - Modified Food Starch (from wheat)
  - Mono and di-glycerides
  - "Small" Pasta products, like orzo & couscous
  - Pickled Products
  - Salad Dressings
  - Sauces, including soy sauce which is commonly made by fermenting wheat. (Check ALL processed sauce labels- From BBQ sauce to ice cream toppings, chili pepper products and tomato sauce products-all may contain gluten)
  - Sausage
  - Self-basting poultry products including turkey with added "solutions"
  - Snack foods including flavored potato chips and corn chips
  - Soups, stocks and broth
  - Spice and herb blends (spices and herbs in their natural form do not contain gluten)
  - Rice products with seasoning packets

**Bottom Line:** Read labels, contact manufacturers, ask questions and don't use products that you are not *100% certain are gluten free*.

**Tip:** If you can't find information about a product that you are interested in using, contact your local support group (BGIG) or the manufacturer.

Source- Benjamin Franklin Quote: [BrainyQuote.com/BrainyMedia.com](http://BrainyQuote.com/BrainyMedia.com)

## Preparation in the Kitchen, the final serving

You have spent a fair bit of time by now determining what ingredients you can use, or substitute in your regular menu to create a gluten free menu for your new dining customers.

The next challenge is looking at your food preparation area to see how you can eliminate any chance for cross contamination. Cross-contamination is when gluten-free food comes into contact with ingredients containing gluten through common surfaces. Unfortunately, there are many ways for cross-contamination to happen. Here are a few tips to help you identify where you might find gluten accidents waiting to happen in your kitchen:

**Chopping ingredients**—you should have a separate surface for prepping non-gluten items if you use your cutting surface to cut gluten items. For example, cutting sandwiches in half before they go on the plate—the same cutting board should not be used to cut up meat or vegetables that would go onto a gluten-free patron’s salad.

**Cooking**—Gluten and non-gluten foods should not be cooked on the same surfaces (grill or toaster) or in the same oil (fryer) or in the same pans (baked or sautéed) without thoroughly cleaning between gluten and non-gluten dishes. GF Food can be isolated from the gluten contaminated surfaces by use of foil. You can also use dedicated pans or surfaces.

For example, on a grill which you prepare pancakes and eggs, your eggs will always be contaminated with gluten from the pancakes. You have two options, you can either clean the grill VERY well each time you cook for a gluten free patron OR you can prepare eggs for the non-gluten patrons in a separate pan using different utensils. If your kitchen is big enough to set aside an area on the grill on which you can prepare only items which are naturally gluten free, bacon, ham, eggs, etc. AND have space for the gluten containing items such as warming buns, heating grilled sandwiches, French toast or pancakes—you are lucky indeed -as long as everyone understands what each portion of the grill is to be used for . . .

Bakeries or restaurants that bake from scratch, have a tough time with contamination. When flour is used, it can take 24-72 hours for the flour to settle out of the air (and onto all surfaces of the kitchen which then must be cleaned, again *before* preparing non-gluten items.) Some items, for example sifters,

cannot possibly be cleaned enough to avoid cross contamination, consequently a dedicated GF set of items must be set up.

If you are choosing to substitute gluten free ingredients for those that are normally gluten containing, like buns or pasta, you will have to ensure that those ingredients are clearly identified and stored in such a way that isolates them from their gluten containing counterparts, in addition to using dedicated cooking pans and utensils.

### In summary . . .

1. Preparation surfaces, pans and utensils should be dedicated.
2. Fryer, toaster and grill must be isolated, keeping gluten and non-gluten ingredients from touching the same surfaces. Use dedicated areas, foil or thorough cleaning between gluten containing and gluten free food products
3. Storage of gluten free ingredients should be secure and dedicated to avoid contamination.
4. Appoint specific staff member to learn all the gluten free available dishes, ingredients, preparation method and serving. It will be easier to help wait staff meet the dining needs (and questions) of the gluten free patron, if they are all reporting to one person for their answers.

### The Final Presentation: Serving

The meal is finished, perfectly prepared, not a “gluten” in sight, beautiful plated and ready to be delivered to the patron. The final step, the garnish can make or break a normally gluten free, spelling disaster for the gluten free diner AND guarantee that the meal will be coming back to the kitchen to go into the trash!

Create a way to identify a gluten free meal as *different*. It may be a special location where the plate is placed or a code on the top of the ticket or a specific garnish that is used by the chef. Anything that will create greater awareness for staff. Whatever you decide, it should be easily learned and recognized by everyone working in the back and front that *this meal* is different from a regular menu item.

Typically, in a restaurant, “open condiments” are not a problem since items are not served on the table in “open” containers just for health reasons. However, be aware that crumbs in spreadable condiments (such as jellies/jams, butter, cream cheese, peanut butter and dips) are a contamination issue.

## For more Information and Resources

### Restaurant Reviewer and Blogger

Here is what a well known gluten free foodie and blogger writes as their “guideline” to rating a restaurant serving gluten free.

*“Here is my short list of what I look for and sharing with GF diners as I eat out . . .*

1. Name, location, type of restaurant, price range for entrees, and if reservations are needed.
2. What types of food are on the menu, do they have a separate GF MENU?
3. Knowledgeable wait and kitchen staff – can they converse with me about food ingredients and preparation?
4. Are they accommodating and how safe do I feel eating there?
5. How did the food taste, how was it presented, did it make me sick (though we *know* this is NOT a good rule of thumb!)?

<http://glutenfreefoodcritic.org/about/>

### Resources for promoting your Gluten Free Restaurant to the GF community

Participate in the **Chef to Plate Program** during Celiac Awareness Month in May—register at [www.gluten.net](http://www.gluten.net) for table tents, posters and to participate in the national list.

Work with GIG National to participate in the **GFRAP (Gluten Free Restaurant Awareness Program)**. There are strict guidelines and requirements to be listed and it is a fee based program.

List your restaurant on the **IHF-Wiki** (link on BGIG website index page) you can update your information at will, listing hours, times, menu items, accommodations for allergies, etc.

Check the internet for various listings where you can submit yourself to be included.

Participate locally in the **BGIG Community Awareness Event**. You can rent a table and serve GF product to the attendees of this free gluten-free conference.

### The Culinary Institute of America

#### Presents on topic—On Allergies:

<http://www.ciaprochef.com/foodallergies/index.html?source=Home&segment=SigAllergies>

### Links on Internet for more information on Celiac Disease, Research, Support Groups

[www.gluten.net](http://www.gluten.net)

<http://sensibleceliac.com/>

<http://www.enabling.org/ia/celiac/#nws>

<http://www.enabling.org/ia/celiac/groups/grpus-nc.html#Contacts>

<http://www.gluten-free.org/>

[www.celiac.com](http://www.celiac.com)

<http://www.celiac.com/articles/1177/1/National-Foundation-for-Celiac-Awareness/Page1.html>

<http://www.celiac.com/articles/226/1/ROCK-Raising-Our-Celiac-Kids---National-Celiac-Disease-Support-Group/Page1.html>

<http://www.celiac.com/articles/1002/1/American-Celiac-Disease-Alliance-Unified-Voice-for-Celiac-Disease-Formerly-Celiac-Task-Force/Page1.html>

<http://www.celiac.com/articles/225/1/Celiac-Sprue-Association---National-Celiac-Disease-Support-Group/Page1.html>

<http://www.celiac.com/articles/227/1/A-List-of-Local-Celiac-Disease-Support-GroupsChapters/Page1.html>

<http://www.celiac.com/articles/586/1/University-of-Chicago-Celiac-Disease-Center/Page1.html>

<http://www.celiac.com/articles/644/1/Center-for-Celiac-Research/Page1.html>

<http://www.americanceliac.org>

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