

Celiac Disease Diet Chart

Patient Name:

Date of Birth:

Gender:

Referring Physician:

MEAL PLAN

	Breakfast	Lunch	Dinner	Snacks (Within the Day)
Day 1 Date: _____				
Day 2 Date: _____				
Day 3 Date: _____				
Day 4 Date: _____				
Day 5 Date: _____				
Day 6 Date: _____				
Day 7 Date: _____				

TIPS

- 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.

Sources;

Dietary changes for celiac disease. (2019, November 19). [https://www.hopkinsmedicine.org/.
https://www.hopkinsmedicine.org/health/conditions-and-diseases/celiac-disease/dietary-changes-for-celiac-disease](https://www.hopkinsmedicine.org/.https://www.hopkinsmedicine.org/health/conditions-and-diseases/celiac-disease/dietary-changes-for-celiac-disease)

Gluten-Free Foods | Celiac Disease Foundation. (n.d.). Celiac Disease Foundation. <https://celiac.org/gluten-free-living/gluten-free-foods/>

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