

The Gluten Free - Casein Free Diet

Food Type	Include	Exclude	Key Rules
Fruit	Any fresh fruit is allowed. Dried fruit must be pure (anti-caking agents may contain gluten) Avocado	Processed fruit products containing gluten or dairy products.	
Vegetables	Vegetable consumption is emphasized. Most fresh & frozen (no additives) vegetables are allowed.	Processed Vegetables packaged with gluten or casein based additives	
Dairy Protein	Ghee is the only dairy product where casein is removed during processing.	Raw Butter (organic), Cheeses, Buttermilk, Cream, Chocolate, Dried milk solids, Milk (all including goat, sheep, camel, cow, lactose treated), Commercial yoghurts & ice-creams, Sour cream Margarine (any type), Whey (powder or liquid) Non-dairy substitutes e.g. coffee-mate Soy cheeses	Be cautious about the ghee products you use to ensure that all of the casein has been removed during processing. Any product listing caseinate, whey or lactose as ingredients.
Animal Protein	Fresh Fish & Shellfish (fresh or frozen & sulfite & preservative free) All fresh meat Fresh Eggs (organic, free range) (Homemade Mayonnaise)	Processed Meats: Sausages, salami, hotdogs, luncheon meats, cold cuts, Smoked meats & fish products, Bacon & ham. (Processed meats contain starch, whey powder/lactose & sucrose).	



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Milk Substitutes	<p>Almond Milk and other pure nut milks</p> <p>Coconut water, milk, cream & butter</p> <p>Rice milk, Potato milk</p> <p>Ice-creams and desserts made with the above substitutes</p>		
Legumes & Pulses	<p>Alfalfa, Peanuts, Carob, Beans (green/string beans are the only exception)</p> <p>Green/String beans</p> <p>Mung bean sprouts, Peas, Lentils, All legume flours</p>	<p>Legume products contaminated with gluten or dairy products.</p>	
Grains	<p>Gluten Free grains including: Millet, Sorghum, Rice, Corn, Corn maize & flour, Teff,</p> <p>Grain-like seeds such as: Amaranth,</p> <p>Buckwheat, (and noodles made from 100% buckwheat = soba noodles)</p> <p>Chia seeds, Psyllium Husks & Quinoa & flours made from these.</p> <p>Legume flours: Besan/chickpea/garbanzo bean flour etc.</p>	<p>All products made from wheat, oats, spelt, barley, rye & derivatives are excluded.</p> <p>E.g. Couscous, Barley grass, Bran, Udon, Semolina, Wheat grass, Sprouted wheat or barley</p> <p>Tabbouleh</p> <p>Wild Einkorn</p> <p>Wild Emmer</p>	
Nuts & Seeds	<p>Almonds, Brazil Nuts, Cashews, Chestnuts, Hazelnuts (filberts), Macadamia nuts, Peanuts, Pecans, Pine nuts, Pistachios (unsalted), Sesame seeds, Sunflower seeds, Walnuts.</p>	<p>No exclusions.</p>	



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Herbs & Spices	<p>Herbs: Fresh or dried without additives.</p> <p>Spices: Single, pure without any additives.</p>	Mixed spices & Mixed herbs are often contaminated with gluten based anti-caking agents.	
Beverages	<p>Coffee (organic, freshly ground)</p> <p>Filtered water</p> <p>Black tea</p> <p>Herbal tea</p> <p>Tea made from hot water & soaked ginger</p> <p>Raw organic apple cider vinegar</p> <p>Sauerkraut Juice</p> <p>Wine, most spirits</p>	<p>All Milk</p> <p>Beer</p> <p>Liqueurs</p> <p>Some spirits</p> <p>Commercial drink powders</p>	
Fats & Oils	<p><i>(Edit the following list according to individual tolerances & according to advice from their clinician)</i></p> <p>Coconut oil (cold pressed, organic, virgin)</p> <p>For salads (unheated, cold pressed): Evening primrose, Borage, Pumpkin Seed, Pine nut oil</p> <p>Avocado</p> <p>Flaxseed/Golden Linseed Oil</p> <p>Olive (recommended)</p>	<p>Butter</p> <p>Margarine</p> <p>Wheat-germ oil</p>	
Sea Vegetables/ Seaweed	<p>Agar, Arame, Dulse, Hijike, Kelp, Kombu, Nori, Sea Palm, Wakame</p>		



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Sweeteners	Most sweeteners are ok as long as they are not contaminated with gluten or casein.	Barley malt Dextrose (while gluten content may not be evident many coeliacs react to dextrose) Malt Syrup	
Yeasts		Aged meats Brewers yeasts Commercial yeasts Commercial condiments	
Ferments	Coconut Kefir Sauerkraut Raw organic apple cider vinegar Kimchi Kombucha	Miso Soy Sauce	
Cooking/Baking Aids	Agar agar Arrowroot Alcohol -free flavouring extracts Baking Soda/Bicarbonate of Soda (aluminum free) Gluten Free Baking Powder Carrageenan Citric Acid* Pure Chocolate & Cocoa Corn Starch Cream of Tartar Coconut (shredded, desiccated, ground/flour) Fresh young coconut meat Cranberry juice concentrate (pure) Pure Vanilla powder Pectin, Sago, Starch Tapioca Starch Guar Gum Xanthan Gum	Citric Acid* may contain gluten so check with the manufacturer if not labeled gluten free, Maltodextrin*	Always check baking products for hidden gluten based fillers and anti-caking agents



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Key Rules

Other

Young green coconut water for fermenting kefir
Sea Salt
Himalayan Pink Salt
Fermented Spirulina

Hydrolyzed Protein, Textured Vegetable Protein (TVP), Malt Flavouring, Gum Base, Free Glutamate, Rice Malt, Filler, Food starch, Cereal binding, Barley malt, Calcium caseinate

Be cautious with all processed foods as most products can be contaminated with gluten and casein due to sharing the same processing equipment or because stabilizing additives contain them.

Condiments

Apple Cider Vinegar
Pure vinegars
Gluten and Dairy free condiments (certified labeling)

Malt vinegar
Soup bases/bouillon cubes
Commercial Ketchup/Tomato sauce

