

Gluten-Free/Casein-Free Diet










**Pediatric
Interventions**
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Gluten and casein are both naturally occurring proteins found in food. Gluten is found in wheat, spelt, barley, and rye. Casein is found in dairy products such as milk, cheese and yogurt. In some individuals, these proteins may trigger a range of symptoms, such as digestive pain, bloating or changes in bowel function; or exacerbate inflammatory issues, such as allergy or autoimmune disease. Based on your clinical presentation, your Practitioner may suggest following a diet that avoids the consumption of either gluten, casein, or both proteins for a short or extended period of time, as this may help relieve your symptoms.

While removing gluten and/or casein from your diet may seem overwhelming, there are many healthy and delicious foods that are naturally gluten and/or casein free. While following the gluten and/or casein free diet, choose wholefoods such as fruits, vegetables, meat, poultry, fish and seafood, beans, legumes, and nuts. Avoid highly processed gluten free or dairy free foods, high in refined sugar and fats. Table 1 below provides a list of foods to avoid and provides recommendations for substitutions.

Table 1: Foods containing gluten or casein to consume or avoid

CONSUME		AVOID X
 Grains and Legumes	<ul style="list-style-type: none"> • Amaranth • Arrowroot • Basmati Rice • Beans • Brown Rice • Buckwheat • Cicer • Lentils • Millet • Pea • Quinoa • Wild Rice • Flour - any flour made from the above sources 	<ul style="list-style-type: none"> • Baked beans (unless labeled gluten-free) • Flours - wheat flour, wholemeal flour, bakers flour, semolina, barley, rye (avoid battered or crumbed food) • Wheat including durum, semolina, triticale, rye, barley, bulgur, couscous, and oats
 Pasta	<ul style="list-style-type: none"> • Buckwheat noodles • Rice noodles • Vegetable, corn, spinach, legume or quinoa pasta 	<ul style="list-style-type: none"> • Durum wheat pasta (spaghetti, macaroni etc.) • Egg noodles • Hokkein noodles • Barley pasta • Spelt pasta
 Breads and Cereals	<ul style="list-style-type: none"> • Gluten free breads based on buckwheat, corn, rice, chickpea flour or other non-gluten containing flours. • Gluten free muesli, homemade muesli made from a combination of brown rice flakes, millet flakes, organic cornflakes, puffed corn, puffed rice, raw nuts and seeds, shredded coconut • Puffed quinoa 	<ul style="list-style-type: none"> • Wheat breads – wholegrain, white bread, rye bread, oat bread, barley bread, pumpernickel bread. • Non-gluten free cereals products (i.e. most commercial brands)
 Crackers	<ul style="list-style-type: none"> • Rice cakes • Corn cakes • Gluten-free products 	<ul style="list-style-type: none"> • Wheat crackers • Bran biscuits • Ryvita crackers • Oatcakes
 Condiments	<ul style="list-style-type: none"> • Sesame salt • Tamari (check label) • Mustard seeds • Fresh dried herbs and spices • Apple cider vinegar 	<ul style="list-style-type: none"> • Gravy mixes, seasonings and rubs (unless GF) • Hydrolysed vegetable protein • Malt • Malt vinegar • Modified starch • Mustard pickles • Soy sauce • Texturised vegetable protein
 Desserts	<ul style="list-style-type: none"> • Fruit • Nuts • Dried fruits • Desserts made without gluten and casein-containing ingredients 	<ul style="list-style-type: none"> • Commercial cakes, biscuits, cookies, cakes, scones • Pastries • Ice cream • Glycyrrhiza
 Dairy foods (casein-free Diets only)	<ul style="list-style-type: none"> • Almond milk • Soy milk and yogurt • Rice milk • Non-dairy alternatives products (i.e. coconut yoghurt/ice cream) 	<ul style="list-style-type: none"> • Cow's milk • Goat's milk • Butter • Cheese • Sour cream • Yogurt • Ice cream

