



GLUTEN AND CASEIN REFERENCE MATERIALS

Gluten Containing Foods and Ingredients

Atta (chapatti flour)	Farina	Oatmeal, oat bran, oat flour and whole oats***
Barley (flakes, flour, pearl)	Farro or Faro (also known as spelt)*	Pastas
Beer, ale, lager	Fu**	Rye bread and flour
Breading and bread stuffing	Graham flour	Seitan ****
Brewers yeast	Hydrolyzed wheat protein	Semolina
Bulgur	Kamut*	Spelt (also known as farro or faro, dinkel)*
Communion wafers	Malt, malt extract, malt syrup and malt	Triticale
Couscous	flavouring	Wheat bran
Croutons	Malt vinegar	Wheat flour
Dinkel (also known as spelt)*	Malted milk	Wheat germ
Durum*	Matzoh, matzoh meal	Wheat starch
Einkorn*	Modified wheat starch	
Emmer*		

* Types of wheat

** A dried gluten product derived from wheat that is sold as thin sheets or thick round cakes. Used as a protein supplement in Asian dishes such as soups and vegetables.

*** Unless they are from pure, uncontaminated oat

**** A meat-like food derived from wheat gluten used in many vegetarian dishes; sometimes called "wheat meat".

Source: Adapted from Gluten-Free Diet: A Comprehensive Resource Guide 2008 by Shelley Case, Dietician. www.glutenfreediet.ca

Another source for a list of **unsafe Gluten and Casein products** is available at <http://www.gfcfdiet.com/unacceptable.htm>

Also best to avoid all artificial flavourings, sweeteners, food colorings, as well as anything you can't pronounce (chemical compositions) as these items can just exasperate the situation. They are not natural products and thus the digestive system has a hard time breaking these items down.

Common GF/CF** School Products/Material

- Chalk – Crayola
- Crayons – Crayola
- Foam / Shaving cream – Colgate Shaving Cream is GF/CF (non-mentholated, white cream preferred)
- Glue (liquid) – Elmer's washable glue or Ross
- Glue Stick – Elmer's or Ross
- Markers – Crayola (including Color Wonder as well)
- Paints (w/ brush) Palmer paint products; Crayola Oil Pastels, powder paint, and water soluble oil pastels; Prism Brand paints
- Paints – Crayola Finger and powder paints, Palmer, Lakeshore or Prang. Ross and Elmer's paints (except finger paints)
- Play Clay – Crayola Model Magic (**NO Crayola Clay – that contains gluten**)
- Silly Putty - Crayola

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- Stickers – Most contain gluten – If a sticker is placed on clothes or paper, parent may allow it as acceptable. **However, it is to be taken away from the child if the child insists on putting any stickers on skin....the adhesive is transferring gluten directly through the skin.**
 - 3M brand tapes, including Post-It notes and Scotch tape, RoseArt brand stickers, Sandylion brand stickers, Smilemakers brand stickers
- Sunscreen – Banana Boat
- Lip balm – Burt's Bees Pomegranate or medicated balms

***Please contact manufacturers to verify GFCFSF status since they may change ingredients.*

<http://gfcf-diet.talkaboutcuringautism.org/essential-handout-for-aides-teachers.htm>

You can find alternative products through Evolutionary Education <http://www.evolutionaryeducation.ca> , excellent resource shop!

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