

celiac expert In and Outs of the GF Diet



with Shelley Case, RD

Whether you're newly diagnosed or long-time diagnosed with celiac disease, there are certain questions about the gluten-free diet that come up again and again.

Avoiding gluten is key to your health but, at the same time, with all the items on the "no" list, you don't want to avoid things unnecessarily. Here are some frequently asked questions and answers about eating gluten-free.

Can I drink alcoholic beverages? Good news! A variety of alcoholic beverages can be consumed on a gluten-free diet. These include wine, liqueurs and distilled alcohols such as rye, rum, gin, vodka, bourbon and whiskey. Although gluten-containing grains (wheat, rye or barley) can be used as

the starting material in the production of distilled alcohols, the distillation process removes the gluten protein.

On the other hand, most beers, ales, lagers and stouts are derived from barley that's fermented, not distilled, leaving gluten in the final product. But beer drinkers don't despair: several gluten-free beers made from grains such as buckwheat, rice, millet and sorghum are available on the market. (For a Canadian beer, see www.lesbieresnouvelle-france.com).

When drinking ciders, coolers and other flavoured alcoholic beverages, be sure to read the ingredients. Some contain barley malt, while Caesar vodka beverage mixes may contain hydrolyzed wheat protein.

Are vinegars safe for those with celiac disease? There is a lot of confusion on vinegars. Distilled white vinegar can be made from

wheat, but the gluten protein is removed during the distillation process and the final product is gluten-free. Apple cider, balsamic and wine vinegars are also gluten-free.

However, malt vinegar, which is made from fermented barley, is not distilled and contains gluten. Malt vinegar or any products made with this vinegar, such as Worcestershire sauce, must also be avoided. (There are a few brands of Worcestershire sauce, such as The Wizard's by Edward & Sons, that are not made with malt vinegar.)

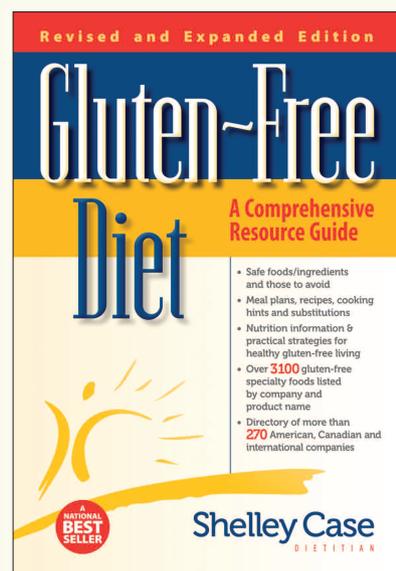
Are products labeled "wheat-free" safe? Wheat-free and gluten-free are not the same. Products labeled wheat-free may still contain barley or rye, which is off limits for those following a gluten-free diet. Always check the list of ingredients to make sure the product is free from wheat, rye and barley.

Shelley Case, RD, is an international celiac nutrition expert, consulting dietitian and author of Gluten-Free Diet: A Comprehensive Resource Guide. See www.glutenfreediet.ca. She is on the advisory boards of the Canadian Celiac Association, the Celiac Disease Foundation and the Gluten-Free Intolerance Group. Shelley also takes questions online at Allergicliving.com

THE DEFINITIVE GLUTEN-FREE GUIDE

Here's what you'll find in the new *Gluten Free Diet*:

- Detailed food and ingredient information
- Creative ideas for meals and snacks
- Gluten-free cooking and recipes with nutritional analysis
- Prevention of cross-contamination
- Nutrition information and practical strategies for healthy gluten-free living
- Tips for eating out
- Latest breaking news about oats, including position statements from organizations around the world ... and references
- New food and GF labeling regulations in the U.S., Canada, Europe and Australia/NZ, as well as the international Codex Alimentarius
- Over 3100 gluten-free specialty products listed by company name, product name and package size
- Directory of more than 270 American, Canadian and international companies divided into 3 categories: manufacturers of GF products, GF bakeries and GF stores & distributors
- Resources- books, cookbooks, magazines, celiac groups around the world and more!



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