

Gluten

Yes

yams
corn
corn tortillas
brown rice
oats (pure, not oat flour)
black beans
polenta
potatoes
quinoa
amaranth
buckwheat (pure)
millet
flax
nut flours
maize starch
rice malt, corn malt

veges
fruits

dairy (except cottage cheese, roquefort cheese)
meat proteins
eggs, egg whites

butter
canola oil, flax oil
sesame

distilled vinegar
tamari
herbs
maltodextrin
maltitol

No ("gluten free" labeled products OK)

wheat, barley, rye, bran
bread type foods/flours
(except gluten free products)
couscous, tabouleh
pasta
semolina
pelt
soups (except homemade)
ice cream
pudding
instant coffee
beer

tomato sauce

sour cream
eat sauces

butter/margarine spreads
salad dressings

malt vinegar
soy sauce, teriyaki sauce
bouillon

The Damaging Proteins The term "gluten" is a term for the storage proteins that are found in grains. In reality, each type of protein - gliadin in wheat, secalin in rye, hordein in barley, avenin in oats, zein in corn and oryzenin in rice - is slightly different from the others.

The "gluten" in wheat, rye, barley, and in a much lower amount, oats, contains particular amino acid sequences that are harmful to persons with celiac disease. The damaging proteins are particularly rich in proline and glutamine (especially the amino acid sequences which are in the following orders: Pro-Ser-Gln-Gln and Gln-Gln-Gln-Pro). As peptides, some such as 33-MER, cannot be broken down any further. It is important to note that these sequences are NOT found in the proteins of corn and rice.

In people with celiac disease, 33-MER stimulates T-cells to produce antibodies. The antibodies, in turn, attack the villi in the small intestine, reducing their ability to absorb nutrients.

American Celiac Society
402-558-0600
<http://csaceliacs.org>

Celiac Sprue Association/USA, Inc
973-8837

Celiac Disease Foundation
818-990-2354

Gluten Intolerance Group of North America
206-325-6980

Egg White Protein Powder is 100% Egg Whites and has no other added ingredients. (I asked the manufacturer about possible contamination, and they said they don't see how it could be contaminated based on their processes).

http://www.incredibody.com/index.php?main_page=product_info&cPath=67&products_id=185