

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