

Casein-Free Diet

Note: For your convenience, the following list is available on a sturdy wallet-sized plastic card from The Food Allergy & Anaphylaxis Network. The price is \$2.00. Call (800) 929-4040 to order.

Milk-Free Diet

<p><i>Avoid foods that contain milk or any of these ingredients:</i></p> <p>artificial butter flavor butter, butter fat, butter oil buttermilk casein (<i>casein hydrolysate</i>) caseinates (<i>in all forms</i>) cheese cream cottage cheese curds custard ghee half & half lactalbumin, lactalbumin phosphate lactoferrin lactulose milk (<i>in all forms including condensed, derivative, dry, evaporated, goat's milk and milk from other animals, low-fat, malted, milkfat, non-fat, powder, protein, skimmed, solids, whole</i>)</p>	<p>nougat pudding rennet casein sour cream, sour cream solids sour milk solids whey (<i>in all forms</i>) yogurt</p> <p><i>May indicate the presence of milk protein:</i> caramel candies chocolate flavorings (<i>including natural and artificial</i>) high protein flour lactic acid starter culture lactose luncheon meat, hot dogs, sausages margarine non-dairy products</p>
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DISCLAIMER: The information contained in this resource guide should not be construed as medical advice, nor does it necessarily reflect the opinions or views of the individual or group from whom this information was received. It is in condensed form and certainly does not cover every aspect of Autism Spectrum Disorders. Please consult with a professional to help guide you in your decision-making process.

Tips for Managing a Milk Allergy

Baking

Fortunately, milk is one of the easiest ingredients to substitute in baking and cooking. It can be substituted, in equal amounts, with water or fruit juice. (For example, substitute 1 cup milk with 1 cup water.)

Some Hidden Sources of Milk

- Deli meat slicers are frequently used for both meat and cheese products.
- Some brands of canned tuna fish contain casein, a milk protein.
- Many non-dairy products contain casein (a milk derivative), listed on the ingredient labels. FAAN is currently working with the FDA to have this term eliminated on products that contain milk derivatives.
- Some meats may contain casein as a binder. Check all labels carefully.
- Many restaurants put butter on steaks after they have been grilled to add extra flavor. The butter is not visible after it melts.

Commonly Asked Questions

Is goat milk a safe alternative to cow milk?

Goat's milk protein is similar to cow's milk protein and may, therefore, cause a reaction in milk-allergic individuals. It is not a safe alternative.

Can I rely on Kosher symbols to determine if a product is milk-free?

The Jewish community uses a system of product markings to indicate whether a food is kosher, or in accordance with Jewish dietary rules.

There are two Kosher symbols that can be of help for those with a milk allergy: a "D," or the word dairy, on a label next to "K" or "U" (usually found near the product name) indicates presence of milk protein, and a "DE" on a label indicates produced on equipment shared with dairy.

If the product contains neither meat nor dairy products it is Pareve (Parev, Parve). Pareve-labeled products indicate that the products are considered milk-free according to religious specifications. **Be aware that under Jewish law, a food product may be considered Pareve even if it contains a very small amount of milk.** Therefore, a product labeled as Pareve could potentially have enough milk protein in it to cause a reaction in a milk-allergic individual.

Do these ingredients contain milk?

We frequently get calls about the following ingredients. They do not contain milk protein and need not be restricted by someone avoiding milk:

Calcium lactate	Lactic acid
Calcium stearoyl lactylate	oleoresin
Cocoa butter	Sodium lactate
Cream of tartar	Sodium stearoyl lactylate

Gluten-Free Diet

The Gluten-Free (GF) Diet: The GF diet is the prescribed medical treatment for gluten intolerance diseases such as celiac disease (CD) and dermatitis herpetiformis (DH). An immune system response to eating gluten (storage proteins gliadin and prolamine) results in damage to the small intestine of people with gluten intolerance. The GF diet is a life long commitment and should not be started before being properly diagnosed with CD/DH. Starting the diet without complete testing is not recommended and makes diagnosis later more difficult. Tests to confirm CD could be negative if a person were on the GF diet for very long. A valid test would require reintroducing gluten (a gluten challenge) before testing. Celiac disease is an inherited autoimmune disease and confirmation of CD will help future generations be aware of the risk of CD within the family.

Dietitians developed the following dietary guidelines, for the Gluten Intolerance Group® and Celiac Disease Foundation. These are in agreement with the Gluten Free Diet guidelines published by the American Dietetic Association, October 2000. The American Dietetic Association Guidelines were written through a cooperative effort of dietitian experts in celiac disease in Canada and the United States.

The following grains & starches are allowed:

- Buckwheat
- Rice
- Corn
- Potato
- Tapioca
- Bean
- Sorghum
- Soy
- Arrowroot
- Amaranth
- Quinoa
- Millet
- Tef
- Nut Flours

The following grains contain gluten and are not allowed:

- Wheat (durum, semolina)
- Rye
- Barley
- Spelt
- Triticale
- Kamut
- Farina

The following ingredients are questionable and should not be consumed unless you can verify they do not contain or are derived from prohibited grains:

- Brown rice syrup (frequently made with barley)
- Caramel color
- Dextrin (usually corn, but may be derived from wheat)
- Flour or cereal products
- Hydrolyzed vegetable protein (HVP), vegetable protein, hydrolyzed plant protein (HPP), or textured vegetable protein (TVP)
- Malt or malt flavoring (usually made from barley. Okay if made from corn)
- Modified food starch or modified starch
- Mono- & di-glycerides (in dry products only)
- Natural and artificial flavors
- Soy sauce or soy sauce solids (many soy sauces contain wheat)

Additional components frequently overlooked that often contain gluten:

- Breading
- Broth
- Coating mixes
- Communion Wafers
- Croutons
- Imitation bacon
- Imitation seafood
- Marinades
- Pastas
- Processed Meats
- Roux
- Sauces
- Self-basting poultry
- Soup base
- Stuffing
- Thickeners

Can I Use Oats?

Based on numerous studies in the last several years, involving children and adults, using pure oats and store-shelf oats, around the world; research shows that oats do not appear to be harmful to persons with gluten intolerance in moderation. Recent discovery of the specific reactive peptide in gluten intolerance and research by Dr. Don Kasarda on the amino acid sequencing of oats vs. the now known peptide, would again clear oats as not having the reactive peptide sequence known to be problematic for gluten intolerance. Therefore oats are gluten free.

However, there is concern by the medical and research communities worldwide that the level of possible contamination of oats with gluten from unacceptable sources is too high. Therefore, GIG[®] is not recommending the use of oats by the celiac community.

Today, as we know and understand research on gluten intolerance, the offending cereals that must be avoided are wheat, rye, barley and their derivative cereals.

To Learn More About the Diet - You may access the Quick Start Diet Guide for Celiac Disease from our [downloadable](#) files.

Source: Gluten Intolerance Group of North America, <http://www.gluten.net/diet.asp>

Menu Ideas

Breakfast

Cereal: Cold Cereals, Creamy Brown Rice Cereal, Cooked Rice Cereal, Corn Grits, GF Granola

Breads/Muffins: Toast, Muffins, Pancakes, Waffles, French Toast (top with jelly, applesauce or fruit)

Fruit & Vegetables: Hash browns, Bananas, Grapefruit, Oranges, Melon, Berries, Juice, Smoothies

Eggs: Fried, Scrambled, Hard Boiled, Omelets

Meat: Bacon, Sausage, Nuts

Combo: Breakfast Burrito (eggs and/or sausage wrapped in a corn tortilla), Egg-in-a-Frame

Lunch

Sandwiches: Peanut Butter and Jelly, Turkey, Ham, Bologna

Breadsticks: Dip in Pizza Sauce

Salads: Chef Salad (let each assemble their own?), Fruit Salad (with peanut butter for dipping)

Nachos: Tortilla Chips with Bean Dip & Salsa

Pasta: Thai Kitchen Garlic & Vegetable Instant Noodle Soup, Creamy Macaroni

Sides: Cut Fruits and Vegetables, Chips

Dinner

Soup: Chicken Rice, Vegetable Beef, Broccoli, Split Pea, Black Bean, Beef Stew, Taco Soup

Potatoes: Topped with Margarine, Broccoli, Chicken, and/or Chili

Tortillas: Tacos, Fajitas, Enchiladas, Taco Salad

Chicken: Grilled or Roast Chicken, Chicken Stir-fry, Chicken Nuggets, Chicken & Rice Casserole

Pizza or Pasta: Spaghetti, Fettuccini, Pizza

Beef or Pork: Roast, Meatloaf, Sloppy Joes, Hamburger, Fried Rice, Spring Rolls

Hot Dogs: (Health Food Store has nitrate-free) wrap in corn tortilla, or bake wrapped in biscuit dough

Sides: Rice, Rolls, Corn Bread, Potatoes, French Fries, Steamed Vegetables, Cut Fruit, Applesauce, Salad, Baked Beans

Snacks

Fruit, Dried Fruit/Raisins, Nuts & Seeds, Carrots, Celery, Popcorn, Quick Breads, Tortilla Chips, Crackers, EnerG Pretzels, Cold Cereal, Popsicles

Dessert Treats

Cookies, Cake, Brownies, Kettle Corn, Rice Crispies, Baked Apples, 'Ice Cream', Sorbets, Slushies

Visit www.gfcfrecipes.com for recipes.

Information compiled by Amber Lee

e-mail: amber@gfcfrecipes.com

phone: 801.763.0977

Sample GFCF Grocery List (remember to read labels!)

PRODUCE

- Apples / Bananas
- Oranges / Grapefruit
- Grapes / Pears
- Melon / Berries
- Lettuce
- Tomatoes
- Carrots / Celery
- Broccoli / Corn
- Potatoes / Yams
- Garlic / Ginger Root
- Onion

CONDIMENTS

- Ketchup
- Mayonnaise
- Mustard
- Pickles
- Relish
- Worcestershire
- Steak Sauce
- La Choy Soy Sauce

BAKING

- Vegetable Oil
- Light Olive Oil
- Shortening
- Cooking Spray
- Spices
- Vanilla Extract
- Baking Cocoa
- Rumford Baking Powder
- Baking Soda
- Sugar
- Yeast
- Powder Sugar
- Brown Sugar
- Corn Syrup
- Honey
- Jelly
- Pancake Syrup
- Peanut Butter
- Semi-Sweet Chocolate Chips
- Marshmallows
- Nuts
- Raisins
- Coconut

RICE AND BEANS

- Beans – Black, Red, White, Split Pea
- Rice – Brown, White, Lundberg Jubilee Blend

CAN/JARS

- Spaghetti Sauce
- Salsa
- Tomato Sauce
- Refried Beans
- Bush's Baked Beans
- Hormel Chili with Beans
- Dinty Moore Beef Stew
- Pumpkin
- Applesauce
- Peaches / Pears
- Pineapple Tidbits
- Wild Blueberries

MEAT

- Chicken Breast / Tenders
- Chicken Roast
- Beef Steak / Roast
- Ground Beef
- Ground Turkey
- Hamburger Patties
- Pork Chops

DAIRY CASE

- Eggs
- Nucoa Margarine
- Lynn Wilson Tamales
- White Corn Tortillas

FROZEN

- Corn
- Broccoli
- Peas and Carrots
- Peaches
- Fruit Berry Medley
- Sweetened Strawberries
- Tator Tots / French Fries (Ore Ida & some brands)
- 100 % Fruit Juices (limit)
- Sorbet (limit)
- Popsicles (limit)
- Amy's Enchiladas

SNACK FOOD

- Tortilla Chips
- Rice Cakes
- Fritos / Potato Chips
- Popcorn
- Fruit Snacks (limit)
- Jell-O / Kool-Aid (limit)
- Pop / Candy (limit)

HEALTH FOOD STORE

- Bette Hagman Flour Blends
- GF Pantry Baking Mixes
- Kinnikinnick Mixes
- McKays Beef Style Instant Broth
- Gorilla Munch
- Panda Puffs
- Honey'd Corn Flakes
- Mesa Sunrise Flakes
- Rice / Corn Crunch Ems
- Maple Buckwheat Flakes
- Rice Crispies/Puffed Rice
- Perky's Nutty Rice
- Tinkyada Pasta
- Thai Kitchen NoodleSoup
- Nitrate-Free Hot Dogs / Bacon / Sausage
- Vance's DariFree
- Tofutti 'Cheese' Slices
- Tropical Source Chocolate Chips
- Soymage Parmesan
- Silk Yogurt
- Soy Delicious Ice Cream
- Van's Frozen Waffles
- Amy's Frozen Dinners
- Environkids Crispy Rice Bars
- Gummy Bears
- People Pops
- Glutano Crackers
- EnerG Pretzels
- Potato Flyers

ORIENTAL MARKET

- White Rice Flour
- Tapioca, Potato, and Corn Starch
- Rice Paper Wraps

GFCF Cooking Q&A

Q. How can I convert my own wheat based recipes to gluten-free?

To replace 2 Tbsp (wheat) flour as a *thickener*, use 1 Tbsp cornstarch or potato starch. This amount will thicken 1 cup of liquid. Stir these flours with a bit cold liquid before heating otherwise the starch will make little lumps that will not mix in. Cornstarch has no noticeable flavor and is preferred when a clear (not cloudy) sauce such as sweet and sour sauce is desired.

To replace 1 cup of (wheat) flour in *baking*, use 1 cup gluten-free flour mix plus 1/2 tsp of xanthan gum. Yeast bread and pizza dough require 1 tsp xanthan gum per cup flour mix. Gluten-free baked goods may need a little extra baking powder for leavening and extra egg for binding. Vinegar or lemon juice is often used to soften and improve the texture of gluten-free baked goods.

Q. What can I do with leftover bread?

Gluten-Free bread works well fresh for 1 day, refrigerated 3 days, and frozen about 3 weeks. Slice bread before freezing and remove bread from freezer one slice at a time as needed. Warm refrigerated or frozen bread in the microwave for a few seconds to soften. Day old bread works well as toast, French toast, and in grilled sandwiches. Make older refrigerated or frozen bread into crumbs. Bread crumbs are used in stuffing, fried chicken, meat loaf, and other casserole recipes.

Q. Where can I find special ingredients that are used in gluten-free, casein-free recipes?

Oriental Markets:

Rice flour, potato starch, and tapioca starch are available at oriental markets. Oriental markets are the preferred place to purchase rice flours and starches because the flour is ground fine and the prices are unbeatable. Also look for rice, rice noodles, rice paper wraps, and special rice crackers at oriental markets.

Choa's Trading Co.

77 N University Ave, Provo, (801) 377-8845

Oriental Food Market

667 South 700 East, Salt Lake City, (801) 363-2122

Health Food Stores:

Xanthan gum, guar gum, potato starch, tapioca starch, rice flours and bean flours are available at health food stores. Also look for gluten-free bread, pasta, breakfast cereal, frozen waffles, cookies, crackers, pretzels, baking mixes, and cheese subs at health food stores. Health food stores frequently will order items requested by their customers.

Good Earth Natural Foods

500 S State, Orem, (801) 765-1616
1045 S University Av, Provo, (801) 375-7444

Bodymasters Nutrition

560 W Main, American Fork, (801) 756-0233

Wild Oats Natural Marketplace

1131 E Wilmington Ave (Sugarhouse), Salt Lake City, (801) 474-1855
645 East 400 South, Salt Lake City, (801) 355-7401

Grocery Stores:

Grocery Stores are a good source for corn tortillas & rice; fresh fruits & vegetables; beans, meat, fish, poultry, milk & eggs; and other naturally gluten-free foods that are the basis of a healthy diet.

Label reading is the key to selecting gluten-free products. When you are looking for prepared convenience foods, the grocery product guide available at www.gfcfdiet.com can help point you towards gluten-free and casein-free products.

Albertson's

Albertson's has compiled a list that indicates the gluten-free status of all Janet Lee and Good Day store brand products. Call Albertson's Corporate to have a free copy of that list mailed to you.

website: www.albertsons.com

phone: 1-888-746-7252

Costco

Costco sells Kirkland Signature store brand products. Call the number below if you have questions about the gluten content in a particular Kirkland Signature store brand product.

website: www.costco.com

phone: 1-800-774-2678

Macey's

Macey's (and other Associated Food stores) sell Western Family (www.westernfamily.com) store brand products. Western Family has a list that indicates the gluten-free status of Western Family brand products. Call Western Family at 1-503-639-6300 to have a free copy of that list mailed to you.

Smith's and Fred Meyer

Smith's and Fred Meyer are owned by Kroger Corporation. Call the number below if you have questions about gluten content in a particular Kroger store brand product. Both Smith's and Fred Meyer Grocery Stores have a small selection of specialty gluten-free foods including some gluten-free bread, cereal, pasta, baking mixes, and cookies.

website: www.kroger.com

phone: 1-800-632-6900

Wal-Mart / Sam's Club

Wal-Mart Supercenter, Wal-Mart and Sam's Club stores are all owned by Wal-Mart. Call the number below if you have questions about gluten content in a particular Wal-Mart or Sam's Club store brand product.

website: www.walmart.com

phone: 1-800-925-6278 (1-800-WAL-MART)

Mail-Order Companies:

Mail Order Companies are a good source for delicious, hard to find gluten-free and casein-free products.

Kinnikinnick Foods

Kinnikinnick is the maker of the fabulous just-add-water KinniKwik Bread and Bun Mix. Other popular Kinnikinnick products include hamburger buns, donuts, pizza crust, cookies, crackers, cold cereals, and baking supplies. Freeze all baked goods upon arrival and remove from freezer one serving at a time. Sample packs are available. Look for the Kinnikinnick line of foods at your local health food stores beginning October 2003.

Website: www.kinnikinnick.com

Phone: 1-877-503-4466

Miss Roben's

Miss Roben's specializes in meeting the needs of those with multiple food sensitivities. Miss Roben's sells broad selection of kid pleasing products.

Website: www.missroben.com

Phone: 1-800-891-0083

Bob's Red Mill

Bob's gluten-free flours and baking mixes are also available at Smith's and Fred Meyers. Bob's has dedicated gluten-free milling stones to avoid cross contamination.

Website: www.bobsredmill.com

Phone: 1-800-349-2173

OTHER RESOURCES

Internet Sites:

Children's Biomedical Center Archives

<http://www.cbcutah.org/archive.htm>

Contains documents explaining the biomedical treatments available for autism.

Gluten-Free Casein-Free Diet Center

www.gfcfdiet.com

Provides lists of products to help guide you through the grocery stores (**always READ LABELS!!**) and other relevant information which will assist every parent using the gfcf diet.

Gluten-Free Casein-Free Recipes

www.gfcfrecipes.com

Recipes and other helps for preparing gluten-free, casein-free meals.

Gluten-Free, Wheat-Free Recipes

www.savorypalate.com/recipes.htm

Each recipe is gluten-free and dairy-free and many have suggestions for additional substitutes as well.

GFCF School Lunch Ideas

www.danasview.net/lunch.htm

This list is compiled from the wonderful ideas of several people from the gfcfdiet message board.

Gluten-Free, Casein-Free Diet Info

<http://laurynhb.tripod.com/dietinfo.html>

GFCF diet helps from TACA (Talk About Curing Autism)

Books:

Children With Starving Brains by Jaquelyn McCandless, MD

A Medical Treatment Guide for Autistic Spectrum Disorder

Special Diets for Special Kids by Lisa Lewis, PhD

Understanding and Implementing Special Diets to Aid in the Treatment of Autism and Related Developmental Disorders

The Gluten-Free Diet (2nd Edition) by Shelley Case, Dietitian

A Comprehensive Resource Guide

Newsletter:

Autism Network for Dietary Intervention

www.autismndi.com

ANDI was established by parent researchers, Lisa Lewis and Karyn Seroussi, to help families around the world get started on, and maintain the diet. *The ANDI News*, published quarterly, provides the latest information about the biological treatment of autism.

A word about Vinegar ...

Vinegar

NOTE: Scientific tests show that all harmful peptides (from wheat) are removed during the distillation process of Distilled Vinegar. But, if you use distilled vinegar and you notice any indication that your child may have an intolerance discontinue using it. Distilled Vinegars can be from wheat, corn, potatoes, beets, wood, apples and many other things.

Acceptable Vinegar

corn vinegar

rice vinegar

potato vinegar

beet vinegar

apple/cider vinegar

Red Wine Vinegar

White Wine Vinegar

Balsamic Vinegar

distilled wood vinegar (wood-based vinegar is often the vinegar used in processed foods - verify with manufacturer)

distilled vinegar

Unacceptable Vinegar

NO malted vinegar

Verify ingredients of all flavored vinegar

Source: Gluten-Free Casein-Free Diet Website, <http://www.gfcfdiet.com/Beginningthediet.htm>

Some additives that don't contain gluten or casein, but you may want to avoid them anyway...

- All aluminum compounds
- Artificial Colors and FD&C Colors
- Aspartame (NutraSweet)
- BHA
- BHT
- Caffeine
- EDTA
- Monosodium Glutamate (MSG)
- Nitrites and Nitrates
- Olestra
- Saccharin
- Sulfites
- Vanillin