

## Celiac Disease Diet Plan

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<b>FOOD GROUPS</b>	<b>ALLOWED ITEMS</b>	<b>NOT ALLOWED ITEMS</b>
Cereal /Grains	Kutt, Makka Bajra, Jawar, Singhara Rice Besan, Soyabin	Wheat Madia Suji, Barley, Oats(Jo), Daliya
Cereal Product	Dosa Vada, Alo Papad, Sabudana, Papad , Bhuna Chana Popcorn, Rice, Cornflack, Murmura, Soya, Sevian, Namkeen made only from (Nuts, Channa, Besan, Rice,Crackes) Poha, Chila	Batura, Kulcha, Burger, Pasta, Mathri, Noodles, Bread, Rusk, Patties, Macroni, Spaghetti, Upma, Biscuit, Wheat Flacks, Soup Sticks,
Vegetables And Fruits	All Vegetables and fruits are gluten free.	( - )
Flesh Food	Home Made, Egg, Chicken, Mutton, Fish.	Outside meat, Patties, Chicken Patties, Prossed Meat leke sausages and Kabab
Fats and Oils	Butter, Margarine, Vegetables Oil, Ghee, Hydrogenated Vegetable Oil, Peanut Butter,	( - )
Nuts and Seeds	All dals, Seeds and nuts are Gluten Free.	( - )
Sweets and Desserts	Home made desserts and sweets like rasgulla, Sandesh, Kheer, Carrot Halwa, Pumpkin Halwa, Potato Halwa, Kaju Berfi, Jaggery, Till Gur Patti,	Outside Sweets Cake and Pastries
Ice – Cream and Chocolates	Plain Ice – Creams, Preferable Vanilla, Plain Dairy Milk and Nestle Milky Baar,	Ice – Cream with wafers and nuts and chocolate with nuts
Beverages	Chcolate drinks made with pure coco powder, Complian, Cofffee, Tea,	Beer, Alcohol, Bournvita, Boost, Horlicks, Molo,
Drinks	Fresh Juice, Milk, Lassi, Soda, Soft Drinks,	Flavoured Milk, Soups using flour and noodles
Sauses	Heinz	All Sauses like Ketchup, Maggi, Tomato
Medicines	Avoid Alcohol Syrups	

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## CELIAC DISEASE

Ensure strict gluten free diet- “word strict” means strict

For this -

Use separate chkla, belan, parat, tawa, ghee pot, plate for the patient

Use seprate and personal flour grinder ( small chakki ) at home for patient

Try to avoid out side food- icecream, chocolate, namkeen, kurkura, sweets for patient.

You can make different types of namkeen, sweet, chocolate etc at home

Various glutenfree products available in market at different stores like gluten free flour, gluten free biscuit, gluten free chocolate you can use them but try to use home made things as possible.

Try to add nutrients and minerals in diet like vegetables, fruits in good quantity .

Always give supplements with gluten free diet – calcium, vitamin D, multivitamin, iron syrup

In starting of gluten free diet- we usually avoid milk and milk products for 1-2 months to better healing of intestine. In place of milk you can use lactose free powders.

To increase calories add fat and sugar in diet.

To increase better taste of chapati you can add vegetables like – potato parantha, dal parantha, paneer parantha, gobhi parantha

Special foods- fried rice, rice idli, besan pakori, besan cheela, rice dosa, rice kheer, besan halwa,

Before start gluten free diet diagnosis should be confirmed always because it is life long

Always remember if you are honest for your diet, you will remain healthy.