

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Celiac Healthy Eating Tips

It is important to get enough B-vitamins (thiamin, riboflavin, niacin, and folate), iron, and fiber.

- Choose whole grain, gluten-free products whenever possible. Look for products containing whole grain corn, whole grain rice, millet, teff, or sorghum.
- Choose enriched, gluten-free products instead of refined, unenriched products whenever possible. Companies providing enriched, gluten-free products include the following:
 - Ener-G Foods (<http://www.ener-g.com/>): Manufactures enriched ready-to-eat, gluten-free bread products
 - Glutino (<http://www.glutino.com/>): Manufactures enriched ready-to-eat, gluten-free bread products and enriched baking mixes
 - Health Valley (<http://www.haincelestial.com/>): Manufactures a fortified gluten-free breakfast cereal
 - Maplegrove Food and Beverage (<http://www.maplegrovefoods.com/>): Manufactures enriched, gluten-free pasta
 - Perky's Natural Foods (<http://www.perkysnaturalfoods.com/>): Manufactures fortified gluten-free breakfast cereal
 - Enjoy Life Foods (<http://www.enjoylifefoods.com/>): Manufactures enriched, gluten-free breads, bagels, snack bars, and granola
 - Kinnikinnick Foods (<http://www.kinnikinnick.com/>): Manufactures enriched, gluten-free bread products
- Eat more foods made with alternative plant foods, such as amaranth, quinoa, and buckwheat. These plant foods are good sources of fiber and iron as well as some B-vitamins.
- Eat other enriched, gluten-free foods such as enriched rice.
- Make sure to eat plenty of nongrain sources of the nutrients your body needs. For example:
 - Lean cuts of fresh pork, legumes (dry beans, peas, lentils), nuts, and fish are good sources of *thiamin*.
 - Dairy products, legumes, nuts, green leafy vegetables, and mushrooms are good for *riboflavin*.
 - Eat poultry, fish, lean cuts of fresh pork, legumes, and seeds for *niacin*.
 - Choose legumes, green leafy vegetables, and fruit juices for *folate*.
 - You can get *iron* from lean cuts of beef, poultry, seafood, legumes, dried fruits, green leafy vegetables, nuts, and seeds.
 - All plant foods—fruits, vegetables, legumes, seeds, and nuts—are good sources of *fiber*.
- Consider taking a gluten-free multivitamin and mineral supplement.

