

## Healthy Gluten -Free/Casein-Free diet

Food	Include	Exclude
Grains / flours / cereals	Rice, corn , potato, arrowroot, millet, tapioca, cassava, peas, legumes, quinoa, polenta, buckwheat, pea flours, lentil flour	<b>Wheat, barley, rye, oats, spelt, bran, semolina, couscous, wheaten cornflour</b> <b>Soy avoidance also often recommended .</b>
Milks/drinks	Water, rice milk, almond milk, fresh organic fruit juice ( in moderation), vegetable juice, sparkling mineral water	<b>Cow's milk , goats milk, sheep's milk,</b> colored fizzy drinks, cordials, energy drinks, barley drinks , soy milk (often)
Nuts/seeds	Cashews, almonds, hazelnuts, brazils, sunflower seeds, pumpkin seeds, sesame seeds (most of these can be made into butters eg cashew butter to use instead of peanut butter )	Peanuts , peanut butter
Fruit/veges	Veges in abundance .All fruit-can be made into fruit sorbet, pureed fruit, home dried fruit, unsulphured dried fruit ( in moderation)	
Sweeteners	Manuka honey, stevia, xylitol, pure maple syrup	Sugar , corn syrup, malt, chocolate, carob, cocoa,artificial sugars like aspartame, saccharin and anything labeled "diet"
Fats	Olive oil, rice bran oil, avocado oil, sunflower oil, virgin coconut oil. Flaxseed oil (on salads, not for cooking) Specialist butter substitutes like Nuttelex,	Butter, supermarket margarines (due to poor quality fats)
Other	Eggs, meat, chicken, small fish (not tuna), tahini, hummus, Gluten free sausages. Soy/dairy/preservative free mayonnaise	Cheese, yoghurt, ice-cream, malt vinegar, Modified food starch maybe wheat- based. . Marmite and vegemite. Caramel flavour may contain gluten

Two valuable web references for this diet are [www.gfcf.com](http://www.gfcf.com) [www.autismndi.com](http://www.autismndi.com)