

# Lesson 15:

## Chapter 5 Module 1

### Gluten in Foods

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## Chapter 5 – Module 1: Gluten in Foods

## GLUTEN IN FOODS

## Key Words:

- Gluten
- Celiac Disease
- Gluten sensitivity
- Gluten-Free

## Main Ideas:

- Gluten is a protein found in wheat, rye, and barley.

**Celiac Disease and Gluten Sensitivity**

Gluten is a protein found in wheat, rye, and barley. When people who have **Celiac Disease** eat foods that contain gluten, they can have serious reactions. Some symptoms include stomach bloating and pain, diarrhea, vomiting, and constipation. Consumption of gluten can damage their intestinal tract which can result in poor absorption of nutrients. Some people do not have Celiac Disease but are sensitive to gluten. They also may have stomach bloating, pain, diarrhea,

constipation, and other symptoms. However, eating gluten does not damage their intestinal tracts. **The only way that people who have Celiac Disease or gluten sensitivity can avoid symptoms is to avoid consuming foods that contain gluten.**

**Gluten-Free Food Labeling**

Today there are several independent organizations that test packaged food products for gluten and provide a certification that is sometimes used on food labels. It is important to note that these certifications are not required by regulatory agencies in order to use the voluntary gluten-free labeling term on packaged food products. These are shown in the table below.

Organization Name	Website	Maximum Gluten Level	Certification Logo
Gluten-Free Certification Organization	<a href="http://www.gfco.org">www.gfco.org</a>	$\leq 10$ ppm	
National Foundation for Celiac Awareness NFCA	<a href="http://www.celiaccentral.org">www.celiaccentral.org</a>	$\leq 10$ ppm	
Celiac Support Association	<a href="http://www.csaceliacs.org">www.csaceliacs.org</a>	$\leq 5$ ppm	

Table11: Organizations with Gluten-Free certification programs.

## Gluten-Free Foods and Menus

### Safe Grains and Grains to Avoid

The following table gives examples of foods that can be safely eaten by people on a gluten-free diet, as well as foods that should be avoided. Oats are not listed as a safe grain because they are likely to be cross-contaminated with gluten. It is recommended that the restaurant consults their suppliers to ensure that grains and products made from these grains are indeed gluten-free before including them on a gluten-free menu.

Safe Grains and Grain Alternatives	Grains to Avoid	Other Wheat Products to Avoid	Other Foods To Avoid (Check Labels)
✓ Amaranth Arrowroot Buckwheat Cassava Corn Flax Legumes Millet Nut flours Potatoes Quinoa Rice Soy Tapioca Teff Wild rice	✗ Wheat einkorn, emmer, spelt, kamut Barley Rye Triticale wheat and rye hybrid grain	✗ Durum flour Enriched flour Farina Graham Flour Hydrolyzed wheat protein Self-rising flour Semolina Wheat bran Wheat germ Wheat starch	✗ Breading and coating mixes Couscous Croutons Cereals Chips/Potato chips French fries Gravy Imitation bacon Imitation seafood Marinades Matzo Modified food starch Panko (Japanese bread crumbs) Pasta Rice mixes Processed lunch meats Sauces Soups Soy sauce Tortilla chips

Table 12: List of grains and foods related to gluten. Always read labels carefully.



### Gluten-Free Menus

Many restaurants are developing gluten-free menus for consumers who have Celiac Disease or gluten sensitivity. All fresh fruits and vegetables and raw meat, chicken, and fish are naturally gluten-free. Milk, cheese, butter, eggs, peanuts, and tree nuts also do not contain gluten. Juices that are 100% fruit or vegetable are gluten-free, as are wines and hard liquor.

**Beer is not gluten-free** because it is usually made from barley. To determine whether a food product contains gluten, check the ingredient list on the food label for any ingredient containing wheat, barley, or rye. For example, modified food starch could indicate the presence of wheat. If in doubt, an employee should ask the manager who can then check with the supplier.

Examples of some naturally gluten-free foods that might be listed on a gluten-free menu are shown below.

Salads:	Green or Caesar Salad (no croutons)
Main Dishes:	Broiled Salmon with Wild Rice & Seasonal Vegetables Baked Chicken Breast with Red Skinned Potatoes & Seasoned Broccoli Pan-Broiled Pork Chops with Mashed Potatoes & Buttered Carrots
Desserts:	Fresh Fruit Cup (could include canned fruit) Fruit Parfait (combination of fruit and yogurt) Ice Cream (Vanilla, Strawberry, or Chocolate)

## Preparing and Serving Gluten-Free Foods Safely

### Avoiding Substitutions

Preparing foods for customers who request gluten-free foods is similar to preparing foods for customers with food allergies. Even though a restaurant manager has created a gluten-free menu, there is still the risk of spreading gluten to these foods. Cooks must be careful to avoid substitutions. Substitutions may have hidden ingredients that contain gluten.

For example,

- If a plain chicken breast was ordered, a breaded chicken product cannot be substituted.
- If mashed potatoes were ordered, French fries should not be substituted as some French fry potato products contain wheat.
- Cooks should avoid using marinades or adding sauces to gluten-free foods, as many commercial marinade and sauce products contain wheat

### Avoiding Cross-Contact

There is also the risk of spreading gluten to food items by **Cross-Contact** in the kitchen. If at all possible, it is best to have a separate work counter, equipment, and utensils to prepare gluten-free foods. If the restaurant kitchen is too small to provide a separate space, then the work counter, equipment, and utensils must be carefully cleaned before they are used to prepare gluten-free foods.

- ✗ Gluten-free foods should not be prepared using the same fryer and fry oil that is used to fry breaded items and French fries.
- ✗ Gluten-free foods should not be prepared on the same grill (griddle) or broiler pan used for breaded meat, poultry, or fish products.
- ✗ Gluten-free pasta should not be boiled in the same water used to prepare other pastas.

Kitchen employees and servers must also be careful not to spread gluten to foods by **Cross-Contact** when they handle foods.

Before preparing Gluten-Free Foods:

- ✓ Wash hands carefully
- ✓ Change gloves and aprons
- ✓ Use a designated area to prepare gluten-free foods  
(If a designated prep area is not available, clean and sanitize equipment between gluten-free food preparation)
- ✓ Use a separate, clean utensil to serve gluten-free foods
- ✓ Bring gluten-free items to the guest's table separately



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All of these actions will prevent spreading gluten to foods by **Cross-Contact**.

### STANDARD OPERATING PROCEDURES: GLUTEN IN FOODS

- Wash hands before preparing gluten-free foods
- Change gloves and aprons before preparing gluten-free foods
- Use a clean work counter, clean equipment, and clean utensils to prepare gluten-free foods
- Prepare gluten-free foods according to the menu and recipes with no substitutions
- Do not add commercial marinades or sauces to gluten-free foods
- Serve a gluten-free food order separately to a customer

[There is no video link for Lesson 15.](#)

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## Gluten in Foods

**Module Quiz:** Please make sure you have read Chapter 5 – Module 1 before you take the quiz. If you have any questions about the information found in Module 1, please ask your manager before you begin.

1. Gluten is:
  - a. A sugar found in all breads
  - b. A protein found in rice and corn
  - c. A protein found in wheat, barley, and rye
  - d. Both b and c are correct
2. Common symptoms of a person consuming gluten when they have Celiac Disease include:
  - a. Stomach pain
  - b. Diarrhea
  - c. Vomiting
  - d. All of the above
3. A person with gluten sensitivity who eats gluten can cause damage to their intestinal tract.
  - a. True
  - b. False
4. Which of the following grains is considered safe on a gluten-free diet?
  - a. Wheat
  - b. Rice
  - c. Rye
  - d. Barley
5. Which scenario would likely lead to Cross-Contact of gluten in a kitchen?
  - a. Regular pancakes and gluten-free pancakes are cooked on separate griddles.
  - b. French fries are fried in the same fryer as breaded shrimp.
  - c. Kitchen employees change gloves and aprons prior to preparing gluten-free foods.
  - d. Kitchen employees wash hands thoroughly between preparing regular pasta and gluten-free pasta.