

## GLUTEN FREE, CASEIN FREE DIET

The gluten free, casein free (GFCF) diet has been shown to be helpful for individuals with allergies to these particular foods and specifically in the management of autistic spectrum disorder (ASD). Proteins found in grain and dairy products, known as gluten and casein respectively, are believed to be poorly broken down in the digestive tracts in some people. When these proteins are not digested properly they can be absorbed intact into blood circulation. These proteins can affect the brain by crossing the blood-brain barrier and binding to opioid receptors. This can affect mood, concentration, mental performance and pain tolerance (i.e. in autistic children this will increase their pain threshold).

Research has shown significant improvement in several conditions, including schizophrenia and autism, following a GFCF diet. In a survey of over 3500 parents of autistic children, it was reported that 70% found a GFCF diet improved behavior, eye contact and socialisation, concentration and learning. It is recommended to follow the GFCF diet strictly for at least 6 months to assess the benefit of this diet. Below is a list of foods containing gluten and casein that are suggested to avoid, plus a list of alternative GFCF choices.

	RECOMMENDED	AVOID
<b>GRAINS AND LEGUMES</b>	<ul style="list-style-type: none"> <li>• Amaranth</li> <li>• Basmati Rice</li> <li>• Beans</li> <li>• Brown Rice</li> <li>• Buckwheat</li> <li>• Chickpea</li> <li>• Lentils</li> <li>• Millet</li> <li>• Pea</li> <li>• Quinoa</li> <li>• Wild Rice</li> <li>• <b>Flour:</b> any flour made from the above sources</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Beans unless gluten free</li> <li>• Flours: Wheat flour, wholemeal flour, bakers flour, semolina, barley, rye (avoid battered or crumbed food)</li> <li>• Wheat including durum, semolina, triticale, rye, barley, bulgur, couscous and oats</li> </ul>
<b>PASTA</b>	<ul style="list-style-type: none"> <li>• Buckwheat noodles</li> <li>• Rice noodles</li> <li>• Vegetable, corn, spinach or quinoa pasta</li> </ul>	<ul style="list-style-type: none"> <li>• Durum wheat pasta (spaghetti, macaroni etc)</li> <li>• Egg noodles</li> <li>• Hokkein noodles</li> <li>• Barley pasta</li> <li>• Spelt pasta</li> </ul>
<b>BREADS AND CEREALS</b>	<ul style="list-style-type: none"> <li>• Gluten free breads based on buckwheat, corn, rice, chickpea flour</li> <li>• Gluten free muesli, homemade muesli made from a combination of: Brown rice flakes, millet flakes, organic cornflakes, puffed corn, puffed rice, raw nuts &amp; seeds, shredded coconut</li> <li>• Puffed kamut</li> <li>• Puffed quinoa</li> </ul>	<ul style="list-style-type: none"> <li>• Breakfast Bars</li> <li>• Burritos</li> <li>• Cereals containing sugar</li> <li>• Wheat breads – wholegrain, white bread, rye bread, oat bread, barley bread, pumpernickel bread.</li> </ul>
<b>CRACKERS</b>	<ul style="list-style-type: none"> <li>• Rice cakes</li> <li>• Corn cakes</li> <li>• Gluten free products</li> </ul>	<ul style="list-style-type: none"> <li>• Wheat crackers</li> <li>• Bran biscuits</li> <li>• Ryvita</li> <li>• Oatcakes</li> </ul>
<b>CONDIMENTS</b>	<ul style="list-style-type: none"> <li>• Bouillon stock powder</li> <li>• Sesame salt</li> <li>• Tamari (check label)</li> <li>• Mustard seeds</li> <li>• Fresh dried herbs &amp; spices</li> <li>• Apple cider vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• Gravy mixes, seasonings &amp; rubs</li> <li>• Hydrolyzed vegetable protein</li> <li>• Malt</li> <li>• Malt vinegar</li> <li>• Modified starch</li> <li>• Mustard pickles</li> <li>• Soy sauce</li> </ul>

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		<ul style="list-style-type: none"> <li>• Texturized vegetable protein</li> <li>• Vegemite</li> </ul>
	<b>RECOMMENDED</b>	<b>AVOID</b>
<b>SNACKS AND DESSERTS</b>	<ul style="list-style-type: none"> <li>• Fruit</li> <li>• Nuts</li> <li>• Dried fruits (avoid sulphites code 220)</li> </ul>	<ul style="list-style-type: none"> <li>• Cakes</li> <li>• Chocolate</li> <li>• Commercial biscuits, cookies, cakes, scones</li> <li>• Pastries</li> <li>• Flavoured or frozen Yoghurts</li> <li>• Fried foods</li> <li>• Fruit Juices</li> <li>• Ice Cream</li> <li>• Liquorice</li> <li>• Potato chips</li> <li>• Processed cheeses &amp; creams</li> <li>• Lollies</li> <li>• Soft drinks</li> </ul>
<b>DAIRY FOODS</b>	<ul style="list-style-type: none"> <li>• Almond milk</li> <li>• Soy milk and yogurt</li> <li>• Rice milk</li> <li>• Non-dairy cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Cow's milk</li> <li>• Goat's milk</li> <li>• Butter</li> <li>• Cheese</li> <li>• Sour cream</li> <li>• Yogurt</li> <li>• Ice cream</li> <li>• Margarine</li> <li>• Soy cheese</li> </ul>

### FOR MORE INFORMATION

- Look at these websites for some more information on GFCF Diets and hints on implementing this for your child:
  - <http://www.gfcf.com/index.html>
  - <http://www.coeliac.org.au/>