

GF/CF Diet

Eliminating gluten and casein with the gluten-free, casein-free (GF/CF) diet is an important step in the healing process for many children with autism, and it has also been helpful for children with ADHD and asthma. Gluten is a protein in wheat, rye, barley, and oats, and casein is a protein in dairy products. When the body is unable to completely break down these proteins, the resulting partial proteins (peptides) mimic opiates, causing morphine-like effects. These peptides can also impair methylation, which is crucial for detoxification of the body and for regulation of neurotransmitters.

Common symptoms that improve on the GF/CF diet include: spaciness, moodiness, poor language skills, hyperactivity, unexplainable giggling, poor memory, inability to multitask, insomnia, and fatigue. To aid with meal planning, foods to avoid and grain and dairy alternatives are listed here.

Foods with Gluten and Casein

Artificial cream	Cookies	Malted milk	Sandwich spreads
Artificial sweeteners	Croissants	Milkshakes	Soups: canned/ packet
Baby foods	Custards	Muffins	Spam
Bagels	Doughnuts	Pancakes	Vegetarian cheese
Biscuits	Dry roasted peanuts	Pastry	
Bread	Gravy	Pates	
Cakes	Hot chocolate	Pies	
Coffee creamer	Hot dogs	Pizza	
	Luncheon meat	Puddings	

Foods with Gluten

Baked beans	Cereal	Kamut	Pasta	Teriyaki sauce
Baking powder	Chicken nuggets	Malt and malt products	Pearl barley	Vinegar
Barley	Couscous	Marzipan	Pita bread	Waffles
Barley malt	Crackers	Mince meat	Pretzels	Wheat
Barley sugar	CROUTONS	Muesli	Rice malt	Wheat bran, flour, germ, malt
Bleached all-purpose flour	Curry powder	Mustard powder	Rye, Rye flour	
Bouillon cubes/ powder	Durum wheat	Noodles	Rye semolina	
Bran (except rice bran)	Enriched flour	Nougat	Sausages	
Bulgur wheat	Flour tortillas	Oat flour	Semolina	
	Graham flour	Oatmeal	Soy sauce	
	Ice-cream cones	Oats	Spelt	
	Ice-cream syrup		Stuffing mixes	

Foods with Casein

Bavarian cream	Cheese spread	Evaporated milk	Lemon curd	Powdered milk
Butter	Chocolate	Fudge	Margarine	Rennet casein
Butterfat	Condensed milk	Goat's milk	Mayonnaise	Shortening
Buttermilk	Cooking chocolate	Ice cream	Milk	Sodium caseinate
Butterscotch	Cottage cheese	Lactalbumin	Milk chocolate	Sour cream
Caseinate	Cream	Lactalbumin phosphate	Milk powder	Toffee
Cheese	Cream cheese	Lactate acid	Milk solids	Whey
Cheese powder	Curd cheese, Curds	Lactoglobulin	Mousses	Whipped cream
Cheese slices	Dried milk		Nonfat/skim milk	Yogurt

Substitutes

Gluten-Free Substitutes

Rice
 Rice flour *for baking*
 Amaranth (flour) *for baking and breading*
 Arrowroot *thickening agent for soups or cooked dishes*
 Buckwheat (seed) *for pancakes, noodles*

Teff (*grain*) *for baking, soups, stews, puddings*
 Tapioca *pudding ingredient, thickener*
 Potato starch *thickener*
 Millet (*grain*) *high in protein but bland, for casseroles or mixed with vegetables*

Casein-Free Substitutes

Goat's milk *trace amounts of casein, may not be tolerated by all*
 Soy milk
 Rice milk
 Nut milk
 Soy ice cream
 Rice ice cream
 Sorbet, sherbet *make sure they are milk-free*
 Popsicles

Nondairy margarines *often made with soy, may contain yellow dye and saturated fat or can be hydrogenated*
 Nondairy yogurt, cheese, sour cream *many options, experiment to see which your children like*

Don't forget—Kids need calcium! Here are some sources of calcium other than milk.

Food	Calcium (mg)	Food	Calcium (mg)
Sesame butter (3 oz)	843	Almonds (1/10 cup)	60
Soybeans (1 cup)	460	Mustard greens (1/2 cup)	52
Tofu (1 cup)	258	Swiss chard (1/2 cup)	51
Lamb (1/2 cup)	232	Kidney beans (1 cup)	50
Sesame seeds (1/10 cup)	220	Kale (1/2 cup)	47
Blackstrap molasses (1 Tbsp)	137	Artichoke (1/2 cup)	47
Navy beans (1 cup)	128	Hazelnuts (1/10 cup)	42
Pinto beans (1 cup)	82	Wild rice (1 cup)	30
Garbanzo beans (1 cup)	80	Green beans (1/2 cup)	29

Resources for GF/CF diet:

Books:

Special Diets for Special Kids (1 and 2) by Lisa Lewis
 Unraveling the Mystery of Autism by Karen Seroussi
 Gluten Free & Dairy Free Cooking by Sueson Vess

Websites:

gfcfdiet.com
 autismmdi.com
 celiac.com (doesn't include casein-free)
 glutenfree.com
 gluten.net
 glutenfreeda.com

glutenfreegourmet.com

glutenfreemall.com

glutenfreepantry.com

ener-g.com

authenticfoods.com—baking mixes

pamelaproducts.com—cookies and mixes

causeyourespecial.com

Yahoo Groups:

<http://health.groups.yahoo.com/group/GFCFKids/>

<http://health.groups.yahoo.com/group/GFCFrecipes/>

[http://groups.yahoo.com/group/](http://groups.yahoo.com/group/FOODALLERGYKITCHEN/)

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