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Gluten, Casein and Soy Free (GFCFSF) Diet Protocol

Introduction

New research has shown that for some, the ingestion of the proteins **gluten**, found in wheat, barley, oats, rye, spelt and kamut, and **casein**, or milk protein, can affect normal brain function. For these people, a digestive system dysfunction prevents the ability to break down gluten and casein, and the small protein chains that result can, due to their structure, cross the blood-brain barrier and attach to opiate (such as morphine and opium) receptors in the brain. As a result, these proteins can alter brain function, causing immunological and intestinal symptoms. Recently, research has also shown that gluten and casein intolerance, combined with a sensitivity to **soy**, can cause further "cross-over" reactions in these people.

The **GFCFSF** diet is prescribed for patients with neuro-developmental disorders who are unable to effectively break down gluten and casein. The diet is based on the elimination of all foods containing these three proteins, which allows the body to function in the absence of these substances.

General Guidelines:

1. Become familiar with foods that you will use to replace favorite gluten and casein containing foods and introduce them to the diet before beginning food elimination

2. Eliminate all gluten and casein containing foods at one time, unless directed otherwise by Dr. Berger.
3. After elimination, Dr. Berger will discuss the reintroduction of soy into the diet.

Foods to Eliminate:

IMPORTANT NOTE: The following list of foods is to be used as a guideline only. If unsure of the source of a food ingredient, be sure to check with the manufacturer to verify. Always re-check labels with each new purchase, as manufacturers can often alter ingredients without warning!

Dairy Foods and Foods Containing Casein

General Dairy Products: Milk, Cheese, Butter, Yogurt, Sour Cream, Ice Cream, Sherbet.

Milks and Milk Components: Milk powder, protein, fat, solids, Acidophilus milk, Lactaid milk, Buttermilk, Condensed milk, Cultured milk, Evaporated Milk, Goats milk, Malted milk

Butter: Artificial butter flavor, Butter fat, Butter flavored oil, Buttermilk butter, Whipped butter, Margarine (check labels)

Cheese: Hard cheeses, Soft cheeses, Cheese food, Cheese flavor, Goat cheese, Cottage cheese, Cream cheese, Most Soy and Rice cheeses (check labels for casein)

Casein & Caseinates (often found in canned tuna and salmon): Ammonium, Calcium, Magnesium, Potassium and Sodium Caseinate.

Creams: Half & Half, Whipped cream, Coffee creamer, Non dairy creamer, Imitation cream, Coconut cream.

Lactose and its Derivatives (often found in prescription drugs!):

Lactate/Lactic acid, Lacto globulin, Lactalbumin, Lactoferrin, Lactalbumin phosphate, Sodium lactylate, Lactulose

[Note: Some lactic acid can be derived from cornstarch, potatoes and molasses, which would be an acceptable source]

Whey: Acid, Cured, Delactosed, Demineralized, Hydrolyzed, Powdered wheys, Whey concentrate, Whey powder, Whey protein, Whey solids

Flavorings: Natural Flavoring, Caramel flavoring, Coconut cream flavoring, Chocolate flavoring, Cream flavoring, Brown sugar flavoring, etc.

Foods Containing Gluten:

All Flours made from Wheat, Barley, Oats, Spelt, Rye and Kamut:

All Purpose, Barley, Bread, Brown, Cake, Durum, Enriched, Gluten, Graham, Granary, High gluten, High protein, Oat, Pastry, Rye, Semolina, Seitan, Sprouted, Wheat, White, Whole Wheat, Strong flours

All Cereals made from Wheat, Barley, Oats, Spelt, Rye and Kamut:

Cereal extract, Cereal binding, Bran, Farina

Wheat: Bran, Durum, Triticum, Germ, Gluten, Oats, Nuts, Starch, Pasta, Triticum Aestivum, Triticum Monococcum, Abyssinian hard, Whole berries, Hard wheat

Whole Grains: Oats, Barley, Pearl barley, Job's Tears (aka: Pearl Barley) Rye, Spelt, Spelt triticum, Bulgur, Kamut.

Pastas: Egg noodles, Semolina, Semolina rye, Soba noodles, Buckwheat noodles.

Starches: (check sources, could be wheat or corn): Modified starch, Modified food starch, Food starch, Gelatinized starch, Vegetable starch

Malt products: Extract, Flavoring, Syrup, Vinegar, Barley malt, Rice malt (contains barley or koji), Grain alcohols (most malts are barley-derived, although rice and corn can be used as well).

Colorings and Flavorings: Natural flavoring, Natural coloring, Caramel coloring, Natural color, High protein flavor, Mustard powder.

Hydrosylates: (most vegetarian meat substitutes contain these) Hordeum, Casein, Milk protein, Whey, Whey protein hydrosylates, Hydrolyzed Vegetable protein, Oat starch, Plant protein, Seitan.

Soy Foods and Foods Containing Soy

Green soybeans (Edamame)	Vegetable broths
Hydrolyzed vegetable protein	Yuba
Soy-based infant formulas	
Soybean oil	
Vegetable oil	
Lecithin (many soy sensitive people have no problem with soy lecithin, though)	
Meat alternative foods	
Miso	
Natto	
Non-dairy desserts	
Oyster sauce	
Soy cheese	
Soy fiber	
Soy milk	
Okara	
Soy bran	
Soy isolate fiber	
Soy flour	
Texturized vegetable protein	
Tuna, canned	
Soy sauce	
Soy yogurt	
Soy nuts	
Soy beverages	
Tempeh	
Tofu	

Meal Ideas for Kids

Below are some commonly enjoyed foods on the GFCFSF Diet (if no other food allergies are present):

Vegetables: salads, steamed and fried vegetables, raw with dip.

Fruits: fruit salads, cooked fruits, dried fruits, fresh cut.

Meats: beef, chicken, turkey, lamb, buffalo, cold cuts (check).

Eggs: hard-boiled, soft boiled, scrambled, fried.

Potatoes: mashed, boiled, sautéed, baked, potato chips, French fries.

Corn: On the cob, grits/polenta, popcorn, corn tortillas.

Rice: white, brown & wild, fried & steamed, rice cakes, rice crackers, rice milk, rice breads.

Nuts & seeds: nut butters and trail mixes.

And many others!

Breakfast Ideas: GFCFSF cereals, Eggs, Rice waffles & pancakes, Cream of Quinoa and Rice, Fresh fruits

Lunch Ideas: Sandwiches from millet and rice breads can be filled with meats, bean spreads, eggs, veggies, Rice wrappers filled with veggies and fruits, Soups, Salads, Rice cakes with nut butters

Dinner Ideas: Rice or Quinoa-corn pasta and meatballs, Soups, Loaded baked potato skins, Chicken nuggets with GFCFSF breading, Hamburger patties, Rice crust pizza with sauces, meats, and veggies

Tips for the GFCFSF Diet

- Consider making the whole house GFCFSF for easier diet adherence
- Bring treats to school for the whole class

- Check out local GFCFSF-friendly restaurants
- Speak with restaurant managers/chefs about hidden contaminants that could be present in frying oils or on grills
- Always keep GFCFSF snacks on hand
- Educate family and friends who care for your child
- Create a master shopping list to keep on hand for easy shopping
- Stock up of GFCFSF staples for the home

Other Resources

- *Special Diets for Special Kids, parts 1 and 2*
- *Special Diet Celebrations*
- *Special Diet Solutions*
- www.gfcfdiet.com
- www.autismndi.com
- www.missroben.com
- www.glutenfreemall.com
- www.autismmedical.com
- www.dietaryneedsdirect.co.uk
- www.gfcf-diet.talkaboutcuringautism.org/index.htm
- www.allergiesandme.com