



## 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 behaviour, 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.

Food	Recommended	Avoid
Grains and legumes	<ul style="list-style-type: none"><li>• Amaranth</li><li>• Rice: wild, brown and basmati</li><li>• Beans</li><li>• Buckwheat</li><li>• Chickpea</li><li>• Lentils Millet</li><li>• Pea</li><li>• Quinoa</li><li>• 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</li><li>• Battered or crumbed food</li><li>• Wheat including durum, semolina, triticale, rye, barley, bulgur, couscous and oats</li></ul>
Pasta	<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</li><li>• Egg noodles</li><li>• Hokkein noodles</li><li>• Barley pasta</li><li>• Spelt pasta</li></ul>
Breads and cereals	<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</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>



## Gluten free & casein free diet - continued

Food	Recommended	Avoid
Condiments	<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>• Hydrolysed vegetable protein</li><li>• Malt &amp; malt vinegar</li><li>• Modified starch</li><li>• Mustard pickles</li><li>• Soy sauce</li><li>• Texturized vegetable protein</li><li>• Vegemite</li></ul>
Snacks and desserts	<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 Flavoured or frozen Yoghurts</li><li>• Fried foods</li><li>• Fruit Juices</li><li>• Ice Cream</li><li>• Potato chips</li><li>• Processed cheeses &amp; creams</li><li>• Lollies</li><li>• Soft drinks</li></ul>
Dairy foods	<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 &amp; 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>
Crackers	<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>

We recommend that you get your epigenetics tested regularly to prevent gluten, casein and wellbeing challenges.