

Gluten-associated Cross reactive foods

If you know you are gluten sensitive (celiac disease or non-celiac gluten sensitivity/intolerance), your immune system is probably also sensitized to other dietary proteins due to immune or enzyme dysfunction, villi damage and/or genetic predisposition.

If you are already on a gluten-free diet and are still symptomatic, you may be reacting to other foods with similar proteins. This means that your immune system is reacting to those proteins in ways similar to the ways it reacts to gluten. Until you remove the other foods that are also cross-reacting, your level of inflammation won't fall enough for symptom resolution.

Foods in red are X-reactive with gluten. (GCR = gluten cross reactive)

Items in black are not. Because they are often substituted for X-reactive foods and eaten in higher levels on a gluten/cross-reactive food-free diet plan, these foods are tested for their own particular antibody reactions b. <http://www.cyrexlabs.com/CyrexTestsArrays/tabid/136/Default.aspx> **

For example a few people can have (or develop) a sensitivity to rice though this reaction has nothing to do w gluten-sensitivity. So eating rice daily *might* also drive an inflammatory reaction.

amaranth	not GCR, though some people react to all grains
barley	contains gluten
buckwheat	not GCR and not a grain
cheese (American)	
chocolate	not GCR , high in anti-oxidants
Milk chocolate	Milk in milk chocolate is x reactive for those with dairy cross-reactivities
coffee	only supermarket coffee was tested,
corn	not GCR -- corn sensitivities are common, separate from GCR some people can't do any, some people have to rotate (every 4 th day)
cow's milk (various fractions)	also goat and sheep milk if casein is the reactive substance
hemp	not GCR
millet	not GCR
oats (gluten-free oats)	It is now generally accepted that non-contaminated gluten-free oats are safe for a celiac disease diet, with the exception of a small minority of celiacs who may have an additional intolerance to Avenin. http://www.celiac.com/categories/Celiac-Disease-and-Oats%3A-Are-They-Gluten%252dFree%3F/
potato	not GCR
quinoa	not GCR
rice	not GCR
rye	contains gluten
sesame	not GCR
sorghum	not GCR
spelt (kamut also)	contains gluten. Never safe, if celiac. Possibly non-reactive if only sensitive to modified gluten in US wheat. Some non-celiacs may tolerate foreign wheat.
tapioca	not GCR
yeast	

** Cyrex Laboratories' Antibody Arrays for Gluten Sensitivity are vital components to clinical practice. After establishing the patient on a gluten-free diet, many will return after adhering to this diet for months, and yet they still exhibit the same clinical complaints as they experienced with gluten-containing foods. Undoubtedly, these patients are having reactions to foods which cross-react with gluten antigens. Antibody Array 4 – Gluten-Associated Cross-Reactive Foods and Foods Sensitivity is designed to assess these select individuals. With results of this array, the practitioner can take a better, broader approach to developing a tailored diet plan for patients with Celiac disease or gluten sensitivity.