



ALEGERI CORECTE IN DIETA FARA GLUTEN

Alimente care nu contin gluten

LEGUME NATURALE

rosii, cartofi, salata verde, broccoli, varza, spanac, morcovi etc



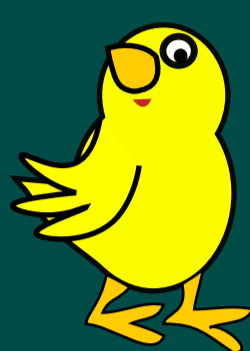
FRUCTE NATURALE

avocado, fructe de padure, banane, mere, struguri etc



CARNE

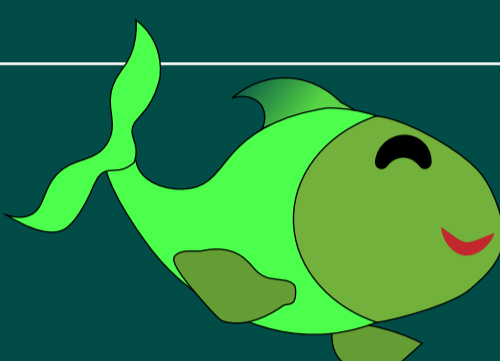
porc, vaca, curcan, pui, rata etc



CONTAMINAREA CU GLUTEN ESTE PRINCIPALA CAUZA DE IMBOLNAVIRE

PESTE

somon, hering, sardina, ton etc

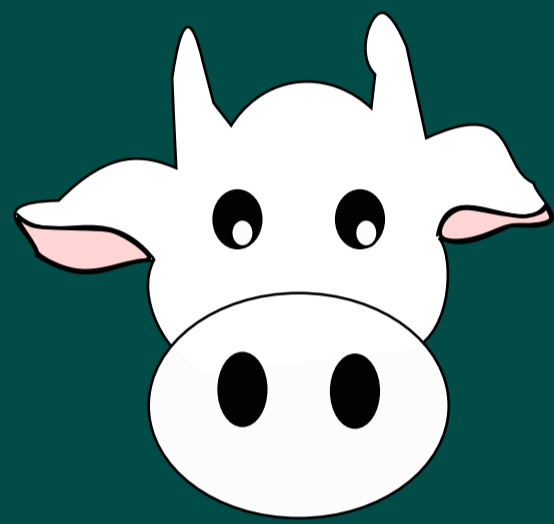


ULEIURI VEGETALE

masline, floarea soarelui, porumb etc



UNT

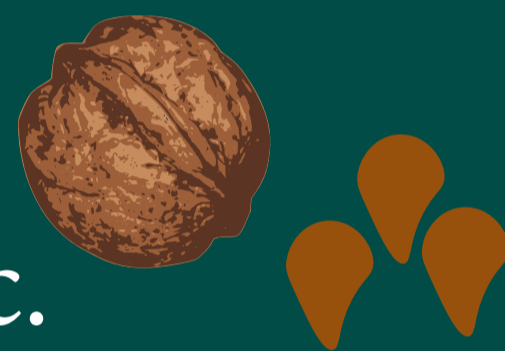


LACTATE NATUR

iaurt, branza, cascaval, smantana, lapte etc

NUCI

migdale, caju, nuci, alune etc.



SEMINTE

floarea soarelui, dovleac etc

CEREALE FARA GLUTEN

porumb, orez, mei etc



PSEUDOCEREALE FARA GLUTEN

hrisca, quinoa, tapioca, sorg, amarant etc

MIERE



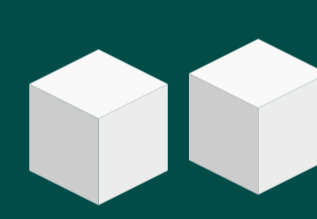
CAFEA



CACAO



CEAI



ZAHAR



SARE

Consumul oricarui produs alimentar ce nu are mentiunea "Fara gluten" pe eticheta (cu sau fara sigla) este riscant

Alimente care contin gluten

GRAU SI HIBRIZI

bulgur, spelt, kamut, inclusiv tarate, bors, amidon de grau, germeni, gris, pesmet

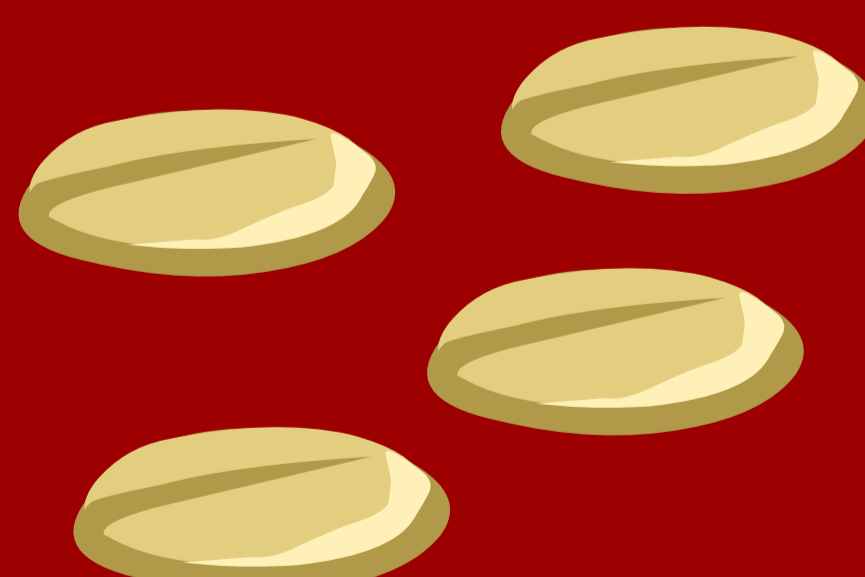
ORZ

malt, otet din malt



OVAZ SI DERIVATE

fulgi, preparate cu malt



SECARA

ALIMENTE PROCESATE

bere, prajituri, paste, sosuri, crutoane, cipsuri, lactate cu adaosuri etc

