

# Foods That Cross-React with Gluten

 [amymyersmd.com/2013/03/are-you-not-healing-because-your-body-thinks-coffee-chocolate-cheese-are-gluten/](http://amymyersmd.com/2013/03/are-you-not-healing-because-your-body-thinks-coffee-chocolate-cheese-are-gluten/)

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### These food can cross-react with gluten!

Are you following a strict gluten-free lifestyle; yet you still suffer from symptoms related to gluten?

If so, it could be that you are eating foods that do not contain gluten but your body reacts to them as if they do. This process is called [cross-reactivity](#).

There are a number of naturally gluten-free foods such as cheese, chocolate and coffee that contain proteins so similar to gluten that your body confuses them for gluten. When you eat these foods your body and immune system react as if you just ate a bowl of whole-wheat pasta.

It's estimated that at least half of those who are [gluten intolerant](#) are also sensitive to dairy (cheese, yogurt, milk and butter) due to its cross-reactivity with gluten.



Image credit: [www.healthnowmedical.com](http://www.healthnowmedical.com)

### Below is a list of common foods that cross-react with gluten:

- Amaranth
- Buckwheat
- Chocolate
- Coffee
- Corn
- Dairy products such as milk and cheese (Alpha-Casein, Beta-Casein, Casomorphin, Butyrophilin, Whey Protein)
- Egg
- Hemp
- Millet
- Oats
- Polish wheat
- Potato
- Rice
- Sesame
- Sorghum
- Soy
- Tapioca
- Teff
- Yeast

If you are gluten-intolerant and you are still having health issues even after removing gluten from your diet, try

eliminating the above foods for at least two months and see if your symptoms improve. Make sure you have [healed your gut](#) as well. Then, after two months you may reintroduce the above foods one at a time to determine which ones you are cross-reacting to, if any at all. [Laboratory testing](#) is also available to determine which foods are cross-reactive for you.

If you determine that there are foods that are cross-reactive for you, the treatment is to permanently remove these foods from your diet along with gluten. Remember, that though the cross-reactive foods do not actually contain gluten your body thinks they do and therefore the inflammation and damage to your body is equal to that of gluten.

## Want to learn more?

Take our [Guide to Gluten eCourse](#)! This course outlines a proven method to help you determine your own body's reaction to gluten. Our objective is to empower you to discover how gluten affects your body and how to thrive without gluten in your diet. During the course, you will have access to a number of worksheets, shopping guides, and checklists that you can complete in the comfort of your home. The more worksheets and checklists you complete, the more helpful and effective this eCourse will be for you. The focus of this 4-hour eCourse is to provide a detailed understanding of gluten and the tools to enjoy a gluten-free lifestyle.



## The Myers Way Guide to Gluten eCourse includes:

- 4 hours of information and worksheets
- Gluten-containing foods list
- Signs you have a gluten sensitivity
- How to test for gluten sensitivity
- Gluten sensitivity risk factors
- Symptom tracker
- Gluten-free grocery list
- Gluten-free travel tips

... and much much more!

## You will learn about:

- Gluten and its effect on the gut
- Gluten sensitivity testing and treatment
- Avoiding gluten in obvious and hidden sources
- Enjoying abundant foods that are naturally free of gluten