



# GLUTEN FREE SOCIETY

Presents...

Gluten Free Society

Educating Patients and Doctors About Gluten

# CONSUMING ALCOHOL ON A GLUTEN FREE DIET



# Gluten in Spirits

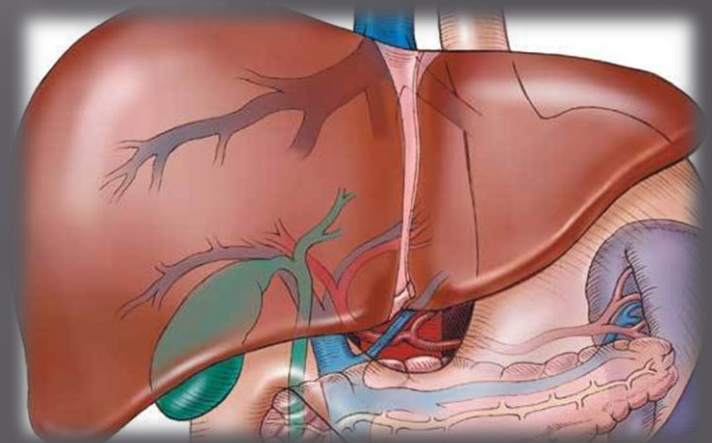
It should be noted that distilled alcoholic spirits (hard liquors) are considered gluten free by the manufacturers. The claim is that distillation eliminates any gluten in the beverage.

**Gluten Free Society does not recommend the consumption of any spirit derived from grain regardless of manufacturer claims.**

Drink at your own risk!!!

# Alcohol

Alcohol is generally not recommended because common consumption is not healthy regardless of gluten status. Many advocate the intake of wine as a heart disease preventative. Gluten Free Society does not recommend daily use of any alcoholic beverage. Remember that gluten sensitivity causes liver damage as does alcohol intake.



# Common alcoholic beverages...

- Beer, meads, and ales
- Wine
- Wine Coolers
- Brandy
- Champagne
- Cider
- Cognac
- Malted beverages
- Grappa
- Ouzo
- Rum
- Sake
- Schnapps
- Tequila
- Vodka
- Whiskey



# Beer and Ale

Beer is typically brewed using grain. Many beers labeled “gluten free” use sorghum, millet, buckwheat, and brown rice as a substitute for wheat and barley.

As sorghum, millet, and rice contain glutens, these beers are not recommended. Drink at your own risk!!



# Wine and Champagne

Wine and champagne are produced from grapes. Typically wine is safe on a gluten free diet, but it is recommended that you check with the manufacturer to make sure no gluten has been added. **Wine coolers are NOT gluten free** as they contain barley malt.



# Brandy

Brandy is distilled from fruit. Most commonly used are pears, cherries, peaches, and raspberries.

It is safe on a gluten free diet.





# Ciders

Cider is generally made from the fermented juice of apples. The juice is typically fermented in oak barrels by adding yeast. It has a higher alcoholic content than beer (5% or greater).

**Ciders are not all gluten free because many manufacturers add barley to them.**



# Cognac

Cognac is typically made from white grapes. It is safe on a gluten free diet.



# Grappa

Grappa is made from pressed grapes and is safe on a gluten free diet.



# Mead

Mead is a wine produced by fermenting honey.  
It is safe on a gluten free diet.



# Ouzo

This Grecian beverage is made from aniseed, fennel seed, and other aromatic plants. Ouzo is **safe to consume on a gluten free diet.**

Other beverages similar to ouzo are Absinthe, Sambuca, and Raki

# Rum

Most rum is made from sugar cane.

Rum is safe on a gluten free diet. It is recommended that you be careful with rum drinks that have added ingredients.





# Sake

Sake is made from milled rice. It is produced by adding koji mold (*Aspergillus oryzae*). Some koji is derived from barley.

**Gluten Free Society does not recommend sake.**



# Schnapps

True German Schnaps is made from fermented fruit and is considered a true spirit. This type of schnaps is safe on a gluten free diet.

American Schnapps are alcoholic beverages produced by mixing grain spirits with fruit flavors or other flavors. American schnapps is not recommended on a gluten free diet.

# Tequila

Tequila is produced from the blue agave plant.  
Traditional tequila is safe on a gluten free diet.



# Vodka

Vodka can be made from either grain or potatoes. The following list are made using potatoes:

- Adamba
- Blue Ice
- Chopin
- Cold River Vodka
- Ciroc
- Jankill
- Kamachatka
- Luksusowa
- Monopolowa
- Victory
- Zodiac
- Teton Glacier



# Whisky

Whisky is a distilled beverage made from fermented grain. Typically, barley, rye, wheat, and corn are used.

Whisky is also commonly called Scotch, Bourbon, and moonshine.

Whisky is not recommended on a gluten free diet.



# Mixed Drinks

Many mixed drinks are made with the use of a variety of mixes containing multiple ingredients. It is important to read the labels on these products as they often contain hidden gluten. Common examples include:

- Margaritas
- Daiquiris
- Other sweetened frozen or fruity alcoholic beverages.



# Alcohol and Gluten

Bottom line:

Know what you are drinking. Read your labels.

If you are not sure, don't take any chances.



[www.GlutenFreeSociety.org](http://www.GlutenFreeSociety.org)