

Supplementary Table S1: MyPlate seven-day gluten containing menus with gluten free modifications

DAY 1		
	Gluten Containing	Gluten Free
Breakfast	uncooked oatmeal fat-free milk raisins brown sugar orange juice	uncooked oatmeal fat-free milk raisins brown sugar orange juice
Lunch	tortilla chips cooked ground turkey corn oil kidney beans low-fat cheddar cheese chopped lettuce avocado lime juice salsa coffee	tortilla chips cooked ground turkey corn oil kidney beans low-fat cheddar cheese chopped lettuce avocado lime juice salsa coffee
Dinner	dry lasagna noodles (two pieces) cooked spinach ricotta cheese part-skim mozzarella cheese tomato sauce whole wheat roll tub margarine fat-free milk	gluten free rice pasta cooked spinach ricotta cheese part-skim mozzarella cheese tomato sauce gluten-free multigrain rolls tub margarine fat-free milk
Snacks	raisins unsalted almonds	raisins unsalted almonds

DAY 2		
	Gluten Containing	Gluten Free
Breakfast	flour tortilla scrambled egg black beans salsa large grapefruit tea	gluten-free plain tortilla scrambled egg black beans salsa large grapefruit tea
Lunch	small whole grain hoagie bun lean roast beef part-skim mozzarella cheese tomato mushrooms canola oil mustard potato wedges	gluten free whole grain sandwich roll lean roast beef part-skim mozzarella cheese tomato mushrooms canola oil mustard potato wedges

	corn oil ketchup fat-free milk	corn oil ketchup fat-free milk
Dinner	salmon filet olive oil lemon juice cooked beat greens canola oil quinoa slivered almonds fat-free milk	salmon filet olive oil lemon juice cooked beat greens canola oil quinoa slivered almonds fat-free milk
Snacks	cantaloupe balls	cantaloupe balls

DAY 3		
	Gluten Containing	Gluten Free
Breakfast	medium banana fat-free milk whole wheat toast tub margarine Multigrain Cheerios prune juice	medium banana fat-free milk gluten-free 7-grain bread tub margarine gluten-free Cereal prune juice
Lunch	rye bread tuna mayonnaise chopped celery shredded lettuce medium peach fat-free milk	gluten-free whole grain rye style bread tuna mayonnaise chopped celery shredded lettuce medium peach fat-free milk
Dinner	cooked chicken breast large sweet potato, roasted succotash (lima beans and corn) tub margarine whole wheat roll tub margarine coffee	cooked chicken breast large sweet potato, roasted succotash (lima beans and corn) tub margarine gluten-free multigrain rolls tub margarine coffee
Snacks	dried apricots flavored yogurt (chocolate)	dried apricots flavored yogurt (chocolate)

DAY 4		
	Gluten Containing	Gluten Free

Breakfast	whole wheat english muffin all-fruit preserves hard-cooked egg tea	brown rice english muffin all-fruit preserves hard-cooked egg tea
Lunch	chunky vegetable soup with pasta white beans saltine crackers celery sticks fat-free milk	gluten-free veggie noodle soup white beans gluten-free table crackers celery sticks fat-free milk
Dinner	dry rigatoni pasta cooked ground beef (95% lean) corn oil tomato sauce grated parmesan cheese raw spinach leaves tangerine sections chopped walnuts oil and vinegar dressing tea	gluten-free fusilli cooked ground beef (95% lean) corn oil tomato sauce grated parmesan cheese raw spinach leaves tangerine sections chopped walnuts oil and vinegar dressing tea
Snacks	nonfat fruit yogurt	nonfat fruit yogurt

DAY 5		
	Gluten Containing	Gluten Free
Breakfast	shredded wheat sliced banana fat-free milk whole wheat toast all-fruit preserves fat-free chocolate milk	shredded wheat sliced banana fat-free milk gluten-free 7-grain bread all-fruit preserves fat-free chocolate milk
Lunch	whole wheat pita bread roasted turkey tomato shredded lettuce mustard mayonnaise grapes tomato juice	gluten-free, wheat-free wraps ivory teff roasted turkey tomato shredded lettuce mustard mayonnaise grapes tomato juice
Dinner	broiled beef steak mashed potatoes made with milk tub margarine cooked green beans tub margarine honey whole wheat roll	broiled beef steak mashed potatoes made with milk tub margarine cooked green beans tub margarine honey gluten-free multigrain rolls

	tub margarine frozen yogurt (chocolate) sliced strawberries fat-free milk	tub margarine frozen yogurt (chocolate) sliced strawberries fat-free milk
Snacks	frozen yogurt (chocolate)	frozen yogurt (chocolate)

DAY 6		
	Gluten Containing	Gluten Free
Breakfast	whole wheat bread fat-free milk egg tub margarine pancake syrup large grapefruit fat-free milk	gluten-free mountain white bread fat-free milk egg tub margarine pancake syrup large grapefruit fat-free milk
Lunch	cooked kidney beans navy beans black beans tomato sauce chopped onion chopped jalapeno peppers canola oil cheese sauce large baked potato cantaloupe coffee	cooked kidney beans navy beans black beans tomato sauce chopped onion chopped jalapeno peppers canola oil cheese sauce large baked potato cantaloupe coffee
Dinner	cheese pizza, thin crust lean ham pineapple mushrooms safflower oil romaine spinach oil and vinegar dressing fat-free milk	three cheese pizza (half a pizza) lean ham pineapple mushrooms safflower oil romaine spinach oil and vinegar dressing fat-free milk
Snacks	hummus whole wheat crackers	hummus gluten-free multigrain crackers

DAY 7		
	Gluten Containing	Gluten Free
Breakfast	large (7") buckwheat pancakes pancake syrup sliced strawberries orange juice	large (7") buckwheat pancakes pancake syrup sliced strawberries orange juice

Lunch	canned clams small potato chopped onion chopped celery evaporated milk fat-free milk bacon white flour whole wheat crackers medium orange fat-free milk	canned clams small potato chopped onion chopped celery evaporated milk fat-free milk bacon white rice flour gluten-free multigrain crackers medium orange fat-free milk
Dinner	firm tofu chopped chinese cabbage sliced bamboo shoots chopped sweet red peppers chopped sweet green peppers corn oil cooked brown rice honeydew melon plain fat-free yogurt tea	firm tofu chopped chinese cabbage sliced bamboo shoots chopped sweet red peppers chopped sweet green peppers corn oil cooked brown rice honeydew melon plain fat-free yogurt tea
Snacks	large banana peanut butter nonfat fruit yogurt	large banana peanut butter nonfat fruit yogurt