

A Step-by-Step Guide to Living a Gluten-Free Lifestyle...

Brought to you by **glutenwatchers**



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Welcome and thank you for looking to glutenwatchers as a resource for gluten-free living and becoming a member! It is normal to feel overwhelmed after being diagnosed with celiac disease or non-celiac gluten intolerance or when just wanting to start living gluten-free. You are probably asking, where do I even start? The answer is, right here. This guide gives you step-by-step instructions to transition your current lifestyle to a gluten-free one. Here, we give you the eleven key steps we have learned through experience and research, with a brief explanation of each, followed by extended sections that break down those steps in further detail. We hope that you find this guide a great resource and encouragement that aids you down the path to gluten-free living. We use the funds from this guide and our gluten-free starter kits to offer resources that help you and others begin a gluten-free life. Visit our website at www.glutenwatchers.com for more resources, recent information, articles, and recipes that can aid in your journey to gluten-free living. Please invite others to our website and resist the urge to pirate our information. Thank you!

STEP 1. EDUCATE YOURSELF ON CELIAC DISEASE OR GLUTEN INTOLERANCE

The first step in transitioning to gluten-free living is to educate yourself on celiac disease or gluten intolerance. Understand the difference between them, the effects each has on the body, and the symptoms each can display (many of which you probably already know from your experience). Remember that celiac disease is actually causing your body to be malnourished. It may be beneficial to get additional blood tests done to see if you are deficient in any specific vitamins or have any abnormal levels. In section A, we break down the functions of the gastrointestinal tract, celiac disease, and gluten intolerance to help you better understand and educate yourself on celiac disease and your body.

STEP 2. SIMPLIFY YOUR LIFE AND MAKE THE WHOLE FAMILY GLUTEN-FREE

A concern that many have is how they are going to fix multiple meals that accommodate their gluten-free diet and the diet of their family members. The answer is, you do not have to. Step 2 is to sit down with your family and explain to them that this is going to be a team effort in which everyone is going to participate. The meals cooked in your house from here on out will be gluten-free, and only gluten-free items will be allowed back in. You cannot risk the chance of cross contamination, and cooking multiple meals would increase that probability. You are likely doing them a favor as well: they may not be having symptoms currently, but statistics show that first-degree relatives have a significantly higher probability of being diagnosed with celiac disease themselves. You will be surprised how delicious gluten-free food is and how the family will start asking for more. Let's get everyone on the same track and live a gluten-free lifestyle.

STEP 3. LEARN TO READ INGREDIENT LABELS

The ability to read and understand ingredient labels on your food items will be vital in your success with living gluten-free. Section B dissects the ingredient label and demonstrates how to interpret what is in packaged products.

STEP 4. CLEAN OUT THE KITCHEN

There are two ways you can begin the process of eliminating gluten items from your kitchen. First, you can allow family members who are not suffering or showing side effects from gluten intolerance or celiac disease to eat up gluten items, although you do then risk the possibility of cross contamination. The other option is to completely wipe the slate clean and throw out all the gluten contents you have. This is

the option that we recommend. It removes temptation for items you once loved but no longer can eat and the high probability of cross contamination. It is definitely the more expensive way because of the loss of your food, but donating it to a food pantry or giving it to someone that is not affected by gluten is a rewarding option.

You are going to have to remove all items that contain gluten (this is where reading ingredient labels is very important) and items that could have been contaminated by gluten. For example, let's say you are big into baking and would previously scoop your wheat flour from its container and then directly use the same scoop and dish out some sugar into a bowl to make cookies. That would be considered cross contamination. Although the sugar itself does not contain gluten, you need to discard the sugar as well. It might amaze you how just a minuscule amount of gluten could cause you to have symptoms. Thoroughly go through your food items. If you question the ingredients or cross contamination has taken place, get rid of them.

STEP 5. DISCARD NONFOOD ITEMS THAT MAY CONTAIN GLUTEN

Although food is a major culprit with celiac disease, there are a lot of other products that have gluten in them and could be affecting your body and its recovery. Section C gives you an outline of additional kitchen items and products throughout your home that you may want to address on your path to gluten-free. Unfortunately, your kitchen cabinets are not the only place to address. Start there and then continue to go through your home, eliminating other gluten-containing household items.

STEP 6. FILL YOUR KITCHEN WITH GLUTEN-FREE FOOD

Once you have gotten all the gluten items out of your house, the next step is to fill your kitchen with naturally gluten-free food that you can find at your local grocery store. Some great locations to get gluten-free foods are Kroger, Whole Foods, Schnucks, Wal-Mart, Amazon (online), and Azure Standard (online). There are numerous foods that are naturally gluten-free, but be on guard about cross contamination and continue to look for certified gluten-free. Section D gives you a table of them broken into food categories. Section E describes gluten-free brands that either specialize in gluten-free food or at least offer gluten-free items. This is not a complete list, because new items and manufacturers are always developing, but it is a solid start toward seeing what brands are out there and what they have to offer. We have included their website addresses so that you may go online and get a more thorough idea of the products they manufacture.

STEP 7. LEARN ABOUT GLUTEN-FREE FLOURS

Fortunately, plenty of baking mixes and breads are available until you are ready to get out of your comfort zone and begin experimenting with other flours. Section F details the gluten-free flours available and gives you ratios for exchanging them for wheat flour.

STEP 8. LIMIT EATING OUT TO THE SAFEST OPTIONS

We highly recommend that you limit eating out. If you do splurge every now and again, the best option is to do a little research ahead of time and find out the restaurants in your area that are "safer" for you to go to. Restaurants are becoming more aware of their customers with celiac disease or gluten intolerance and beginning to make accommodations. Some even have specific gluten-free menus. Section G lists current restaurants that have expanded into the gluten-free market and have gluten-free menus. Just remember that you are always putting yourself at an increased risk for cross contamination when you eat

out, because your food is being prepared by people that probably do not understand the importance of keeping your food separate. Just be on high alert and always check your food to make sure it is the food you ordered.

STEP 9. PROVIDE YOUR FOOD FOR GET-TOGETHERS

Inform your family and friends of your diagnosis or the lifestyle change you have decided to make. Be prepared for some criticism. All you can do is educate them and hope that they will get on the bandwagon by supporting you. Until you get more of them involved and helping you in the process, it is mainly going to be up to you to provide the food that you are able to eat. Don't allow this to stop you from getting together with others. Just come prepared. Find a few dishes that you like, and make those your go-to food items for anytime you get together with other people. You can also provide family and friends with a few recipes that are safe for you. Of course, you will want to explain the issue of cross contamination and how important it is that they keep the ingredients in your food separate. You will be surprised how quickly others will be happy to accommodate and help with your lifestyle change. They may find out that they like your food better than their own.

STEP 10. PLAY WITH RECIPES

Having recipes and meal ideas that you can turn to will make your life a lot simpler. For awhile, you may have to stick to a set regimen and eat the same things from week to week, until you get more comfortable dissecting ingredient labels and exploring what the gluten-free world has to offer. Section H gives you recipes that will get you started on the right track. Refer to www.glutenwatchers.com for more recipes.

STEP 11. PLAN YOUR MEALS AND LEARN NECESSARY COOKING TECHNIQUES

Planning your meals is going to be key in making a smooth transition to gluten-free eating. Section I includes charts and tables to help you with this process. Section J gives you additional cooking tips that may help in your unfamiliar cooking adventures.

THE TRUTH YOU MAY NOT WANT TO HEAR BUT NEED TO...

The material above informs, encourages, and guides you on how to become gluten-free. It gives you the positive aspects of gluten-free living and demonstrates steps on how to make the lifestyle change. The part that I left out until now is the other side of it, an extremely important side. It is the burdens that come along with gluten-free living. Your life now revolves around food. I want to prepare you for the rough days ahead. Every day, you are going to have to monitor the food you put in your mouth, check the ingredient labels of your food, and ask multiple questions about your food if you decide to eat out. There is no more off-the-cuff eating and grabbing whatever is in front of you. Eating socially is going to be much more limited, and planning ahead will have to take place. You are going to have to be proactive, and the food you purchase is going to be more expensive. There are going to be days you want to throw the towel in and all the dishes out. I want you to understand there are going to be bad days, and that is okay. There are plenty of times the feeling of loneliness, isolation, and being overwhelmed are going to take place. I tell you this not to bring feelings of anxiety or discourage you but to help you identify those feelings when they come. Your life will never be the same. The good news is that more gluten-free foods are available, restaurants are now offering gluten-free food, and people are becoming more aware, which is bringing the celiac community together. I created [glutenwatchers](http://www.glutenwatchers.com) to minimize those feelings and to help create a close-knit

community to help us support one another. I have created a Facebook group that you can connect with (look up “glutenwatchers”) and forums at www.glutenwatchers.com. I believe Dr. Jocelyn Silvester states it best: “Basically, it’s a choice for the celiac community. You can be on top of it all the time and risk it consuming you, or you aren’t on top of it and risk suffering the health consequences.” Identify when you are getting overwhelmed and take a step back. Reach out and find other celiac disease sufferers, so that when those days come, you can be encouraged and lifted up. I believe in you and know that you are capable of making this change. It will not be easy, but it is completely possible.

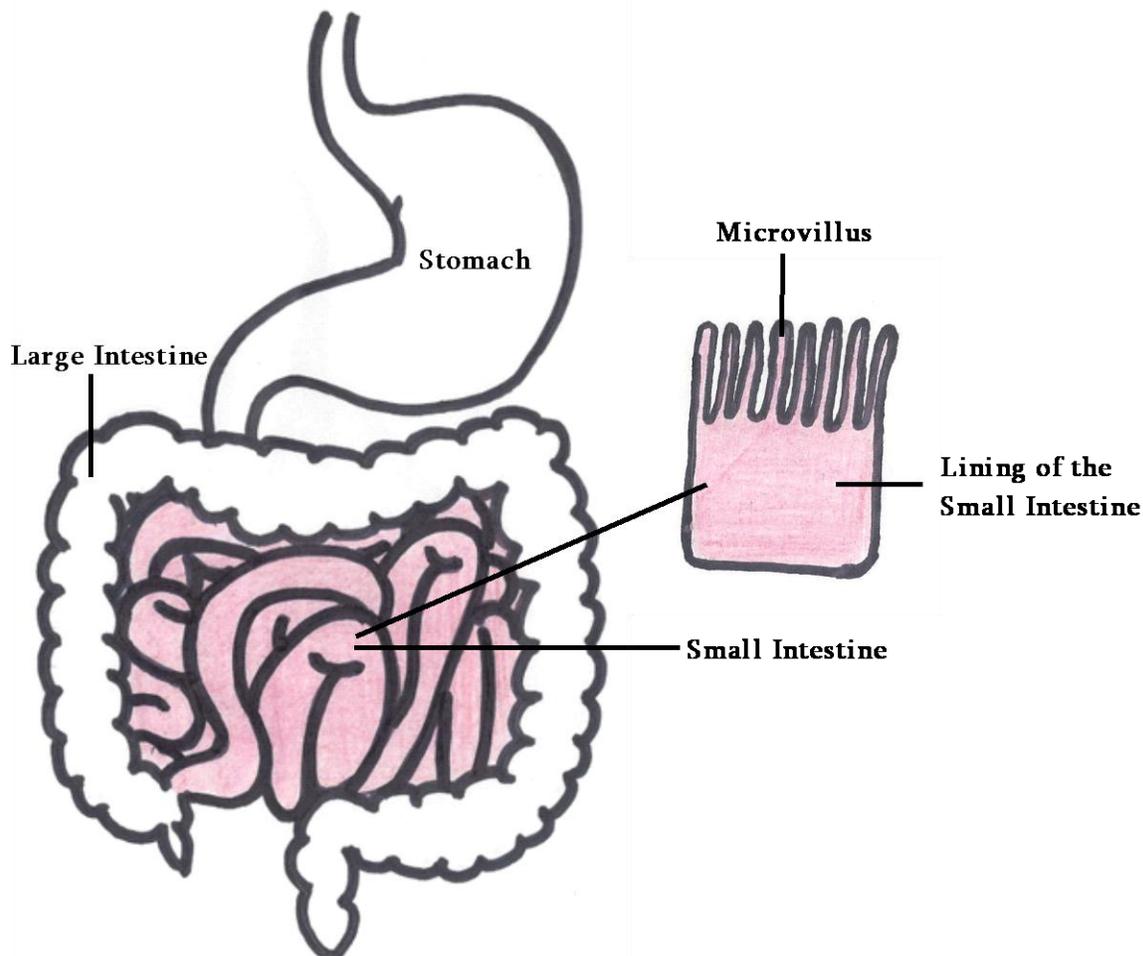
SECTION A

ANATOMY OF THE
GASTROINTESTINAL
TRACT, FUNCTIONS OF
THE SMALL INTESTINE,
AND UNDERSTANDING
CELIAC DISEASE

What is the Small Intestine and what does it do?

The small intestine, also known as the small bowel, is an organ in the body. More specifically, the small intestine is located in the gastrointestinal tract, between the stomach and large intestines. It plays a major role in the absorption of nutrients. With its length totaling approximately 20 feet, it creates a larger area for nutrients to be absorbed. There are three parts to the small intestines: the duodenum, jejunum, and ileum, each playing an important role in the digestion of food and absorption of nutrients. The mucosa, which is the lining of the small intestine and digestive tract, contains microvillus. Microvilli are hair-like structures that increase the surface area of the small intestine, which in turn allow more area for nutrients to be absorbed. The small intestines break down food and absorb those nutrients into the blood stream. Another important role of the small intestine is the immune system. The presence of gut flora (good bacteria in your digestive tract) has a major effect on your health and the strength of your immune system.⁹

ANATOMY OF A HEALTHY SMALL INTESTINE



Why does our Gastrointestinal (GI) Tract need to be healthy?

This discussion is focused on only a handful of functions in the gastrointestinal tract, which I will refer to here as the GI tract. The GI tract plays a vital role in multiple processes throughout the body, but there are just too many to cover thoroughly. Here, I want to explain the ones that may be pertinent to celiac disease and to give you a bigger picture of why it is so important that we have a healthy gut. Although most of the information below involves the intestines, the GI tract is not just the stomach and intestines but ranges from the beginning, where the food enters the mouth, to the end, where the waste is expelled.

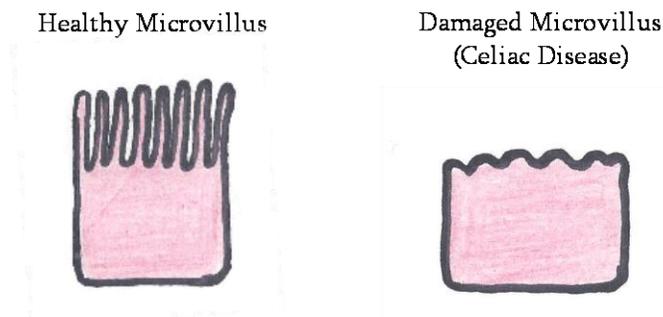
About 80% of our immune system is in our GI tract, where bacteria perform multiple roles for our entire body to operate. With so much of our immune system in the GI tract, we can understand the importance of a healthy gut. Our immune system represents the military for our body. It protects and defends against enemies that invade, and it helps rebuild after injury. A majority of us have probably heard that bacteria lives in our GI tract. When we hear the word *bacteria*, we may think of something bad that is going to make us sick, but in this instance I am referring to our normal flora or good bacteria. We need these bacteria to be healthy.⁷ One thing bacteria does is make vitamin K. This is a fat soluble vitamin (fat enhances its absorption) without which our blood would not clot properly, causing excess bleeding, bruising, slow wound healing, and a multitude of symptoms. Vitamin K plays a role in bone health by making proteins that support healthy bones. Vitamin K is a team player in that it connects with other vitamins to help them do their job. For example, vitamin K and vitamin D team up to assist calcium in finding its way to bones so they can properly develop. Vitamin K is just one of so many vitamins that our good bacteria produce. Some others include biotin, folic acid, thiamin, and niacin. Without these vitamins, our body cannot run at optimal levels and produces multiple symptoms (further explained in the Table of Common Nutrient Deficiencies in Celiac Disease).^{3,6}

Celiac disease causes inflammation and damage to our intestinal tract. Therefore, a lot of deficiencies can be developed and, in turn, create symptoms. So often, we think if we go to the doctor and get a pill, all will be well. That just isn't the case. Those pills often mask our symptoms and can create new ones (I have experienced that personally). The symptoms you experience are your body's way of telling you there is something out of whack or malfunctioning. The goal is to locate the problem and correct it. Our bodies are made to be able to fix themselves when given the proper nutrients. This level of health is obtained by taking care of our bodies and putting the right stuff in them. We have to develop a new way of thinking and realize that a pill is not going to fix all our problems.

What is Celiac Disease?

Celiac disease is considered a genetic disorder of the small intestine. It is characterized by an immune response that occurs when gluten, a protein found in wheat, barley, and rye is ingested. Oats is a culprit on the list, as well, due to the high cross contamination that takes place. The ingested gluten does not cause the damage directly, but it ignites the immune system and causes an attack on your digestive tract, which is actually, by nature, an autoimmune disorder. This attack on your digestive tract causes inflammation and damages the lining of the small intestine (more specifically the microvillus), creating a condition known as villous atrophy. This condition causes a lack in nutrient absorption. The lack of nutrient absorption leads to a slew of symptoms due to the different nutrient deficiencies that take place and because of the constant immune response. Some common symptoms of celiac disease include diarrhea, increased appetite, bloating, weight loss, irritability, and fatigue, but it can display hundreds of different symptoms.^{5,11}

Ranging from approximately 1 in 133 to even as many as 1 in 100 people have celiac disease, making it the most common inherited genetic illness in the country. Based on these estimates, only about 3% of these people have been diagnosed. Due to the over 200 symptoms the disease can portray, it takes an average of four years for someone to be diagnosed. Celiac disease is generally diagnosed by medical criteria, with a series of blood tests (celiac blood panel), followed by a duodenal biopsy. The only treatment for celiac disease is to follow a lifelong diet without gluten. Once gluten is removed from the diet, most symptoms subside within three to six months, but resolution of some symptoms can take longer.^{2,11}



You can see the difference between healthy microvillus and an individual with celiac disease. In celiac disease the microvillus are extremely damaged and unable to absorb the vital nutrients the body needs to run at optimal health.

What is Gluten Intolerance?

Gluten intolerance can be interchangeably called gluten sensitivity, non-celiac gluten sensitivity (NCGS), non-celiac wheat sensitivity, or even gluten allergy. There are different thoughts on gluten intolerance, and it is not completely understood. Some physicians don't believe it even exists, while others believe it gives a different type of immune response. Unlike in celiac disease, it is believed that the immune response in gluten intolerance actually occurs when the body sees the gluten protein as the invader. Although inflammation still occurs, it is directed toward the gluten instead of toward the body. It is not known whether damage still occurs to the small intestine. It is believed you still get symptoms because of the inflammation and acute response but that these resolve when gluten is taken out of the equation. A lot more research needs to take place on gluten intolerance. Hopefully, the near future will bring a better understanding of what is taking place.^{2,5}

Differences between Celiac Disease and Gluten Intolerance

Adapted from: <http://www.webmd.com/digestive-disorders/news/20131212/celiac-disease-gluten-sensitive#1>

Explanation	Celiac Disease	Gluten Intolerance (Non-celiac gluten sensitivity)
Inflammation to the lining of the small intestine, more specifically the microvilli, causing malabsorption of vital nutrients	X	
Symptoms caused by ingestion of gluten typically disappear in a relatively short period of time after gluten is removed from the diet. There is question as to whether inflammation still occurs in the small intestine.		X
Symptoms may take months to years to diminish and disappear, depending on the severity of the inflammation in the small intestine.	X	
Becoming more prevalent/frequent	X	X
Not hereditary and has no genetic component		X
Tests screening for celiac disease do not identify any immunologic mechanisms or serologic markers.		X
Diagnosed by excluding celiac disease and IgE-mediated allergy to wheat as sources of adverse symptoms with consumption of gluten		X
Is known to cause over 200 symptoms and can take an average of 6 years to be diagnosed	X	

Common Nutritional Deficiencies in Celiac Disease

Nutrient	Role in the Body	Some of the Effects from Deficiency	Foods that contain nutrient
Iron ¹	Iron helps carry oxygen through the blood.	Anemia (low red blood cells in the body) can develop with low folate. With not enough red blood cells in the body is can deprive the tissues of oxygen This can make you feel tired, irritable, and lightheaded.	Beef, turkey, legumes, gluten free soybeans
Vitamin D ¹	Vitamin D helps with the absorption of calcium, reducing hypertension, and even aids in the prevention of autoimmune disorders	Lack of vitamin D can lead to symptoms of depression, fibromyalgia, chronic fatigue syndrome, osteoporosis	Fish, fish oils, egg yolks, cheese, fortified milk, and beef liver
Thiamine (Vitamin B1) ¹	Thiamine helps to break down different sugars in the body, which converts food into energy	May lead to serious complications involving the nervous system, brain, muscles, heart, and stomach and intestines.	Yeast, cereal grains, beans, nuts, oatmeal, flax, sunflower seeds, brown rice, asparagus, kale, cauliflower, potatoes, oranges, beef, pork, and chicken, and eggs
Riboflavin (Vitamin B2) ¹	Riboflavin helps convert food into energy and helps to maintain proper eyesight. It helps to balance your mood, aids in sleeping, and maintain vision, hair, and skin. Riboflavin aids in the production of new red blood cells, as well.	Insomnia, difficulty digesting food, low energy levels, brain fog, skin rashes, anemia (low red blood cells in the body) can develop. With not enough red blood cells in the body is can deprive the tissues of oxygen This can make you feel tired, irritable, and lightheaded.	milk, dairy products, eggs, and dark green vegetables
Niacin (Nicotinic acid, Vitamin B3) ¹	Niacin helps convert food into energy for the body, plays an important role for the nervous system to work properly. It aids in the production of various sex and stress related hormones in the body. Niacin improves circulation and helps suppress inflammation as well.	Indigestion, fatigue, canker sores, vomiting, poor circulation, depression loss of appetite, weight loss, poor memory, and a sore or inflamed mouth A severe deficiency can lead to pellagra are sometimes called the "four D's": diarrhea, dementia, dermatitis, and death	yeast, meat, fish, milk, eggs, green vegetables, beets, peanuts
Pyridoxine (Vitamin B6) ¹	Vitamin B 6 helps to fight off infections and helps the body turn food into energy. It aids in making serotonin and norepinephrine. These	Low vitamin B 6 can lead to depression, confusion, skin disorders, more susceptible to infection. It has been linked to chronic inflammation, which	chickpeas (also known as garbanzo beans), non-citrus fruits, fish, chicken, and turkey —

	chemicals are used in the brain to transmit signals.	increases risk of heart disease, stroke, and type 2 diabetes.	
Folate (Folic acid, Vitamin B9) ¹	Folate helps in the production of new cells, repair cells, and produce new red blood cells.	Anemia (low red blood cells in the body) can develop with low folate. With not enough red blood cells in the body is can deprive the tissues of oxygen This can make you feel tired, irritable, and lightheaded. Low folate in pregnant women it can cause birth defects.	Vegetables (especially dark green leafy vegetables-spinach, asparagus, and brussel sprouts), eggs, dairy products, citrus fruits, nuts, beans, peas, meat, seafood, and grains
Vitamin B12 ¹	Vitamin B 12 helps make your DNA and maintain your nerves and red blood cells.	You may feel like you are fighting constant fatigue.	Meat, fish, and dairy products.
Vitamin C ¹⁰	Vitamin C is needed for multiple process of our body. It is known to increase immune function, manufacture collagen, aid in wound healing, helps block some of the damage done by free radicals, repairing and maintaining bone and gum health, and so much more.	A deficiency in vitamin C can lead to decreased ability to fight off infections, dry and splitting hair, easy bruising, nosebleeds, dry and scaly skin, decreased wound-healing rate, gingivitis, and so much more. A severe deficiency can lead to scurvy.	Red peppers, orange juice, broccoli, kiwi, green pepper, watermelon, cauliflower, brussel sprouts, leafy vegetables, blueberries, and pineapple
Calcium ⁴	Calcium is vital in bone and teeth health, regulating muscle and heart function, blood clotting, enzyme function, and transmission of nervous system messages.	Hypocalcemia (low calcium) can leave you having tingling in your hands, muscle spasms/weakness, facial twitching, seizures, irregular heartbeat, anxiety, depression, anger, confusion, shaking or loss of body control	Dairy products, leafy green vegetables, oranges, peanuts, canned salmon.
Zinc ^{9,12}	Zinc is required for multiple functions that include supporting the immune system, carbohydrate breakdown, cell growth, division, and reproduction	A deficiency in zinc can cause symptoms such as vision and hearing loss, frequent infections, dry skin, anemia, weight loss, loss of appetite, and plays important role in the development of growing children.	Beans, red meat, and peanuts.

SECTION B

LEARNING TO READ
INGREDIENT LABELS

READING INGREDIENT LABELS

NUTRITION FACTS IMAGE RETRIEVED FROM: <http://t581teamb2011.wikispaces.com/UXUIDesign>

Nutrition Facts	
Calories	
Total Fat	
Saturated Fat	
Trans Fat	
Cholesterol	
Sodium	
Total Carbohydrate	
Dietary Fiber	
Sugars	
Protein	
Vitamin A	• Vitamin C
Calcium	• Iron

INGREDIENTS: WHEAT FLOUR, HIGH FRUCTOSE CORN SYRUP, MALTODEXTRIN, YEAST, SOY BEAN OIL, BAKING SODA, SOY LETCHIN.

CONTAINS: WHEAT AND SOY INGREDIENTS.

If you look on the side or back of your food product, you will see something similar to the image above. It lists the nutritional information, ingredients, and the allergen information.

The section labeled **INGREDIENTS** is the list of ingredients that is in the product you are buying. They list the ingredients in order by the amount that is in the product. The first ingredient indicates that it has the largest amount in the product and then decreases from there.

The section labeled **CONTAINS** is your allergen information. The FDA mandates that the eight major allergens be listed if they are in the product. The eight major allergens include wheat, soy, eggs, dairy, milk, peanuts, tree nuts, shellfish, and fish. Please note they do not include barley or rye to be included and can put you at risk for being exposed to gluten.

INGREDIENTS THAT CONTAIN GLUTEN

Below is a list of ingredient names that you may come across on your food packages that contain gluten ingredients. Due to the amount of additives in our foods, it makes it much more difficult to identify ingredients with gluten. Items can be cross contaminated that are considered naturally gluten-free and put you at risk. As always, I encourage you to never purchase any packaged food items that do not say gluten free on them. Products with special gluten free certifications are the best option. We cover those certifications later in this section.

The ingredients list below was taken from: <http://www.joybauer.com/ceeliac/foods-to-avoid-list/>. Here are lists of foods, ingredients and additives to avoid. Study this list carefully and refer to it often. Eventually, you'll have the foods memorized.

- **The ones in bold are food additives that you can expect to see on your ingredients list frequently. Honestly you are best to just stay away from those completely, but at minimum pay close attention for gluten-free labeling and gluten-free certifications.**

COMMON FOODS THAT CONTAIN GLUTEN

- Barley (and anything with the word barley in it, such as barley malt)
- Beer
- Bleached flour
- Blue cheese (sometimes made with bread mold)
- Bread flour
- Bulgur
- Cake flour
- Communion wafers
- Cracker meal
- Croutons
- Couscous
- Durum
- Farina
- Farro
- Graham flour
- Groats
- Kamut
- **Malt (and anything with the word malt in it, such as rice malt, malt extract or malt flavoring)**
- Malt beverages

- Matzo (made with wheat)
- Orzo
- Pasta (all varieties made with wheat, wheat starch, barley, rye or any ingredient on this list)
- Rye (and anything with the word rye in it)
- Seitan
- Semolina
- Soy sauce (check ingredients—some contain wheat)
- Spelt
- Suet
- Tabbouleh
- Teriyaki sauce (check ingredients—some contain wheat)
- Triticale
- Triticum
- Vital gluten
- Wheat (and anything with the word wheat in it, such as wheat grass, wheat berries, wheat germ, wheat starch, wheat bran and wheat flour; buckwheat* is OK and is the only exception)

LESS COMMON FOODS AND FOOD ADDITIVES THAT CONTAIN GLUTEN

- Abyssinian hard (a wheat product)
- Amp-isostearoyl hydrolyzed wheat
- Brewer's yeast
- Cereal binding
- Cereal extract
- Dextrimaltose
- Dinkel
- Disodium wheatgermanamido Peg-2 sulfosuccinate
- Edible starch
- Einkorn
- Emmer
- Filler
- Fu
- Granary flour
- Mir
- Udon (wheat noodles)
- Whole-meal flour

FOODS AND FOOD ADDITIVES THAT *MAY* CONTAIN GLUTEN

If a favorite food contains one of the following ingredients and does not say “gluten-free” on the label, contact the company and ask questions. Depending on the manufacturing process, these questionable ingredients can sometimes be gluten-free.

- **Artificial color**
- **Artificial flavoring**
- Bouillon cubes
- Brown rice syrup
- Candy
- Caramel color
- Coloring
- Dextrins
- Dried fruit (may be dusted with wheat)
- Flavored coffee
- Flavored vinegar
- **Flavoring**
- Food from bulk bins at the grocery store
- Food starch
- French fries
- Glucose syrup
- Gravy cubes
- Ground spices (wheat is sometimes added to prevent clumping)
- Hydrolyzed plant protein (HPP)
- Hydrolyzed vegetable protein (HVP)
- Ice cream
- **Maltodextrin**
- Maltose
- Miso
- **Modified starch**
- **Monoglycerides and diglycerides**
- **Monosodium glutamate (MSG)**
- Mustard powder (some brands contain gluten; check ingredients)
- **Natural flavoring**
- Oats (look specifically for gluten-free)
- Processed cheese (check ingredients)

- Processed meats (cold cuts, hot dogs, sausages, and canned meats that contain wheat, barley, rye, oats, gluten fillers or stabilizers)
- Rice malt
- Rice syrup
- Salad dressing
- **Seasonings** (including powdered flavorings and dustings on chips, nuts, popcorn, rice mixes, and rice cakes)
- Smoke flavoring
- Soba noodles
- Starch
- Stock/bouillon cubes
- Surimi (imitation seafood)
- Textured vegetable protein (TVP)
- Vegetable starch
- Vitamins

BREAKING DOWN THE INGREDIENT LABEL

I have prepared six examples of ingredient labels. Each example breaks down the label on what you need to be looking for and looking out for when purchasing gluten free food. Please study the following examples.

EXAMPLE # 1

INGREDIENTS: (1)**ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE {VITAMIN B1}, RIBOLAVIN {VITAMIN B2}, FOLIC ACID),** WATER, PARTIALLY HYDROGENATED SOYBEAN OIL, BAKING POWDER, CONTAINS 2% OR LESS OF: SUGAR, WHEY, SALT, (2)**WHEAT PROTEIN ISOLATE,** (3)**NATURAL FLAVOR, ARTIFICIAL FLAVOR.**

CONTAINS: (4)**WHEAT, MILK, AND SOY INGREDIENTS.**

BREAKING DOWN THE INGREDIENTS:

1. The first ingredient is enriched flour, which is derived from wheat and contains gluten. The ingredient list goes from largest amount to smallest amount. The first ingredient indicates it has the highest amount in the product.
2. It is important to read all the ingredients. Wheat protein isolate is derived from wheat, which contains gluten.
3. Natural and artificial flavor can be derived from barley and there are no regulations that state barley has to be labeled in the allergen information. Barley contains gluten.
4. Allergen information is a quick reference to see if the product contains wheat. Just remember barley and rye will not be listed in this section, so make sure to read your labels carefully and only purchase gluten free items.

EXAMPLE # 2

INGREDIENTS: (1)WHOLE GRAIN ROLLED OATS, SUGAR, CANOLA OIL, CRISP RICE WITH SOY PROTEIN (RICE FLOUR, SOY PROTEIN CONCENTRATE, SUGAR,(2)MALT, SALT), HIGH FRUCTOSE CORN SYRUP, BROWN SUGAR SYRUP, SOY LECITHIN, BAKING SODA, ALMOND FLOUR, PECAN FLOUR
(3)CONTAINS: SOY, ALMOND, AND PECAN INGREDIENTS.

BREAKING DOWN THE INGREDIENTS:

1. The first ingredient is whole grain rolled oats. Although oats themselves do not contain gluten, they are highly cross contaminated with wheat products. This puts them on the list for gluten foods.
2. Malt can be derived from barley. This is an item that you want to stay away from.
3. Although the allergen information does not list wheat, most likely the oats have been cross contaminated and the malt is most likely made of barley. If the item does not say gluten free then the odds of being exposed to wheat or barley is very high.

EXAMPLE #3

INGREDIENTS: WHOLE-GRAIN SPROUTED BROWN RICE PROTEIN CONCENTRATE, (1)**NATURAL FLAVOR**, STEVIA.

ALLERGEN INFORMATION: THIS PRODUCT IS MANUFACTURED IN A FACILITY THAT PROCESSES OTHER PRODUCTS WHICH MAY CONTAIN SOY, DAIRY, (2)**WHEAT**, TREE NUTS, SHELLFISH, FISH, PEANUTS, AND EGGS AND MAY CONTAINS TRACES OF ALL OF THE ABOVE.

BREAKING DOWN THE INGREDIENTS:

1. The ingredients listed on this label could make you think it is a gluten free product and safe to eat, but natural flavor could be derived from barley. That makes it unsafe.
2. Under the allergen information it shows there could be cross contamination with other wheat products due to that facility not being a dedicated gluten free facility. You need to stick with dedicated gluten free labels.

EXAMPLE #4

INGREDIENTS: WHOLE CORN VEGETABLE OIL (SUNFLOWER, CANOLA, CORN, AND/OR SOYBEAN), (1)**MALTODEXTRIN**, AND LESS THAN 2% OF THE FOLLOWING: (2)**WHEAT FLOUR**, SALT, CHEDDAR CHEESE (MILK, CHEESE CULTURES, SALT, ENZYMES), WHEY, MONOSODIUM GLUTAMATE, BUTTERMILK, ROMANO CHEESE (PART-SKIM COW'S MILK, CHEESE CULTURES, SALK ENZYMES), WHEY PROTEIN CONCENTRATE, ONION POWDER, PARTIALLY HYDROGENATED SOYBEAN AND COTTENSEED OIL, CORN FLOUR, (3)**NATURAL AND ARTIFICIAL FLAVOR**, DEXTROSE, TOMATO POWDER, LACTOSE, SPIES, ARTIFICIAL COLOR (INCLUDING YELLOW 6, YELLOW 5, RED 40), SUGAR, GARLIC POWDER, CORNSYRUP SOLIDS, RED AND GREEN BELL PEPPER POWDER, SODIUM CASEINATE, DISODIUM INOSINATE, AND DISODIUM GUANYLATE.

CONTAINS: MILK, SOY, AND **WHEAT** INGREDIENTS.

BREAKING DOWN THE INGREDIENTS:

1. If you look at the first ingredient of this product you might think that it is safe to eat, but if you go down the list of ingredients you see where wheat flour is an ingredient.
2. Natural and artificial flavor is most likely derived from barley and off limits.
3. If you look at the additional information regarding allergen ingredients, it states that it contains wheat ingredients. Not safe!

EXAMPLE #5

INGREDIENTS: ENRICHED CORN MEAL [CORN MEAL, FERROUS SULFATE, NIACIN, THIAMIN, MONONITRATE, RIBOFLAVIN, AND FOLIC ACID], VEGETABLE OIL [CONTAINS ONE OR MORE OF THE FOLLOWING: CORN, SOYBEAN, OR SUNFLOWER OIL], WHEY SALT, CHEDDAR CHEESE [CULTURED MILK, SALT, ENZYMES] PARTIALLY HYDROGENATED SOYBEAN OIL, (1)**MALTODEXTRIN**, DISODIUM PHOSPHATE, (2)**ARTIFICIAL FLAVORING**, MONOSODIUM GLUTAMATE, LACTIC ACID, ARTIFICIAL COLORS [INCLUDING YELLOW 6], AND CITRIC ACID. (3)CONTAINS: MILK INGREDIENTS.

BREAKING DOWN THE INGREDIENTS:

1. Maltodextrin can be derived from barley.
2. Artificial flavor can be derived from barley.
3. Although the allergen information shows it is free of wheat, the maltodextrin and artificial flavor puts you at risk because of the fact barley is not required to be listed and those two ingredients can be derived from barley. There is no label that states it is gluten free, stay clear of items that don't specifically say they are gluten free.

EXAMPLE # 6

INGREDIENTS: WHOLE GRAIN RICE, RICE SUGAR, SUGAR, FRUCTOSE, CANOLA OIL, SALT, CINNAMON, MOLLASSES, VITAMIN E (MIXED TOCOPHEROLS) AND BHT ADDED FRESHNESS.

VITAMINS AND MINERALS: CALCIUM CARBONATE, IRON AND ZINC (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B4 (PYRIDOXINE HYDROCHLORIDE), VITAMIN B1 (THIAMIN MONONITRATE), (VITAMIN A (PALMTATE), VITAMIN B2 (RIBOFLAIN), A B VITAMIN (FOLIC ACID), VITAMIN B12, VITAMIN D3.

(1)GLUTEN FREE

BREAKING DOWN THE INGREDIENTS:

1. The label stating gluten free makes it very easy to see that it meets the FDA standards. The only concern at this time is if you are highly sensitive to gluten and even the FDA standards cause a reaction. At this point you will want to make sure to have an additional certification that requires even a lower amount. Although there is not any certification that requires zero parts per million

YOUR TURN TO PRACTICE!

It is your turn! I have given you four examples of ingredient labels; look over them and see what you can identify. Have fun with it!

EXAMPLE #1

What do you see wrong with this ingredient label? Please circle and write a short explanation on if you need to avoid this product and if so, why you need to avoid this product.

INGREDIENTS: 100% ORGANIC IRISH STYLE OATS.

PACKAGED IN A PLANT THAT ALSO PROCESSES WHEAT, GLUTEN, TREE NUTS, SOY, AND DAIRY.

EXAMPLE #2

What do you see wrong with this ingredient label? Please circle and write a short explanation on if you need to avoid this product and if so, why you need to avoid this product.

INGREDIENTS: WHOLE GRAIN CORN, CORN MEAL, SUGAR, MARSSHMALLOWS [SUGAR, DEXTROSE, MODIFIED CORN STARCH, CORY SYRUP, GELATIN, MALIC ACID, NATURAL AND ARTIFICIAL FLAVOR, CIRTIC ACIS, RED 40, BLUE 1 AND 2,], MODIFIED CORN STARCH, CORN SYRUP, CANOLA AND/OR RICE BRAN OIL, SALT, TRICALCIUM PHOSPHATE, TRISODIUM PHOSPHATE, RED 40, BLUE 1, ARTIFICAL FLAVOR, WHEAT FLOUR, PEANUT FLOUR, VITAMIN E [MIXED TOCOPHEROLS) AND BHT ADDED TO PRESERVE FRESHNESS.

VITAMINS AND MINERALS: CALCIUM CARBONATE, ZINC AND IORN, VITAMIN C, VITAMIN B6.

CONTAINS WHEAT AND PEANUT INGREDIENTS.

EXAMPLE #3

What do you see wrong with this ingredient label? Please circle and write a short explanation on if you need to avoid this product and if so, why you need to avoid this product.

INGREDIENTS: CORN FLOUR, RICE FLOUR, MONO AND DIGLYCERIDES.

NO WHEAT INGREDIENTS.

PRODUCED IN A DEDICATED GLUTEN FREE FACILITY.

EXAMPLE #4

What do you see wrong with this ingredient label? Please circle and write a short explanation on if you need to avoid this product and if so, why you need to avoid this product.

INGREDIENTS: BROWN RICE FLOUR, WHITE RICE FLOUR, CULTURED BUTTERMILK, NATURAL ALOND MEAL (MAY APPEAR AS BROWN FLECKS), TAPICOA STARCH, SWEET RICE FLOUR, POTATO STARCH, GRAINLESS AND ALUMINUM-FREE BAKING POWDER (SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE, POTATO STARCH) BAKING SODA, SEA SALT, XANTHAM GUM.
ALLERGEN INFORMATION: ALMONDS AND MILK

THIS PRODUCT HAS BEEN FORMULATED AND PRODUCED TO BE WHEAT-FREE AND GLUTEN-FREE. IT IS PRODUCED ON EQUIPMENT THAT ALSO MAKES PRODCUTS CONTAINING TREE NUTS, SOY, EGGS, AND MILK.

ANSWERS TO PRACTICE QUESTIONS:

EXAMPLE #1: If you look at this ingredient list, you see one ingredient on the label. It even says that it is USDA Organic. This could make you believe that these oats are safe, but indeed they are not. If you look at the packaging of these oats, it states they are processed in the same plant as other wheat and gluten products deeming it unsafe and not gluten free. Please pay close attention to the labels.

EXAMPLE #2: This is another label that has the first ingredient as corn, which may make you think it is safe, but in reality it is not. It has natural flavor, which could be from barley. Also, it has wheat flour in it, which absolutely makes it unsafe. If you go down to the allergen information it clearly states, contains wheat.

EXAMPLE #3: This product shows that it has no wheat ingredients and has been manufactured in a facility that is gluten free. Most likely this is a gluten free product but you would want to check the labeling on the box to make sure it states it is gluten free, meeting FDA standards.

EXAMPLE #4: The ingredients are all gluten free. The allergen information states that it does not contain wheat. The additional information tells us it is wheat free and gluten free, making it safe and meeting FDA standards. This is a good and safe product.

I HOPE THIS HAS HELPED YOU BECOME MORE FAMILIAR WITH IDENTIFYING
INGREDIENTS IN YOUR FOOD.

“SAFE LABELING”



The above symbols represent organizations that exceed the minimal FDA requirements to label products gluten-free. These symbols are placed on food products when the manufacturers have met their standards. There is not one organization that requires zero gluten for labeling. If you react to even the smallest amount of gluten, you are better off sticking strictly to naturally gluten-free foods and staying away from the processed items. Sticking to products that are manufactured in dedicated gluten-free facilities is an additional step to help minimize a reaction. Although the certifications are not fail-proof, they do increase your chances of eating food with a lower amount of gluten and with stricter guidelines than FDA standards.

<u>Certification</u>	<u>Gluten-Free Standards</u>
<p>“GLUTEN FREE” (FDA Standards)</p> <p>https://www.fda.gov/Food/NewsEvents/ConstituentUpdates/ucm407867.htm</p>	<ul style="list-style-type: none"> • Require foods to contain less than 20 parts per million (ppm) of gluten. • Foods may be labeled “gluten-free” if they are inherently gluten free; or do not contain an ingredient that is: 1) a gluten-containing grain (e.g., spelt wheat); 2) derived from a gluten-containing grain that has not been processed to remove gluten (e.g., wheat flour); or 3) derived from a gluten-containing grain that has been processed to remove gluten (e.g., wheat starch), if the use of that ingredient results in the presence of 20 ppm or more gluten in the food.
<p>Gluten Intolerance Group’s Gluten-Free Certification Organization (Gluten-Free Certified Organization)</p>  <p>http://www.gfco.org/get-certified/standards/</p>	<ul style="list-style-type: none"> • Requires that all finished products using the GFCO logo contain 10 ppm or less of gluten. • All ingredients utilized in GFCO-certified products are required to go through a stringent review process of approval. All ingredients must contain 10 ppm or less of gluten. • Barley-based ingredients are not allowed in GFCO certified products. • Requires ongoing testing of finished products and high-risk raw materials and equipment. • All manufacturing plants producing GFCO certified products undergo, at minimum, an annual inspection and are required to submit finished product testing on a regular basis for the GFCO for review. • Compliance with all government regulations for allergens, gluten-free labeling, and good manufacturing practices is required.
<p>National Celiac Association (formerly Celiac Sprue Association – CSA)</p>  <p>https://www.nationalceliac.org/resources/gluten-free-recognition-seal-program/</p>	<p>Below are Celiac Sprue Association previous requirements, prior to them selling out to National Celiac Association. I reached out to get an updated list of requirements from the National Celiac Association and never received any information back.</p> <ul style="list-style-type: none"> • Thorough ingredient review and sourcing. Ingredient review includes written documentation of ingredient specifications, celiac and allergen checklists, and documentation of ingredient sources for potentially questionable ingredients such as vanilla extract, flavorings, maltodextrin, vinegar, etc., to assure the most WBRO (wheat, barley, rye, oat)-free product. • Facility review. To assure WBRO-free processing, written documentation of allergen control plans, sanitation plans, and/or HACCP plans are required. Documentation of best practices procedures for receiving raw ingredients, storage, processing, and packaging are required. Employee sanitation procedures and training procedures for controlling cross or outside contamination are included in the facility plan. Facilities may be audited as a part of this procedure. • Inspection of packaging materials. Packaging samples are provided to assure that no WBRO materials are included within packaging and that packaging procedures and materials eliminate the possibility of outside contamination after products leave the production facility. • Testing. Verification of the absence of WBRO in ingredients and processing is accomplished through testing at the University of Nebraska Food Allergy Research and Resource Program (FARRP) laboratory using the RBiopharm RIDASCREEN® Gliadin ELISA test. This test, which is equally cross-reactive with gliadin/gluten for wheat, rye, and barley, <u>has a lower limit of quantification of 5 parts per million (ppm)</u> or best test for product. Only products which test below level of quantification are accepted for the CSA Recognition Seal Program.
<p>Beyond Celiac (National Foundation for Celiac Awareness)</p>  <p>https://www.beyondceliac.org/gluten-free-certification/</p>	<ul style="list-style-type: none"> • Foods must test to 20 parts per million • Approves only those facilities that continually meet strict, good manufacturing practices for gluten-free production. • Certification audits are conducted annually by trained and approved, independent International Standard for Organization (ISO) and third-party accredited auditing companies. • Products manufactured in facilities that have earned GFPC certification may bear a clear and easy-to-recognize certification trademark from the GFPC and endorsed by Beyond Celiac, on their packaging. • By having qualified third-party professionals involved in each major step of the certification process, the GFPC supports a system of checks and balances eliminating any potential for conflict of interest due to the manufacturer’s relationship with the program, its certifying bodies, and/or Beyond Celiac.

Things to Remember...

1. You are always better off staying with items that are naturally gluten-free (see the table in Section D that lists some naturally gluten-free items).
2. Finding products with additional certifications besides the FDA standards is a safer way to go. Just remember that even those items are not 100% free from gluten. If you are highly sensitive, you may still have a reaction or side effects.
3. Pay close attention to your labels. If a label does not say that a product is gluten-free or that it has gluten-free certification, you cannot deem the product safe, even if you don't think it has any gluten ingredients.

SECTION C

NONFOOD GLUTEN-
CONTAINING ITEMS
THAT MAY BE IN YOUR
HOUSE

Nonfood Items That May Contain Gluten

Adapted from The Huffington Post: http://www.huffingtonpost.com/2013/09/07/non-food-gluten-products-sources_n_3791886.html and Natural Blaze: <http://www.naturalblaze.com/2015/09/4-non-food-sources-of-gluten-you-might.html>

Below is a list of items that are not food but still may contain gluten, as well as brands that offer gluten-free options. This is not a complete list, and the brands mentioned may not offer all items necessary. Please do your own research, because formulas do change, and I have not personally tested a majority of these. Our skin is the largest organ of the body, and the things we put on it can have a great effect on our health. I strongly encourage purchasing products that are organic and have the least amount of ingredients possible.

KITCHEN UTENSILS

A high area of contamination is the items we use in the kitchen. All of the items listed below have the capability and a high probability to contain trace amounts of gluten, no matter how many times they have been washed. Some of the risk is due to scratches that exist on the surface or to the fact that the material the item is made of is porous and can hold the gluten indefinitely. It is best to replace your kitchen items, especially if there are visible scratches and areas where gluten may be hiding.

Items to consider replacing in your kitchen:

- Nonstick pans
 - Toaster
- Cutting boards
- Plastic and silicone spatula
 - Rolling pin
 - Cast iron
- Colander/strainer
 - Plastic bowls
 - Sifter
- Baking sheet / muffin tin
- Wooden cooking utensils

MAKEUP/COMESTICS

Makeup, such as lipstick, powders, and foundations, may contain ingredients that are derived from wheat and barley extracts.

Brands that offer gluten-free options: Gabriel Cosmetics, Ecco Bella, BITE Beauty, Afterglow Cosmetics

TOOTHPASTE

Toothpaste can contain gluten, but the majority is gluten-free.

Gluten-free brands: Desert Essence, Tom's of Maine

SHAMPOO, CONDITIONER, SOAP

Shampoo, conditioner, and soap may be derived from wheat or oats.

Brands that offer gluten-free options: Avalon Organics, Desert Essence, Jason

SUNSCREEN

Sunscreen may contain wheat-derived ingredients, such as vitamin E from wheat germ oil.

Brands that offer gluten-free options: Rocky Mountain Sunscreen, California Baby Sunscreen, Ilia Beauty, Goddess Garden Sunscreen, True Natural, All Good Sunscreen Butter

MEDICATION

Medications, vitamins, and dietary supplements may contain gluten. Nearly 25% of dietary supplements contain gluten, and medications may contain "starch," which can refer to wheat starch (although starch can be derived from corn, potato, or tapioca).

Brands that offer gluten-free supplements: Dynamic Health, Raw One Vitamins, Puritan's Pride, Gluten-Free Remedies

PLAY-DOH

Play-Doh is made with wheat-containing ingredients.

Brands that offer gluten-free alternatives: Soy-Yer Doh, Colorations, Aroma Dough

NON SELF-ADHESIVE ENVELOPES AND STAMPS

Be sure to purchase only envelopes and stamps that are self adhesive.

ORTHODONTIC RETAINER

A retainer contains plasticized methacrylate polymer. Plastic commonly uses gluten as an additive. This is controversial, but something to at least note.

**BUY PRODUCTS SPECIFICALLY LABELED
GLUTEN-FREE!**

SECTION D

NATURALLY GLUTEN- FREE FOODS

NATURALLY GLUTEN-FREE FOODS

Adapted from: <https://celiac.org/live-gluten-free/glutenfreediet/food-options/>

<u>Fresh Produce</u>	<u>Fresh Dairy</u>	<u>Fresh Meats and Fish</u>	<u>Grains and Pasta</u>	<u>Gluten-Free Flours</u>	<u>Snacks</u>	<u>Beverages</u>
Apples Asparagus Avocados Bananas Berries Cabbage Carrots Cherries Citrus Fruits Grapes Herbs Kale Lettuce Mangos Melons Onions Pears Peppers Potatoes Radishes Spinach Sprouts Squash Zucchini	Cheese Cottage Cheese Cream Milk Sour Cream Yogurt *Always check your ingredients because some companies have additives Make sure not additional additives have been added.	Beef Chicken Eggs Fish Lamb Pork Shellfish Turkey *Make sure fresh meats and not seasonings or sauces added.	Amaranth Buckwheat Corn Kasha Legumes Polenta Quinoa Rice Rice pilaf Risotto Teff *Always be aware of cross contamination.	Almond Arrowroot Brown rice Buckwheat Cassava Chickpeas Coconut Corn Flaxseed Millet Potato Rice Soy Sweet Rice Tapioca Teff *Make sure they are labeled gluten free and have not been manufactured with gluten products.	Raw almonds Applesauce Bean chips Canned fruit Raw cashews Chocolate Corn chips Dried fruit Raw hazelnuts Raw peanuts Raw pecans Popcorn Potato chips Raw pumpkin seeds Raw sunflower seeds *Be aware of cross contamination and added ingredients	Almond milk Coconut milk Coffee Goat milk Fruit Juice Milk Rice milk Seltzer Soda Soy milk Tea Water *Always be aware of additional ingredients added.

Produce: The list above does not include all produce. All fresh, unprocessed, and freshly frozen produce is naturally gluten-free.

Dairy: The majority of dairy is naturally gluten-free. Some products contain fillers and additives, which may contain gluten.

Meats and Fish: All meat and fish in its natural state is gluten-free. Some items that have seasonings or injected liquid may contain gluten.

Grains and Pasta: These grains are considered naturally gluten-free. It is always good to make sure no cross contamination has taken place.

Gluten-Free Flours: These are all great options to use as flour. The majority needs to be combined with one another to get a mix that is similar to wheat flour. There are many different gluten-free all-purpose and bread flour blends available.

Beverages: A large majority of beverages are gluten-free, but certain drink mixes may contain wheat or gluten.

Always read ingredient labels to make sure they are gluten-free and look for additional certifications.

We highly encourage the purchase of organic products, to minimize your exposure to pesticides and genetically modified products.

Please remember that this is only a starter list. There are plenty of gluten-free foods that could be added to this list.

SECTION E

GLUTEN-FREE BRANDS

Gluten-Free Brands

The following list does not give every gluten-free brand available; these are ones I have personally come across. There are lots more and always new and upcoming gluten-free manufacturers. Go to our website for addition information.

Brand Name	Description of Products	Website for More Information
Amy's	Amy's offers gluten-free items, along with non-gluten-free items. Gluten-free items include frozen entrées and pizzas.	www.amys.com
Ancient Harvest	Ancient Harvest specializes in gluten-free, along with organic and non-GMO. Their products include pastas, quinoa, amaranth, millet, polenta, and hot cereals.	www.ancientharvest.com
Annie's	Annie's has gluten-free and non-gluten-free products. Gluten-free items include macaroni and cheese, cookies, fruit snacks, granola bars, and popcorn.	www.annies.com
Applegate	Applegate offers lots of gluten-free options. Their gluten-free products include deli meats, hot dogs, corn dogs, sausages, chicken nuggets, chicken breasts, bacon, pork chops, and deli cheeses.	www.applegate.com
Arrowhead Mills	Arrowhead Mills offers gluten-free and non-gluten-free items. Their gluten-free products include baking mixes, beans, grains, seeds, flours, peanut butter, cornmeal, and cereals.	www.arrowheadmills.com
Beanitos	Beanitos specializes in chips made of different types of beans. They are non-GMO verified and are certified gluten-free. Their chip varieties include Black Bean Chipotle BBQ, White Bean Garden Fresh Salsa, White Bean Nacho Cheese, and many more.	www.beanitos.com
Bella Gluten-Free	Bella specializes in gluten-free. Their products are certified gluten-free and non-GMO verified and include baking mixes (for pizza crust, pie crust, rolls, brownies, scones, and biscuits) and all-purpose flour mix.	www.bellaglutentfree.com
Betty Crocker	Betty Crocker has products that are gluten-free. They include baking mixes for brownies, cookies, and cakes and a rice flour blend.	www.bettycrocker.com
Bionaturae	Bionaturae offers gluten-free products and specializes in pastas. Their products include gluten-free and organic pastas, fruit spreads, and tomatoes.	www.bionaturae.com
Bob's Red Mill	Bob's Red Mill offers multiple gluten-free products, including baking mixes, bread mixes, flours, oats, and granola.	www.bobsredmill.com
DeBoles	DeBoles offers pastas certified gluten-free by the Celiac Sprue Association.	www.deboles.com

Ener-G	Ener-G specializes in gluten-free items. Their products include egg replacer, crackers, pretzels, baking mixes, pizza crust, breads, flours, doughnuts, English muffins, dinner rolls, hamburger buns, hot dog buns, and Communion wafers.	www.ener-g.com
Enjoy Life	Enjoy Life specializes in gluten-free foods—more specifically, allergen-free foods. Their products include chocolate bars, baking chocolate, Plentils (chips made from lentils), chewy bars, nut and seed mixes, soft baked bars, soft cookies, crunchy cookies, and baking mixes.	www.enjoylifefoods.com
EnviroKidz	EnviroKidz specializes in gluten-free. Their products are certified gluten-free and include cereals, granola bars, and rice bars.	us.envirokidz.com
Food for Life	Food for Life offers gluten-free products, including breads, English muffins, and tortillas.	www.foodforlife.com
Full Circle (Schnucks brand)	Schnucks grocery store's brand named Full Circle offers a variety of gluten-free products.	nourish.schnucks.com
Glutino	Glutino specializes in gluten-free products, including baking mixes, bagels, English muffins, breads, breakfast bars, chips, pretzels, cookies, wafers, crackers, pizzas, bread crumbs, and toaster pastries.	www.glutino.com
Goldbaum's	Goldbaum's specializes in gluten-free products, including crackers, ice cream cones, soup accompaniments, snacks, and pastas.	www.goldbaums.com
Hodgson Mill	Hodgson Mill offers gluten-free products certified by the Celiac Sprue Association. Their gluten-free products include pastas, baking mixes, oats, quinoa blends, rice blends, flax seed, xanthan gum, flours, and sorghum.	www.hodgsonmill.com
King Arthur	King Arthur offers gluten-free items, including baking mixes, flours, and xanthan gum.	www.kingarthurfLOUR.com
Kinnikinnick	Kinnikinnick specializes in gluten-free. Their products include breads, buns, bagels, baking mixes, doughnuts, waffles, muffins, cookies, and pizza crust.	www.kinnikinnick.com
liveGfree (Aldi's brand)	Aldi's grocery store carries their own gluten-free brand. They offer a multitude of gluten-free items. Their growing product list includes breads, tortillas, crackers, baking mixes, granola, cookies, pretzels, and pastas.	www.aldi.us/en/grocery-home/aldi-brands/livegfree/
Lundberg Family Farms	Lundberg offers gluten-free items certified non-GMO. Their products include pastas, risottos, chips, and rice and rice dishes.	www.lundberg.com/
Midel	Midel offers gluten-free items, including different types of cookies, such as ginger snaps and chocolate chip.	www.midelcookies.com/products/gluten-free

Namaste	Namaste specializes in gluten-free items, including baking mixes, soups, coating mixes, flours, egg replacer, xanthan gum, starches, rice milk powder, and pasta dinners.	www.namastefoods.com
Nature's Path Foods	Nature's Path offers certified gluten-free items, including cereals, granola, granola bars, oats, frozen waffles, and rice bars.	us.naturespath.com
Orgran	Orgran offers gluten-free items, including pastas, crackers, croutons, egg replacer, flours, pudding mix, falafel mix, baking mixes, cereals, bread crumbs, and biscuits.	www.orgran.com
Pamela's	Pamela's specializes in gluten-free items, including flour mixes, baking mixes, cookies, fig bars, biscotti, graham crackers, and Whenever Bars.	www.pamelasproducts.com
Rudi's Bakery	Rudi's Bakery offers gluten-free items, including breads, buns, rolls, toast, and tortillas.	www.rudisbakery.com
Schar	Schar specializes in gluten-free items, including baking mixes, pasta, croissants, croutons, bread crumbs, breads, buns, pizza, wafers, crackers, bread sticks, and cookies.	www.schar.com
Three Bakers	Three Bakers specializes in gluten-free items, including breads, buns, hoagie rolls, stuffing, pizzas, and pizza crust	www.threebakers.com
Udi's Gluten Free	Udi's specializes in items certified gluten-free. Their products include breads, rolls, buns, bagels, granola, granola bars, muffins, cookies, tortillas, chips, frozen meals, and burritos.	www.udisglutenfree.com
Van's	Van's offers gluten-free items, including chips, crackers, cereals, cinnamon toast sticks, granola, pancakes, waffles, snack bars, and pastas.	www.vansfoods.com
Wildtree	Wildtree offers gluten-free items, including meat rubs, jams, oils, seasoning blends, skillet meals, baking mixes, dip mixes, frozen alcoholic drink mixes, and sauces.	www.wildtree.com
XO Baking Company	XO Baking Company specializes in items that are certified gluten free and non-GMO verified. Their products include baking mixes and frosting mixes.	www.xobakingco.com

SECTION F

GLUTEN-FREE FLOURS

Types of Gluten-Free Flours

Adapted from Recipetips.com: <http://www.recipetips.com/kitchen-tips/t--1040/flour-nutritional-facts.asp>
and What's Cooking America: <http://whatscookingamerica.net/Bread/FlourTypes.htm>

Most types of flour are composed mainly of carbohydrates, but the quantity of carbohydrates varies according to the type of substance used to create the flour. Some types of flour, especially those ground from nuts, contain more fat and protein than carbohydrates, which is why it is difficult to produce nut flours that are as dry and finely ground as flour produced from grains. Various types of flour milled from grains (especially wheat) are the types to which most people are accustomed. However, flour varieties ground from seeds, legumes, tubers, and nuts are often used for baking and thickening and have an equal number of nutritional benefits. This list is not exhaustive. Since flour is a milled product, it is important to look for certified gluten-free flours, preferably produced in gluten-free facilities.

Almond Flour - Just a touch of this flour (about 1/4 of a flour mixture) is all you need to add moistness, a little binding, a light almond flavor, and density to baked goods. It is especially good in pastry crusts, cookies, and quick breads.

Amaranth Flour - Amaranth is an ancient grain, and the word *amaranth* means "everlasting" in Greek. Amaranth contains more protein than any other gluten-free grain and than wheat flour. Key nutrients include protein, calcium, iron, and zinc. You can substitute up to 20–25% of the flour used in your recipe with this flour.

Arrowroot Flour - Arrowroot flour is high in fiber and easily digestible, so it is often used in breads and biscuits for small children. Key nutrients in arrowroot flour include calcium and potassium.

Buckwheat Flour - Buckwheat is a rich source of nutrients. Despite its name, it is not a type of wheat but is actually an herb plant related to rhubarb. Buckwheat flour is readily available, easy to work with, and has a nice nutty

flavor. Key nutrients in buckwheat flour include protein, calcium, magnesium, phosphorus, B vitamins, and iron.

Chickpea Flour - Flour made from dried chickpeas (also known as garbanzo flour, gram flour, and besan) is used in many countries and is a staple ingredient in Indian, Pakistan, and Nepal cuisines. You can use this flour as an egg substitute in vegan cookery and can substitute it for up to half the amount of all-purpose flour called for in a recipe. It is also very easy to make your own chickpea flour by processing dried chickpeas in your blender or food processor.

Coconut Flour - Coconut flour is ground from dried, defatted coconut meat. It is high in fiber, low in digestible carbohydrates, and has a very light coconut flavor. Coconut flour can replace up to 20% of the flour in a recipe, but you will need to add an equal amount of liquid (oil) to the recipe to compensate, as this flour soaks up liquid. You will also need more –eggs—usually double the eggs (or more).

Corn Flour - Corn flour is a good source of several important nutrients and contains protein, though not as much protein as many other types of flour. It is a powdery flour made of finely ground cornmeal milled from the whole kernel. Corn flour comes in yellow and white varieties and is useful for breading and in combination with other flours in baked goods. White corn flour is used as a filler, binder, and thickener in the cookie, pastry, and meat industries. Key nutrients in this flour include vitamin A, magnesium, and potassium.

Flaxseed Flour - Like whole flaxseed, flour made from flaxseed is an excellent source of cholesterol-reducing omega-3 fatty acids and soluble fiber. It is also one of the best sources of lignin, which may play a role in fighting certain types of cancer.

Millet Flour - Millet is one of the oldest foods known and is possibly the first cereal grain to be used for domestic purposes. Millet flour is most commonly used in desserts and sweetbreads, largely because of the grain's naturally sweet flavor. The natural alkalinity of millet flour makes it easily digestible, so it is very beneficial for people with ulcers and digestive problems. It is also believed

to be one of the least allergenic varieties of flour. When substituting for wheat flour, it is usually best to start with about a 3-to-1 ratio of wheat to millet. Key nutrients in millet flour include iron, magnesium, phosphorus, calcium, manganese, zinc, vitamin B, and fiber.

Oat Flour - Oat flour is very nutritious and a good source of the soluble fiber beta-glucan, which helps to decrease cholesterol in the blood. This flour tends to make baked goods more moist than wheat flour. It is very easy to make your own oat flour by grinding dried oats in your blender. 1 1/4 cups rolled oats makes 1 cup oat flour. Key nutrients in this flour include B vitamins, vitamin E, copper, iron, zinc, magnesium, phosphorus, calcium, and thiamin.

Quinoa Flour - Quinoa flour is one of the most nutritious flours available. It contains about 17% high-quality protein, which is more protein than any grain flour and is equivalent to milk in protein quality. Quinoa, considered a grass/seed and not a grain, is a great addition to any diet and an ideal solution for those following a gluten-free, vegan, or vegetarian diet. You can substitute this flour for half of the all-purpose flour in many recipes or use it to completely replace wheat flour in cakes and cookie recipes. Key nutrients in quinoa flour include protein, iron, calcium, zinc, potassium, magnesium, phosphorus, and copper.

Rice Flour - Rice flour is made from finely milled white or brown rice. All types of rice flour are high in protein, but brown rice flour has a higher level of B vitamins, iron, and fiber than white rice flour, because the bran is included. White rice flour (also called *mochiko*) is lighter, milder, and easier to digest than wheat flour. Some people find white rice flour to be slightly gritty, but many find it preferable to bean flours. It is great as a thickener in sauces. You can make your own rice flour by placing rice of your choice (white or brown) in your blender and processing it until it forms a powder. Key nutrients in rice flour include protein, calcium, phosphorus, potassium, thiamin, and niacin.

Sorghum Flour - Nutritionally, sorghum flour is similar to corn flour but has a higher concentration of protein. It is a very good substitute for wheat flour in

many recipes, especially if combined with other, more dense flours. Key nutrients in sorghum flour include protein, calcium, iron, and potassium.

Soy Flour - Flour ground from soybeans is very high in protein and low in carbohydrates. It is available in full-fat, low-fat, and defatted versions. The full-fat variety contains about 20% fat and 35% protein; the low-fat variety contains about 6% fat and nearly 45% protein; and the defatted variety contains less than 1% fat and about 50% protein. Full-fat and low-fat soy flours work best in sweet, rich baked goods like cookies, soft yeast breads, and quick breads. Soy flour can be substituted for approximately 10–30% of the wheat or rye flour in recipes. Key nutrients in soy flour include protein, iron, calcium, potassium, phosphorus, and niacin.

Sweet Potato Flour - Sweet potato flour is high in fiber and contains a higher level of carbohydrates and a lower level of protein than common wheat flour. Key nutrients in sweet potato flour include potassium, vitamin A, vitamin C, and fiber.

Tapioca Flour - Also known as tapioca starch, tapioca flour is a starchy white flour with a slightly sweet flavor. Made from the starch extracted from the South American cassava plant, this flour helps bind gluten-free recipes and improves the texture of baked goods. It is an ideal thickening agent for a wide variety of baked goods, sauces, and desserts. This flour can also be used to replace corn starch (use 2 tablespoons tapioca flour for each tablespoon corn starch).

Teff Flour - Teff is an ancient and intriguing grain, tiny in size yet packed with nutrition. Because the teff grain is so small, there is no way to remove the husk, bran, and germ, which means that none of the nutrients are lost when the grain is ground into flour. Teff is simple to prepare and similar to millet or quinoa in cooking. It is a great addition to your diet for nutrition, taste, and variety. It is higher in protein than wheat and has a high concentration of a wide variety of nutrients. Since a teff grain is so small, the bulk of the grain is germ and brand. It is very high in fiber and is thought to benefit people with diabetes, as it helps

control blood sugar levels. Teff flour is excellent for making dark breads and rye breads. Key nutrients in teff flour include calcium, iron, magnesium, zinc, thiamin, and fiber.

Gluten-Free Conversion Chart

Adapted from: <http://thegluten-freeagency.com/blog/gluten-free-baking-conversion-chart/>

Amount of Wheat Flour in Recipe	Rice Flour	Potato Starch	Tapioca Starch	Xanthan Gum
½ C	1/3 C	2 Tbsp	1 Tbsp	¼ Tsp
1 C	½ C	3 Tbsp	1 Tbsp	½ Tsp
1 ¼ C	¾ C	1/3 C	3 Tbsp	2/3 Tsp
1 ½ C	1 C	5 Tbsp	3 Tbsp	¾ Tsp
1 ¾ C	1 ¼ C	5 Tbsp	3 Tbsp	1 Tsp
2 C	1 ½ C	1/3 C	1/3 C	1 Tsp
2 ½ C	1 ½ C	½ C	¼ C	1 1/8 Tsp
2 ¾ C	2 C	½ C	¼ C	1 ¼ Tsp
3 C	2 C	2/3 C	1/3 C	1 ½ Tsp

Visit www.glutenwatchers.com.

Click on Resource Tab and go down to conversions/substitutions for additional conversion information.

SECTION G

RESTAURANTS THAT
OFFER GLUTEN-FREE
OPTIONS

Popular Restaurants with Gluten-Free Menu Options

Adapted from: <http://glutenfreetravel.com/restaurants/>

- Applebee's
- Austin Grill
- Azzip Pizza
- Bertucci's
- Biaggi's
- BJ's Restaurant and Brewhouse
- Bonefish Grill
- Boston Market
- Buffalo Wild Wing
- Burtons Grill
- California Pizza Kitchen
- Carrabba's Italian Grill
- Chili's
- Chima Brazilian Steakhouse
- Fleming's Steakhouse
- Garlic Jim's
- LongHorn Steakhouse
- The Melting Pot
- The Old Spaghetti Factory
- Olive Garden
- On The Border Mexican Grill & Cantina
- Outback Steakhouse
- P.F. Chang's China Bistro
- Pie Five Pizza Co.
- Pizza Fusion
- Red Robin
- Ruby Tuesday
- Ruth's Chris Steak House
- Texas Roadhouse
- Uno Pizzeria & Grill

Restaurants are constantly changing, updating, and adding new items to their menus. This is not a complete and up-to-date list of restaurants that offer gluten-free options. These are just major chains that most people are familiar with. Contact restaurants directly for tentative menus.

SECTION H

RECIPES

GLUTEN-FREE RECIPES

The recipes below come from multiple sources; those have been listed in the recipe. Remember this is a beginners list and more can be found on www.glutenwatchers.com. I strongly encourage you to use as many organic and simple ingredients as possible, including meats. If you are unable to buy organic meats, then I encourage antibiotic free, hormone, free, and grass fed meats. If you can't purchase all organic produce, then the clean fifteen and dirty dozen would be an area to start. In addition, always check your label to make sure it is gluten-free. Find more recipes at www.glutenwatchers.com!

Point of Reference

Appetizers:

- Bacon Wrapped Dates
- Basic Guacamole
- Hummus
- French Onion Dip
- Baked Potato Skins

Side Dishes:

- Roasted Sweet Potatoes
- Roasted Carrots
- Roasted Cauliflower with garlic and onions

Main Dishes

- Chicken Ranch Taco Soup
- Vegetable Beef Soup
- Meatloaf
- Stuffed Green Peppers
- Garlic Chicken Quinoa
- Succotash

Desserts

- Pup Grub
- Carrot Drop Bites

Miscellaneous Recipes

- Gluten-free tortillas
- Gluten-free cheese biscuits
- Kale Slaw with Peanut Recipe
- Salad Variations
- Balsamic Vinaigrette Dressing

APPETIZERS

Bacon Wrapped Dates

Source: Rachel Toon

Ingredients:

- 8 to 10 slices of bacon (I use Applegate brand) – cut each crosswise into 3-4 pieces
- Approx. 30 medjool dates
- Toothpicks

Directions:

1. Preheat oven to 375 degrees. Take a baking sheet and line with parchment paper.
2. Remove pits from the center of each date.
3. Lay a piece of cut bacon out, then place a date in the middle of the bacon, and wrap the bacon around the date
4. Put a toothpick to secure bacon onto date and place it on your baking sheet Repeat this with the rest of the dates.
5. Bake for approximately 20 minutes, until bacon is crisp. Remove and allow cooling for 10 minutes. Enjoy!

Basic Guacamole

Source: Rachel Toon

Ingredients:

- 3-4 medium ripe avocados, halved and pitted
- ½ teaspoon garlic salt, add more to taste
- 1-2 tablespoons of lime or lemon juice

Optional Additions:

- 1-2 medium tomatoes, seeded and chopped small
- ¼ - ½ finely chopped onion
- 3-4 tablespoons finely chopped cilantro
- 1 garlic clove finely chopped

Directions:

1. Scoop the flesh of the avocado into a bowl and mash up with fork until smooth.
2. Mix in garlic salt and lime/lemon juice. If you are adding any optional additions, do so at this time.
3. Serve with tortilla chips. Enjoy and have fun with it!

Dill Flavored Cream Cheese Spread

Source: Rachel Toon

Ingredients:

- 8 ounces cream cheese, softened
- 1 teaspoon dried parsley
- ½ teaspoon pepper
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon dried dill
- ¼ teaspoon sea salt (add more to taste, if necessary)
- ¼ teaspoon season salt (if you don't have season salt, it can be substituted with just regular sea salt)
- Gluten-free crackers

Directions:

1. Mix cream cheese and all seasonings together well.
2. Place in refrigerator to chill (approximately 2 hours).
3. Serve with gluten-free crackers or toasted gluten-free bread.

Hummus

Source: Rachel Toon

Ingredients:

- 2 – 15 oz cans garbanzo beans
- 3 cloves garlic
- ¼ cup olive oil
- 3-4 Tbsp water
- 2 Tbsp lemon juice
- ¾ tsp curry
- ½ tsp salt
- ½ tsp garlic salt
- ¼ tsp paprika

Directions:

1. In a food processor (or blender), place garbanzo beans and garlic and pulse several times.
2. Place additional ingredients in blender and mix well.
3. Serve with tortilla chips, gluten-free bread, or gluten-free pita bread

Note: You can add additional water to change consistency. Recommend doing it 1 Tbsp at a time.

French Onion Dip

Source: Rachel Toon

Ingredients:

- 16 oz sour cream
- 8 oz cream cheese
- 8 oz mayonnaise
- 2 cups of onion, chopped
- 1 tsp worcestershire sauce
- 2 Tbsp olive oil
- 1 Tbsp parsley
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp black pepper

Directions:

1. Chop up 2 cups of onion.
2. Coat a pan with olive oil (approximately 2 Tbsp, depending on your pan size) and place onions in pan.
3. Cook onions over low to medium heat until caramelized, approximately 15 to 20 minutes.
4. While onions are cooking, place cream cheese and mix thoroughly.
5. The add sour cream and mayonnaise in food processor and mix well.
6. Once onions are caramelized, place the onions and all other ingredients into food processor and mix thoroughly.
7. Place in refrigerator for a couple hours.
8. Serve with chips or veggies. Enjoy!

Note: Cream cheese does not have to be room temperature. Just make sure to mix in food processor well.

Baked Potato Skins

Source: Rachel Toon

Ingredients:

- 4 baked potatoes, large
- 3 Tbsp olive oil
- ½ tsp salt
- ¼ tsp garlic powder
- ¼ tsp paprika
- 1/8 tsp black pepper
- 6 -8 bacon slices, cooked and crumbled
- 2 cups (8 oz) shredded cheddar cheese
- ½ cup sour cream (optional)
- 3-4 green onions, chopped (optional)

Optional Additional Toppings:

- ½ cup tomatoes, diced
- ½ cup red pepper, diced

Directions:

1. Preheat oven for 400 degrees
2. Cut potatoes in half lengthwise; scoop out center, leaving ½ inch shell.
3. Cover baking sheet with aluminum foil and place potatoes on baking sheet.
4. Mix olive oil and seasonings and brush over potato skins.
5. Place in oven and bake until crisp, 7-8 minutes on each side.
6. Sprinkle bacon, cheddar cheese, and additional toppings (if desired) inside of skins.
7. Place back into oven for additional 2-3 minutes, until cheddar has melted.
8. If desired, top with sour cream and onions. Serve immediately and enjoy!

SIDE DISHES

Roasted Sweet Potatoes

Source: Rachel Toon

Ingredients:

- 3 large sweet potatoes, chopped
- Olive oil
- Salt
- Pepper

Directions:

1. Preheat oven to 400 degrees.
2. Coat baking pan with olive oil.
3. Chop sweet potatoes into fourths or cube to smaller size.
4. Place sweet potatoes in baking pan and brush with a coat of olive oil.
5. Sprinkle with salt and pepper to liking (I use approximately 1 teaspoons of salt over sweet potatoes and just a dusting of pepper. Typically I use a little more salt after cooked).
6. Mix up sweet potatoes to disperse salt, pepper and olive oil.
7. Cook for approximately 30 - 45 minutes, depending on how they were cut.

Note: You can use bacon grease instead of olive oil. It gives even a better taste, but not as healthy.

Roasted Carrots

Source: Rachel Toon

- 2 bags baby carrots
- Olive oil
- Salt
- Pepper

Directions:

1. Preheat oven to 400 degrees.
2. Coat baking pan with olive oil.
3. Place carrots on baking pan.
4. Brush with olive oil.
5. Sprinkle with salt and pepper to taste.
6. Cook for 35-45 minutes, until tender.

Roasted Cauliflower with Garlic and Onions

Source: Rita Gatti

Ingredients:

- 1 head of cauliflower
- 2 medium sized onion, slice lengthwise
- 5 -6 cloves of garlic, peeled and cut in half
- Olive oil
- Salt
- Pepper
- Paprika
- Mozzarella or parmesan cheese (optional)

Directions:

1. Preheat oven to 450 degrees.
2. Slice cauliflower into about ½ inch thick slabs.
3. Place cauliflower in large rimmed oiled (olive oil) baking sheet.
4. Spread onions and garlic in with cauliflower.
5. Brush olive oil onto cauliflower and drizzle over everything.
6. Salt and pepper to taste
7. Paprika sparingly
8. Roast approximately 40 to 50 minutes, until tender
- 9.

Note: If you are adding cheese, roast cauliflower for 35 to 40 min, remove and sprinkle with cheese. Then return to oven additional for about 10 to 12 minutes longer, until tender.

MAIN DISHES

Chicken Ranch Taco Soup

Source: Rachel Toon

Ingredients:

- 4 chicken breasts, uncooked and cubed
- 3 – 15 oz cans of northern beans (drained)
- 2 – 15 oz cans of diced tomatoes
- 2 -15 oz cans of corn
- 1 package of ranch seasoning (I use Simply Organic)
- 1 package of taco seasoning (I use Simply Organic)
- 1 ½ cups water or you can fill to top

Directions:

1. Place all ingredients into crock pot, stir up, and set to low for 6 hours, or high for 4 hours.
2. Salt and pepper to taste. Enjoy!

Vegetable Beef Soup

Source: Rachel Toon

Ingredients:

- 32 oz of chicken broth (I use the real stuff that I make out of chicken bones, but regular broth will do. It just may need additional seasoning.)
- 1 to 2 lb uncooked stew meat (depends on how beefy you want it)
- 1 – 15 oz can of corn
- 1 – 15 oz can of green beans
- 2 – 15 oz cans of diced tomatoes
- 2 – zucchinis, chopped
- 2 – yellow squash, chopped
- 1 bag of carrots, chopped
- 1 tub of fresh spinach
- Salt & pepper, to taste

Directions:

1. Take all ingredients, combine in a crock-pot, and cook on low for 6-8 hours or high for 4-5 hours.

Note: There are other vegetables that you can add; these are just ones that I have found taste well mixed together. Other vegetables might include: cabbage, potatoes, okra, etc. Play with it and enjoy!

Meatloaf

Source: Rachel Toon

Ingredients:

- 2 LBS ground beef
- 1 (8 OZ) can tomato sauce
- 1 egg, slightly beaten
- ½ cup bread crumbs
- 1 Tbsp minced onion
- ¼ tsp minced garlic
- ½ tsp salt
- ¼ tsp pepper

Sauce

- 1/3 cup ketchup
- 1 tsp worcestershire sauce
- 1 Tbsp dark brown sugar
- 1 Tbsp mustard

Directions:

1. Preheat oven to 350 degrees.
2. Combine all ingredients for meatloaf in large bowl and mix well with hands.
3. Place into greased 5 x 9 loaf pan.
4. Combine all sauce ingredients and pour on top of meatloaf.
5. Place into oven and bake for 1 hour.

Stuffed Green Peppers

Source: Rachel Toon

Ingredients:

- 4 green peppers, tops cut out and seeded
- ½ LB ground beef
- ½ cup onions, chopped
- 1 Tbsp butter
- 8 oz can tomato sauce
- 2 cups cooked rice or riced cauliflower
- 1 tsp Worcestershire sauce
- ½ tsp salt
- Dash of pepper

Directions:

1. Cook peppers in boiling salted water 5 minutes.
2. Drain and set aside.
3. Brown beef and cook onion until tender.
4. Stir in ½ can soup and remaining ingredients.
5. Spoon meat mixture into peppers
6. Place peppers in greased baking dish. Bake 375 degrees for 30 minutes.

Note: An additional touch is heating up tomato soup and pouring over the top once peppers have baked.

Garlic Chicken Quinoa with Parmesan Cheese

Source: Rachel Toon

Ingredients:

- ½ -1 lb chicken, cubed and cooked
- 1 cup uncooked quinoa
- 1-2 tbsp butter or olive oil
- 2 cups chicken broth
- 1 small Vidalia onion, diced small
- 1 ½ tsp minced garlic
- 2 cups fresh diced tomatoes
- ¼ tsp salt, or to taste
- ¼ cup Parmesan cheese (optional)

Directions:

1. In a medium sized pan, sauté the onion and garlic in butter or olive oil over medium-high heat for 5-7 minutes, until onions are just soft. Reduce heat to medium low.
2. Add the chicken broth and quinoa. Cover, and allow to simmer until liquid is mostly absorbed and quinoa is cooked, about 15 minutes.
3. About 3-4 minutes before quinoa is done add chicken and tomatoes.
4. Remove from heat, and gently mix quinoa to distribute any excess moisture. Season with salt to taste, and top with Parmesan cheese (optional).

Succotash

Source: Katherine Toon

Ingredients:

- 1 can (15oz) of navy beans, drained and rinsed
- 1 medium onion, chopped
- 1 pound of brussel sprouts, pre-steamed and quartered
- Olive oil or bacon grease, enough to sauté onions
- 1-2 cups corn (frozen or canned)
- 1 pint grape tomatoes, sliced in half
- 1 tsp dried thyme
- 1 tsp dried parsley
- Salt and pepper to taste

Directions:

1. Sauté onion in olive oil.
2. Add in brussel sprouts.
3. While cooking add drained navy beans, corns, sliced tomatoes and spices to mixture.
4. Cook an additional few minutes.

Note: You don't have to pre-steam brussel sprouts. You can just quarter them and add them in with while the onions are sautéing. Add beans, corn, tomatoes, and spices while the brussel sprouts are still slightly crisp. Cook until brussel sprouts are tender.

DESSERTS

Gluten-Free Pup Grub

Source: Rachel Toon

Ingredients:

- 1 box of gluten-free rice chex cereal
- ½ cup semi-sweet chocolate chips
- ¼ cup peanut butter
- Powdered sugar, to liking

Directions

1. Place rice chex cereal in large bowl.
2. Melt chocolate chips and peanut butter together.
3. Pour chocolate chip and peanut butter mixture over top of chex cereal
4. Mix thoroughly and coat all of chex mix.
5. After mixed well, cover with powdered sugar to liking. Shake up and mix well.
6. Enjoy!

Carrot Drop Bites

Source: Katherine Toon

Ingredients:

- ½ cup potato flour
- ½ cup rice flour
- ½ cup cornmeal flour
- ½ cup oats
- ½ cup unsalted butter, at room temperature
- ½ to 1 cup sugar, depending on sweetness
- 2 tsp baking powder
- 1 cup cooked carrots, mashed and cooled
- 1 egg
- ½ tsp vanilla
- 1/8 tsp cinnamon, ginger, and cardamom

Directions:

1. Preheat 350 degrees.
2. Beat butter with sugar until fluffy.
3. In separate bowl, mix flours, oats, and baking powder.
4. Add carrots, egg, vanilla, and spices in with sugar/butter mixture and beat
5. Then add flour/baking powder mixture and beat.
6. Drop in by spoonfuls 1 inch apart on baking sheet with parchment paper.
7. Bake 10-15 minutes. They will be firm, but not brown. Makes about 60 cookies

Miscellaneous Recipes

Gluten-Free Tortillas

Source: Katherine Toon

Ingredients:

- 2 eggs + 1 egg white
- 1 cup almond milk (coconut is another option)
- 1 Tbsp butter
- 1 tsp water
- 1/s cup arrowroot or tapioca flour
- ¼ cup almond flour
- 3 Tbsp gluten-free flour (i.e: all-purpose, rice, potato, corn, etc.)
- ¼ tsp salt

Directions:

1. Put all ingredients into a food processor or blender and mix.
2. Pour ¼ cup in hot skillet, smooth out.
3. Cook on side. Flip over. Cook other side.
4. Remove from skillet and repeat process.

THE BEST Gluten-Free Tortillas EVER!

Source: Rachel Toon

Ingredients:

- 1 ½ cup cassava flour
- 1 ½ cup water
- 4 Tbsp avocado oil
- 3 pinches of salt
- Tortilla press or 1 gallon freezer Ziploc bag and rolling pin

Directions:

- Combine all ingredients in a mixing bowl.
- Mix ingredients with either a fork or a mixer (I prefer to use a fork)
- Once ingredients mixed well, grab a piece of the dough and roll into approximately a 2 inch ball (depending how large you want your tortilla).
- Place dough ball into tortilla press and form into tortilla or take ziploc bag and cut three edges, leaving the bottom of the bag intact.
- Spray bag with cooking spray and place dough ball in the center of the large Ziploc bag.
- Use rolling pin to create tortilla of your desired size. Making it about an 1/8 inch thick.
- Place first side of tortilla on heated skilled for about 2 minutes (depending how hot your pan is), then turn and cook other side.
- Then use as breakfast burrito, deli wrap, or anything your heart desires and ENJOY!

Gluten-free Biscuits

Source: Rachel Toon

Ingredients:

- 1 ½ cup gluten free all purpose flour
- ½ cup gluten-free oat or almond flour
- 1 Tbsp baking powder
- ½ tsp baking soda
- ¾ salt
- 1 Tbsp maple syrup
- 4 Tbsp cold butter, cut into pieces
- 1 cup almond milk
- 1 Tbsp lemon juice

Directions:

1. Preheat oven to 400 degrees.
2. Mix almond milk and lemon juice together and let sit for about 10 minutes. This is creating more a “buttermilk milk” style biscuit.
3. Mix all dry ingredients together.
4. Add in the rest of the ingredients.
5. Then add in almond milk and lemon juice mixture.
6. Mix until a cohesive dough forms (it will be slightly sticky)
7. Roll out or flatten into ½ inch thick biscuits.
8. Place on baking sheet with parchment paper.
9. Put in oven for 15 to 20 minutes, until golden brown.

Notes: First, understand that your biscuits are no longer going to be like Pillsbury biscuits. They will not rise and be super fluffy because the gluten has been removed from them. If you want your biscuits to raise a little higher, place in freezer for about 20 minutes. Second, you can make oat flour very simply by taking regular gluten-free oats, placing them in a blender, and turning them into flour consistency. Third, you can use other milks besides almond, which is just my choice of milk.

Kale Slaw with Peanut Dressing

Source: Martha Stewart - <http://www.marthastewart.com/315398/kale-slaw-with-peanut-dressing>

Ingredients

Slaw:

- 2 large bunches of kale (about 10 cups), tear leaves off stem into pieces
- 1 yellow, orange, or red bell pepper, chopped
- 2 carrots, shredded
- ¼ cup salted peanuts, chopped into small pieces

Dressing:

- ¼ cup olive oil
- ¼ cup walnut oil
- ¼ cup apple cider vinegar
- ¼ cup salted peanuts
- 2 Tbsp brown sugar
- ½ tsp salt

Directions:

1. Toss and combine kale, peppers, and carrots in large bowl.
2. Chop/blend peanuts to smaller size.
3. Puree all dressing ingredients together.
4. Pour pureed dressing over slaw ingredients and toss.
5. Sprinkle extra peanuts on top. Serve!

Salad with Variation Ideas

Source: Rachel Toon

Ingredients:

- Romaine lettuce, chopped
- Spinach
- Arugula
- Tomatoes
- Carrots
- Green, red, orange, or yellow peppers
- Celery
- Black olives
- Broccoli
- Cabbage, purple or green
- Avocado
- Pineapple
- Apples
- Grapes
- Strawberries
- Boiled eggs, sliced or pieces
- Bacon
- Pepperoni
- Grilled chicken or steak strips
- Cheddar or mozzarella cheese
- Pecans, cashews, or peanuts

Directions:

1. Combine and toss any of the above ingredients together in your desired amounts and eat with your favorite gluten free salad dressing.

Balsamic Vinaigrette

Source: By: Colin Cowie - <http://www.epicurious.com/recipes/food/views/balsamic-vinaigrette-234241>

Ingredients:

- 3 Tbsp balsamic vinegar
- 1Tbsp dijon mustard
- 1 garlic clove, minced
- ½ cup olive oil or grapeseed oil (or preferred oil)
- Salt and pepper

Directions:

1. Combine all ingredients in a bowl and whisk until thoroughly mixed. Either pour over salad or store in container and serve at a later date. Be sure to shake well prior to using.

SECTION I

MEAL PLANNING

Meal planning is a big key to success! If you are not creative, which is something I struggle with, having a laid out plan is going to make this transition much easier. I have included a couple different charts that you can build off of to help you get a weekly meal schedule put together. I find it easiest to go shopping on Thursday or Friday and then prepare my foods for the upcoming week on Saturday or Sunday. Give yourself a few hours to get everything put together. It is more time consuming upfront, but you will find out that the days ahead will be much less stressful. Below I have laid out some techniques that I use:

1. Decide what you want to have for dinner each day of the upcoming week.
 - I have a recipe book that I have put together with my favorite recipes. I started out with two weeks' worth of meals. I have them split into sections that are labeled week one and week two. I alternate each week with these recipes. As you get more comfortable with your meals and find new recipes that you like, you can trade them out or spread them out where there is more time in between cooking each meal, maybe have three or four weeks worth of recipes to rotate through.
2. Get your grocery list together for that upcoming week of meals.
3. Go to the grocery store and purchase the items on your list.
4. On your designated meal preparation day cut up all your vegetables, cook your meats, and put together as much of the meal as you can. Ziploc bags are very useful; pre-fill your tupperware and baking dishes. Label what it is and what day it is for. Preparation is key and I promise it is worth it!
5. Finally, when the day comes for the meal to be eaten, enjoy the ease of just tossing the individualized items together, throwing it in the oven, or putting in the crock-pot. Stress free!

I have included a couple layouts for meal planning. Also, I have included a one week sample meal plan with breakfast, lunch, and dinner for you.

<u>Day of Week</u>	<u>Meal Plan</u>	<u>Items to Buy</u>
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		

<u>Day of Week</u>	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Items to Buy</u>
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

1 Week Sample Meal Plan

<u>Day of Week</u>	<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>	<u>Snacks</u>
Sunday	Bacon, egg, and cheese on homemade gluten-free biscuit	Salad with baked chicken	Meatloaf with roasted carrots	Nuts (Pecans, Almonds, Cashews, Macadamias, etc.)
Monday	Gluten-free oatmeal with fruit	Deli sandwich lettuce wrap	Baked chicken with roasted broccoli	Vegetables with ranch or french onion dip
Tuesday	Omelet with a piece of gluten-free toast (Some good breads are Schar, Three Bakers, & Aldi's Live G Free)	Tuna avocado lettuce wrap	Chicken Ranch Taco Soup with salad	Apple with peanut/almond butter
Wednesday	Banana with peanut butter on gluten-free english muffin	Chunky tomato soup with salad	Burgers lettuce wrap roasted/baked sweet potatoes or baked potatoes	Pretzels or popcorn
Thursday	Half of a gluten-free bagel with cream cheese and a side of fruit. (Udi's makes a great gluten-free bagel)	Baked potato topped with broccoli, bacon, butter, onions, and all your favorites	Spaghetti with meat sauce (Mrs. Leepers is a great brand for gluten-free noodles) and salad	Ham or turkey and cheese cream or pickle roll-ups
Friday	Fresh fruit and yogurt with a piece of gluten-free toast	Hummus with vegetables or crackers and a salad	Vegetable Beef Soup with gluten-free cornbread (Pamela's has a great cornbread mix)	Guacamole and chips
Saturday	Scrambled eggs with pancakes (Pamela's Baking and Pancake Mix makes great pancakes)	Bowl of chili with	Pizza with gluten-free pizza crust/tortilla or cauliflower pizza crust	Granola bar with peanut butter

SECTION J

COOKING TIPS

Cooking Beans and Legumes

Retrieved from River City Food Co-op: <https://rivercitycoop.org/resources/cooking-charts/dried-beans-legumes/>. This website no longer in operation.

Begin by washing beans and discarding any which are discolored or badly formed. Check for debris in the package such as small rocks or twigs and discard them. Beans cook more quickly and their digestibility benefits with soaking in water to cover by about 3 inches (7.5 cm) for 8 hours or overnight. Discard the soak water and cook the beans in fresh water.

Some bean cookery aficionados feel that salt and seasonings added during the cooking tends to make beans cook more slowly. Since beans require lengthy cooking, we recommend adding salt and seasonings during the last few minutes and find they absorb flavor quite readily.

There are other factors which contribute to the length of cooking, such as, hard water and beans that have been dried for a long period of time. For some of the longer cooking beans we have found that soaking 24 hours and changing the soak water 2 or 3 times hastens the cooking time.

Many people are concerned with the reputation that beans have for causing flatulence. Starting your bean ventures with small amounts helps to increase your body's enzyme production gradually. Soaking and cooking the beans thoroughly helps to break down the complex sugars (oligosaccharides) which challenge our digestive systems.

Some herbs that help the digestion of beans can be added during the cooking process. These include bay leaf, cumin, and winter or summer savory, fresh epazote (available in Hispanic markets). Many people from India maintain the tradition of chewing on dried fennel seeds or drinking a cup of fennel tea at the end of a legume meal to aid the digestion.

QUICK-SOAK METHOD: When time is limited, you can wash and pick over beans and put them into a stock pot with water to cover by 3 inches (7.5 cm). Bring to a boil and boil for 10 minutes to remove toxins. Then cover and allow to soak for 1 hour. Discard soak water, add fresh water, and cook until tender.

As a general rule of thumb, 1 cup of dried beans will yield about 2 1/2 – 3 cups (.5 to .75 liters) of cooked beans.

<u>Bean (1 cup dry)</u>	<u>Cups Water</u>	<u>Cooking Time</u>	<u>Cups Yield</u>
Adzuki (aduki)	4	45 - 55 min.	3
Anasazi	2 ½ - 3	45 -55 min.	2 ¼
Black Beans	4	1 hr. – 1 ½ hys.	2 ¼
Black-eyed Peas	3	1 hr.	2
Cannellini (White Kidney Beans)	3	45 min.	2 ½
Cranberry Beans	3	40 - 45 min.	3
Fava Beans, skin removed	3	40 - 50 min.	1 2/3
Garbanzo Beans (Chick Peas)	4	1 hr. - 3 hrs.	2
Great Northern Beans	3 ½	1 ½ hrs.	2 2/3
Green Split Peas	4	45 min.	2
Yellow Split Peas	6	1 hr. – 1 ½ hrs.	2
Green Peas, whole	3	1 hr. – 2 hrs.	2
Kidney Beans	2 ¼	1 hr.	2 ¼
Lentils, brown	2	45 min – 1 hr.	2 ¼
Lentils, green	3	30 – 45 min.	2
Lentils, red	4	20 – 30 min.	2 – 2 ½
Lima Beans, large	4	45 min. – 1 hr.	2
Lima Beans, small	4	50 min – 60 min	3
Lima Beans, Christmas	4	1 hr.	2
Mung Beans	2 ½	1 hr.	2
Navy Beans	3	45 min. – 60 min.	2 2/3
Pink Beans	3	50 min. – 60 min.	2 ¾
Pinto Beans	3	1 ½ hr.	2 2/3
Soybeans	4	3-4 hrs.	3

Cooking Grains

Retrieved from River City Food Co-op: <https://rivercitycoop.org/resources/cooking-charts/grains/>. This website is no longer in operation.

Basic cooking directions for all grains begins with measuring the grains and water into a saucepan. If you are cooking 1 cup (240 ml) of grains, use a 2-quart (2 liter) saucepan. Add 1/2 to 1 teaspoon salt if desired.

Cover the saucepan and bring to a boil over high heat. Turn the heat down to low, and steam for the recommended cooking time. Lift the lid and test the grains for tenderness. If the grains need more time, cover the saucepan and steam 5 to 10 minutes longer. If the grains need more cooking time and all the water has been absorbed, add up to 1/4 cup (60 ml) of water, cover, and continue steaming.

If tender, turn off the heat and allow the grains to rest 5 to 10 minutes before serving to fluff.

<u>Grain (1 Cup Dry)</u>	<u>Cups Water</u>	<u>Cook Time</u>	<u>Cups Yield</u>
Amaranth	2 ½	20-25 min.	2 ½
Buckwheat groats	2	15 min.	2 ½
Cornmeal (fine grind)	4 - 4 ½	8-10 min.	2 ½
Cornmeal (polenta coarse)	4 - 4 ½	20-25 min.	2 ½
Milled, hulled	3 - 4	20-25 min.	3 ½
Oat Groats	3	30-40 min.	3 ½
Oat, bran	2 ½	5 min.	2
Quinoa	2	15-20 min.	2 ¾
Rice, brown basmati	2 ½	35-40 min.	3
Rice, brown, long grain	2 ½	45-55 min.	3
Rice, brown, short grain	2 - 2 ½	45-55 min.	3
Rice, brown, quick	1 ¼	10 min.	2
Rice, wild	3	50-60 min.	4
Teff	3	15-20min.	3 ½

Herbs and Spices

Retrieved from River City Food Co-op: <https://rivercitycoop.org/resources/cooking-charts/herbs-spices/>. This website no longer in operation.

Storing

Fresh herbs should be stored in the refrigerator with the same care that you give other leafy green vegetables. Wash fresh herbs gently and pat them dry with paper towels or dry in a salad spinner. Be sure they are as dry as possible before refrigeration as moisture invites mold growth. Then wrap the herbs in a cloth or paper towel, and wrap loosely in a plastic bag. They should keep for 3–4 days.

If you have an overabundance of fresh herbs and want to store them, snip the leaves from their stems after you have rinsed and drained them. Place the leaves, chopped or whole, in small plastic bags and store them in your freezer. They can be used directly from the freezer for cooking.

To dry fresh herbs either hang them in a dry airy room for several days until they crumble easily or heat them in a shallow baking pan in a 200°F oven until completely dried (15 minutes to an hour depending on the herb). Test the leaves often for dryness.

Dried herbs can be stored considerably longer than fresh herbs, although their flavor does diminish over time. Purchase small amounts and store them immediately in small jars or bottles with tight fitting lids. Label and date the bottles and keep them in a cool dry place away from direct sunlight. Do not keep dried herbs for more than a year.

<u>Name</u>	<u>Description</u>	<u>Form</u>	<u>Use</u>	<u>Substitute</u>
Allspice	Spice: reddish brown berry; pungent blend of cinnamon, nutmeg, cloves	whole seeds ground	Excellent for spicing desserts, relishes, preserves, tomatoes, sweet yellow vegetables, soups, meats and baked goods.	cinnamon cloves nutmeg
Anise	Aromatic Seed: small, grayish brown, oval shaped, licorice flavor	whole seeds ground	Delicious in cookies, cakes, fruit dishes, coleslaw, cottage cheese, salad dressings, spicy meat mixtures, rye bread and apple pie. Sometimes used to give a licorice flavor and aroma to foods.	fennel
Basil (sweet)	Herb: bright green leaves when fresh; brownish olive when dried; sweetly pungent	fresh dried crushed leaves	Brings out the best in soups, marinades, salad dressings and cheese dishes. Its special affinity for tomatoes makes it indispensable in pizza, pasta sauces and other Italian dishes. Also used to flavor herb butters.	marjoram oregano
Bay leaf (laurel)	Herb: long, green leaves; woody, menthol flavor (bitter if used too freely)	dried whole leaves	Add 2–3 leaves to tomato sauces, soups, stews and gravies. Remove leaves before serving.	mint
Caraway	Aromatic seed: small, brown, crescent-shaped seed, slight licorice taste	whole, dried seed	Used for centuries to flavor baked goods, pickles, cheeses, coleslaw, potatoes, cabbage, carrots, green beans, sausage and cucumber salads.	anise
Cardamom	Spice: small, dark-colored pods; gingery-lemon, aromatic flavor	whole seeds ground	Sweet and aromatic, cardamom is used to flavor cakes, cookies, pastries, breads, curries, custards and punches.	coriander ginger
Cayenne (capsicum)	Spice: plump, sweet, scarlet fruit of tropical capsicum plant; very piquant	ground	Use sparingly for a pungent zing in Mexican dishes and sauces, meats, eggs, stews and curries. (On a heat scale of 1 to 10 for chili peppers, cayenne rates an 8).	chili pepper paprika
Chive	Herb: long, green tubular leaves; delicate onion flavor	fresh minced dried frozen	Delicate onion flavor is delicious in eggs, cream sauces, fish, chicken, beef, lamb and vegetable dishes. Try 1–2 TB in cottage cheese, or in dips made with cream cheese, sour cream or yogurt.	scallions

Cilantro	Herb: short stemmed with thin, round, slightly fringed leaves; pungent and peppery smell and taste	fresh	This popular Mexican seasoning imparts a mild, delicate sweet flavor. A must for authentic salsas. In Chinese cuisine it is known as Chinese parsley.	Italian parsley
Cinnamon	Spice: reddish brown, rolled up quill-like sticks; sweet, mildly hot	sticks ground	A favorite baking spice. Often used in combination with cloves, nutmeg and allspice to flavor breads, cakes, cookies and other desserts. Excellent with apples, it is essential with apple crisps and pies.	ginger
Clove	Spice: dried, unopened buds of a tropical evergreen; strong, sweet and pungent	whole dry buds ground	A traditional flavoring in gingerbread, cookies and other baked goods. Also delicious in curries, chili and tomato sauces, beets, squash, stewed fruits, applesauce and sweet spiced syrups.	cinnamon ginger
Coriander	Aromatic seed: dried, ripe berries of cilantro plant; almost round with straight and wavy ridges; flavor of lemon peel and sage	whole seeds ground	Used to flavor a variety of foods including baked goods, dairy desserts, puddings, meats, curries, relishes, beverages and candies. The whole seeds are used in sweet pickles, punch and to flavor coffee.	cardamom ginger
Cumin	Aromatic seed: long thin seed, yellow brown in color, dry earthy taste	whole seeds ground	An essential ingredient in most chili powders and is used to flavor curries, stews, meats, tofu and vegetable dishes.	turmeric
Dill	Herb: small tan seeds or feathery light leaves (weed), tangy taste resembling caraway	whole seeds ground dried leaves	Dill seed is excellent in potato and carrot salads, sauerkraut, breads, soups, salad dressings, and egg, potato, cabbage and meat dishes. Dill weed is great in vegetable dishes, tofu and tempeh dishes, rice dishes, fish and cottage cheese.	caraway
Fennel	Herb: watermelon-shaped, chartreuse seeds or fresh, short, celery-like bulbs; licorice flavor	whole seeds ground fresh stalks	A must for authentic flavor in pizza and spaghetti sauce and Italian sausage. Excellent with fish and seafood sauces. It is also used in soups, stews and sweet potatoes. Wonderful in all Italian dishes.	anise

Ginger	Spice: gnarl shaped, light brown root; sweet, piquant, peppery	whole roots cracked roots ground crystallized	Traditionally used in gingerbread and ginger snaps. Mix with soy sauce and scallions or crushed garlic for an excellent dipping sauce for egg rolls or vegetables.	cardamom coriander
Marjoram	Herb: gray green leaves; musky, slight oregano bouquet	dried whole leaves ground	A member of the mint family that enhances vegetables, meats, soups, sauces, salads and some cheeses. It also makes a delicious herb butter.	basil oregano thyme
Mint	Herb: dark emerald leaves, cool, menthol flavor	whole crushed and ground leaves fresh oil extract	Bean and fish soups, candies, chilled fruits, cold beverages, desserts, hot teas, jellies, lamb, peas.	bay leaf
Mustard	Spice: tiny, white, yellow, or brown seeds; spicy, mellow, nutty	whole seeds ground	Popularly used as a pickling spice. Add ground mustard to sauces, dips, eggs, cheese dishes, tofu and salad dressings. Yellow mustard is milder than brown.	prepared mustard
Nutmeg	Spice: very hard, brown, ovular seed pods; spicy, mellow, nutty	whole seeds ground	Popular for flavoring cookies, pies, and other baked goods, especially in combination with other sweet spices like cinnamon, cloves and allspice. Add a dash to applesauce or cheese dishes.	mace
Oregano	Herb: grayish green leaves; strong, aromatic, slightly menthol	dried whole leaves ground	Indispensable in Italian cooking. It has a special affinity for basil, and the two often appear together in vegetable, cheese, tomato and pasta dishes. Good in soups and stews also.	basil marjoram thyme
Paprika (mild capsicum)	Spice: scarlet pods, mild, slightly piquant	ground	Store carefully, away from heat or light, to preserve its color and freshness. Use in Hungarian goulash, eggs, sauces, cheese, tomato and pasta.	cayenne pepper
Parsley	Herb: curly small or flat green leaves; herbal, sweet flavor	flakes dried leaves fresh	Popular as a garnish, it is also used to flavor soups, vegetables, sauces, dressings and potato dishes. Add 1–2 TB directly to your favorite dishes or	basil

			reconstitute by soaking in ice water for 5 to 10 minutes.	
Pepper	Spice: round, shriveled berries; hot, biting, pungent taste. Black, white, pink and green available.	whole, dried ground	Provides a burst of hot peppery flavor to salads and pasta.	cayenne or red pepper
Rosemary	Herb: grey green, curved pine needle leaves; sweet, bittersweet taste	whole dried leaves ground	Use in soups and stews and with fish or poultry dishes.	sage
Sage	Herb: silver tipped, grey green leaves; strong, astringent, slightly bitter flavor	whole leaves ground	Excellent with pork, sausage and poultry, and often found in stuffings, omelets, chowder and cheese dishes.	rosemary savory
Savory	Herb: dried, brownish green leaves, aromatic, piquant	whole leaves ground	Commonly found in bread stuffings and dressings. Good cooked with beans and peas.	sage
Tarragon	Herb: long, thin, green leaves; sweet, slight licorice taste	whole dried leaves ground	A natural complement to fish and chicken and often found in specialty vinegars and salad dressings. Try it on salads and sauces.	chervil
Thyme	Herb: grey-green, curly leaves, warm, pungent slight lemony flavor	whole dried leaves ground	Highly aromatic herb used to flavor soups, stews, sauces, cheese, stuffings, salad dressings and vegetables.	basil marjoram oregano
Turmeric	Spice: yellow orange root; similar to ginger root in shape; musky, slightly bitter	ground	Indispensable in curry powders and Indian cooking. Good in salad dressings, eggs and rice dishes.	cumin
Vanilla bean	Aromatic seed capsule: very dark, long, slender seed pods; sweet, pleasantly perfumy flavor	whole beans pure extract	A classic flavoring used in sweet foods such as cakes, cookies, custards, eggnog, frostings, ice cream, milk, pastries, puddings, rice, smoothies, sweet sauces.	

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