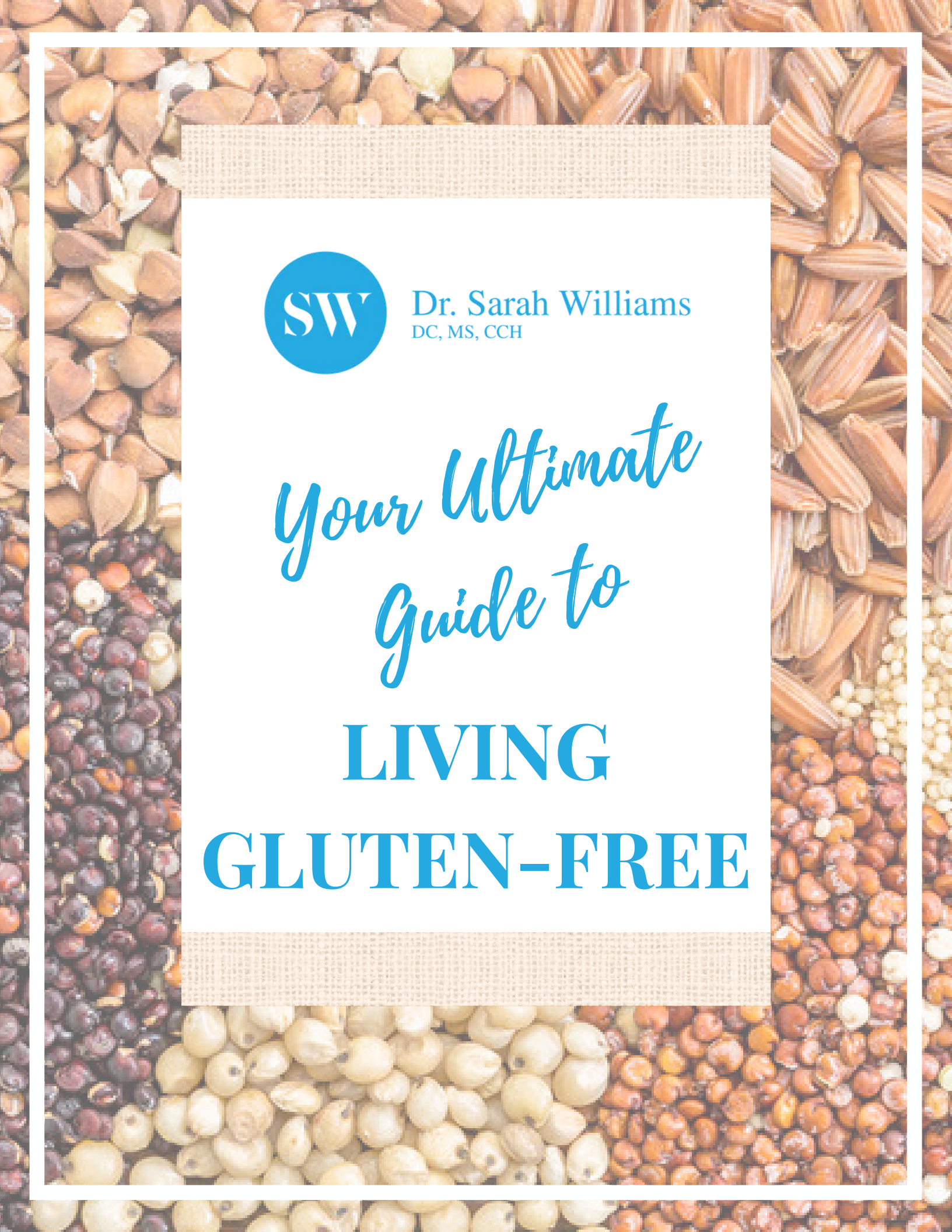

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Your Ultimate Guide to LIVING GLUTEN-FREE

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living gluten-free

Introduction

This guide will help you understand the role that gluten plays in Celiac Disease as well as in Gluten Sensitivity and how you can lead a gluten-free lifestyle.

In 2003, Dr. Alessio Fasano, the nation's foremost celiac disease expert, authored a groundbreaking study that established a celiac disease rate of 1 in 133 Americans - approximately 1% of the US population (~3 million people) have celiac disease. According to a 2009 study, in the last 50 years, there has been a 4 to 5-fold increase in the prevalence of celiac disease.

Fasano also noted that in those with celiac disease, the immune response can lead to increased intestinal permeability and, ultimately, inflammation in genetically susceptible individuals.

Early research suggests that, unlike celiac disease, gluten sensitivity may not trigger an autoimmune response but may contribute to inflammation and other symptoms. Much research is under way in this area, so the healthcare community can expect more information on these issues in the near future.

For those who have gluten-sensitivity, it's currently unknown whether gluten sensitivity has long-term health consequences. Symptom severity, the amount of gluten tolerated, and whether following a gluten-free diet for life is necessary can differ from person to person.

Currently, there are a few validated diagnostic tests available to diagnose gluten sensitivity. We use Cyrex Labs for our testing.

terms

Celiac disease

Celiac disease is an autoimmune disorder characterized by a perpetual intolerance to the protein gluten.

In celiac disease, gluten triggers an immune response that can damage the lining (the finger-like villi) of the small intestine which, over time, prevents the absorption of nutrients including iron, folate, calcium, and vitamin D.

Non-celiac gluten sensitivity

A term used to describe individuals who cannot tolerate gluten but don't have celiac disease. It is also known as non-celiac wheat sensitivity.

People with a gluten sensitivity generally experience GI symptoms after eating gluten-containing foods. Disruption of the intestinal lining may occur for those individuals who are sensitive.

Wheat allergy

Similar to other food allergies, a wheat allergy is the result of the immune system mistaking gluten as a disease-causing agent. The immune system then creates an antibody to gluten and an immune response occurs which may result in congestion, breathing difficulties, and/or other symptoms.

terms

gluten-free

celiac disease

Treatment

Once diagnosed with celiac disease, following a gluten-free diet is a lifelong necessity.

Animal proteins like meat, poultry, and fish, vegetables, fruits, and dairy products in a **natural, unprocessed state** are all considered safe for those with celiac disease.

Navigating a gluten-free diet requires education and diligence, but once mastered it can be abundant with healthy, delicious foods!

Understanding which whole foods contain gluten and how to identify gluten's presence in processed foods is paramount. Equally important is avoiding contamination in your own kitchen and while dining out.

celiac disease gluten-free

why avoid gluten?

GLUTEN

- Gluten is a protein found in wheat, barley, rye, and triticale (a cross between wheat and rye.)
- Gluten is also commonly used as a thickening agent processed foods

WHY AVOID GLUTEN?

- While most people tolerate gluten well, some individuals may have a sensitivity it, even in the absence of celiac disease. This may lead health issues including some of the symptoms listed below.

COMMON SYMPTOMS

- Diarrhea
- Bloating
- Gas
- Constipation
- Fatigue
- Headache
- Joint pain
- Nutritional imbalances
- Mood disorders like depression

gluten-free

related conditions

Celiac left untreated | *possible outcomes*

Other diseases:

- Hashimoto's Thyroiditis Autoimmune
- Infertility & miscarriage
- Osteoporosis & osteopenia
- Type 1 Diabetes
- Intestinal cancer (although rare)
- Malnutrition

Non-celiac gluten sensitivity

If celiac disease has been ruled out, but you are still experiencing symptoms, your healthcare practitioner may investigate this condition.

New research suggests that other conditions, such as IBS, may contribute to symptoms. The carbohydrates in wheat are high in fermentable carbohydrates that those with IBS have trouble digesting. Avoiding wheat for this reason, versus the protein, may want to be explored.

other conditions

Gluten ataxia

Gluten ataxia is a rare autoimmune disorder and affects certain nerve tissues and can cause problems with muscle control and voluntary muscle movement. This condition is progressive. Early symptoms, such as loss of balance, dizziness and vision issues, may be mild at first, but if left untreated, they may become permanent. Like celiac disease, treatment is lifelong avoidance of gluten.

benefits of gluten-free

Adhering to a gluten-free diet is essential for helping to manage signs and symptoms associated with celiac disease, non-celiac gluten sensitivity, and other gluten-related sensitivities. For those with celiac disease, following a gluten-free diet is a lifelong necessity.

Therefore, following the diet closely and avoiding cross-contamination will result in fewer signs and symptoms and disease complications.

Some studies have evaluated the benefits of following a gluten-free diet from a wellness perspective (among people without celiac disease or non-celiac gluten sensitivity). Claims included weight loss & overall improved health status.

For some people with non-celiac gluten sensitivity, the condition may not be lifelong. Some research suggests that you may follow the diet for a certain period, such as one or two years, and then retest your sensitivity to gluten.

For other people with non-celiac gluten sensitivity, the diet may be a lifelong treatment. Some clinical studies have looked at the benefits of the diet among people who do not have celiac disease or who have non-celiac gluten sensitivity.

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gluten-free diet

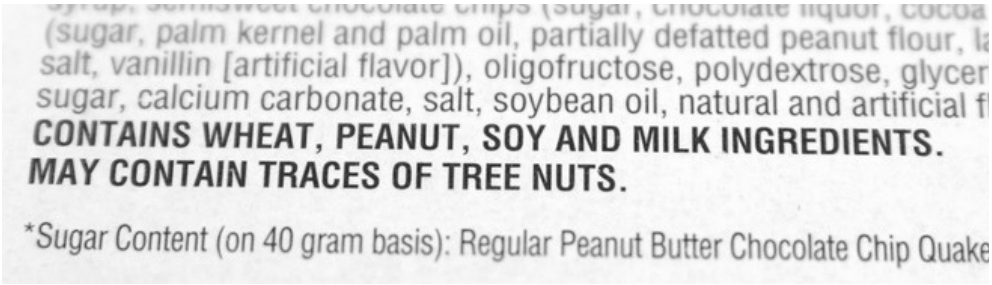
gluten-free

More research is needed to determine the accuracy of the following claims about the diet's results:

- Overall improved health
- Improved gastrointestinal health
- Improved athletic performance

What to look for on a food label

Items will not necessarily say ‘gluten’ on the ingredient list or nutrition facts label. Look for the "allergen" list usually located below ingredients to identify if product contains sources of gluten, including wheat, or if contamination by wheat exists.


(sugar, palm kernel and palm oil, partially defatted peanut flour, l
salt, vanillin [artificial flavor]), oligofructose, polydextrose, glycer
sugar, calcium carbonate, salt, soybean oil, natural and artificial f
CONTAINS WHEAT, PEANUT, SOY AND MILK INGREDIENTS.
MAY CONTAIN TRACES OF TREE NUTS.
*Sugar Content (on 40 gram basis): Regular Peanut Butter Chocolate Chip Quake

Look for anything that says...

- Wheat
- Barley
- Malt
- Yeast
- Oats (unless gluten-free). See below for more info why even gluten-free oats can be problematic for some people.

food labels | cont'd

A note about oats:

While oats are naturally gluten-free, they may be contaminated during the production process with wheat, barley, or rye. However, some people with celiac disease cannot tolerate even the gluten-free-labeled oats due to an immune response.

COMMON TERMS/NAMES THAT INDICATE WHEAT AS AN INGREDIENT:

- Enriched flour with added vitamins and minerals
- Farina (milled wheat often found in hot cereals)
- Graham flour (coarse, whole-wheat flour)
- Self-rising flour (aka phosphate flour)
- Semolina (part of milled wheat used in pasta and couscous)

foods to avoid

Avoid all foods, food products & drinks that contain the following:

Wheat varieties and derivatives of wheat:

- Wheat berries
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Graham
- Kamut
- Spelt
- Semolina

- Barley
- Rye
- Triticale *(a cross between wheat and rye)*
- Oats *(unless labeled "gluten-free")*
- Malt *(and various forms: malted barley flour, malted milk/milkshakes, malt extract, malt syrup, malt flavoring, malt vinegar)*
- Brewer's yeast
- Wheat starch *(that hasn't been processed to remove gluten to below 20 ppm and adhere to FDA labeling law)*
- Anything that uses "wheat flour" as an ingredient.

foods to avoid
gluten-free

surprising sources

Other foods that often contain gluten:

- Beer, ale, porter, stout (usually contain barley)
- Breads and pastries (e.g. naan, bagels, flatbreads, cornbread, potato bread, muffins, donuts, rolls)
- Breading and coating mixes (e.g. panko breadcrumbs)
- Bulgur wheat
- Cakes and pies
- Candy and candy bars
- Cereals
- Communion wafer
- Cookies and crackers (e.g. pretzels, goldfish, graham crackers)
- Croutons

- Energy bars/granola bars (most use oats that are not gluten-free)
- French fries (batter may contain wheat flour or cross-contact from fryers)
- Gravies
- Hot dogs and processed lunch meats
- Imitation meat or seafood
- Malt, malt flavoring, and other malt products (barley)
- Matzo
- Noodles (e.g. ramen, udon, soba chow mein, egg noodles
- Pastas (e.g. raviolis, dumplings, couscous, gnocchi)
- Potato chips (some seasonings may contain malt vinegar or wheat starch)

surprising sources | cont'd

More foods that often contain gluten:

- Salad dressings
- Sauces (including soy sauce)
- Seasoned rice mixes
- Seasoned snack foods (e.g. potato chips, tortilla chips, etc.)
- Self-basting poultry
- Soups, bouillon or soup mixes
- Vegetables in sauce
- Pickles

Medications
Prescription and over-the-counter medications may use wheat gluten as a binding agent.

Beauty products
Shampoos, conditioners, body washes

Vitamin supplements
Multivitamins, individual supplements, protein powders

NOTE: All dietary supplements that contain wheat gluten must have "wheat" stated on the label. However, gluten can still be hidden in the form of barley or rye. See below for additional names of gluten.

surprising sources | cont'd

Additional names of hidden gluten:

Be on the lookout for these sources of gluten in your foods and personal care products:

- Avena sativa (oat)
- Cyclodextrin
- Dextrin & Maltodextrin
- Fermented grain extract
- Hordeum distichon
- Hordeum vulgare
- Hydrolsate
- Hydrolyzed malt extract
- Hydrolyzed vegetable protein (HVP)
- Phytospingosine extract
- Samino peptide complex
- Secale cereale
- Triticum aestivum
- Triticum vulgare
- Tocopherol/vitamin E
- Yeast extract
- Natural Flavoring
- Brown rice Syrup

Modified food starch

- Hydrolyzed soy protein
- Caramel color (frequently made from barley)

Take a picture of this list with your phone so you can easily reference it when shopping.

foods to include

- Fruit
- Vegetables
- Beans (in their natural, unprocessed form)
- Seeds (in their natural, unprocessed form)
- Legumes (in their natural, unprocessed form)
- Nuts (in their natural, unprocessed form)
- Eggs
- Meat (unprocessed)
- Fish (unprocessed)
- Poultry (unprocessed)

Grains, starches, or flours including:

- Amaranth
- Arrowroot
- Buckwheat
- Corn (cornmeal, grits, and polenta labeled “gluten-free”)
- Flax
- Gluten-free flours (rice, soy, corn, potato, and bean flours)
- Hominy (corn)
- Millet
- Quinoa
- Rice (including wild rice)
- Sorghum
- Soy
- Tapioca (cassava root)
- Teff
- Rice noodles
- Mung bean noodles

naturally gluten-free

gluten-free

get started | the guide

What to do first:

STEP 1 | *Perform a pantry and kitchen clean-out*

STEP 2 | *Get to the grocery store*

- Stock-up on gluten-free staples

STEP 3 | *Inform the right people*

- Child's school
- Daycare
- Workplace

Pantry and Kitchen organization

- Store gluten-free and gluten-containing foods separately and/or in different places
- Maintain separate surfaces and equipment for gluten-free use only [toaster, wooden utensils, etc.]

Keep cooking surfaces and food storage areas clean and tidy.

- Wash dishes and cooking/baking equipment thoroughly after each use

Tips for eating out:

- Read restaurant menus online ahead of time or call the restaurant to be sure there are gluten-free options
- Eat out early or later in the day when a restaurant is less busy and better able to address your needs
- Feel free to ask the server or restaurant manager any related questions to ensure cross-contamination is avoided when preparing your meal

considerations | the lifestyle

When following a gluten-free diet, it is important to be sure to include vitamins and minerals from other, nutrient-dense sources.

Nutrients to obtain from other, non-gluten-containing sources:

- IRON - organic spinach, oysters, pastured eggs, liver, legumes, grass-fed red meat, pumpkin seeds, quinoa, broccoli, etc.
- CALCIUM - cheese, spinach, broccoli, kale, almonds, seeds, yogurt, etc.
- FIBER - fresh fruit/vegetables, legumes, seeds, gluten-free grains, etc.
- THIAMIN - beef liver, black beans, macadamia nuts, pork loin, etc.
- RIBOFLAVIN - pastured egg yolks, grass-fed red meat, dark meat, wild salmon, wild tuna, almonds, gluten-free grains, etc.
- NIACIN - liver, grass-fed beef, pastured poultry, wild salmon, nuts, legumes, avocado, mushrooms, green peas, potatoes, etc.
- FOLATE - legumes, Brussels sprouts, pastured eggs, dark leafy greens, broccoli, citrus fruits, beets, asparagus, nuts, seeds, beef liver, bananas, papaya, avocado, etc.

considerations | cont'd

Be mindful of nutrient content of gluten-free foods.
For example, some gluten-free options have significantly different nutrient levels as compared to those that do contain gluten/products they are replacing. That said, “gluten-free” food products don’t necessarily mean that they are the most nutritious/nourishing foods.

It is crucial to read food labels!

This. is important, not only for gluten content, but for overall nutrient (including macronutrient and micronutrient) levels.

The expense of following a gluten-free diet can be significant, especially if a diet includes many foods that aren’t naturally gluten-free (i.e. more commercially-prepared gluten-free foods vs. fresh fruit, vegetables, nuts, seeds, etc.) Look for specials and bulk purchase options on websites to reduce cost.

grocery resources

food brands

- Amy's Kitchen
- Bob's Red Mill
- Enjoy Life Foods
- GN Foods
- Gluten-Free Mall
- Gluten Solutions
- Orgran Foods

Recipes

Blender Gluten-free Muffins

Prep Time: 10 minutes *Total Time: 20 minutes* *Yield: 4 servings*

Ingredients

- 2 bananas, very ripe
- 2 eggs
- 1 tsp vanilla extract
- 3 Tbs dairy-free milk of choice
- 3 Tbs maple syrup
- 1 cup GF oats, quick-cook or quinoa
- 1/2 cup tapioca flour
- 1 tsp cinnamon
- 1 tsp GF baking powder
- 1/2 tsp salt
- cooking spray

Instructions

Prep

1. Preheat oven to 350° F.
2. Peel bananas and break into pieces.
3. Spray muffin tins with oil.

Make

1. Add bananas, eggs, vanilla, milk, and maple syrup to blender and process until creamy.
2. Add oats or quinoa and process until just combined.
3. In a bowl, whisk together tapioca flour, baking powder, cinnamon, and salt.
4. Make a well in dry ingredients and pour in liquid from blender.
5. Stir until just combined. Using a small ice cream scoop or two spoons, place batter in muffin tin and bake for about 8-10 minutes [minis] or 12-15 minutes full size.
6. Serving size is one full-sized muffin or 5 minis.

Nutrition facts based on using gf oats.

Nutrition Facts

Calories 268 per serving

Amount/serving	% Daily Value*
Total Fat 4.3g	6%
Saturated Fat 1.1g	5%
Trans Fat 0.0g	
Cholesterol 93mg	31%
Sodium 331mg	14%

Amount/serving	% Daily Value*
Total Carbohydrates 53g	17%
Dietary Fiber 4g	15%
Total Sugars 17g	
Protein 7g	

Vitamin D 1mcg 5% · Calcium 112mg 11% · Iron 11mg 59% · Potassium 490mg 10%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipes

Cilantro Lime Quinoa

Prep Time: 15 minutes *Total Time: 30 minutes* *Yield: 4 servings*

Ingredients

- 1 cup quinoa
- 2 cups GF vegetable broth
- 1 clove garlic, minced
- 2 Tbs lime juice
- 1/3 cup fresh cilantro, chopped
- salt & pepper, to taste

Instructions

Make

1. Combine quinoa and broth in a saucepan and bring to a boil.
2. Reduce to a simmer and cook for 12-15 minutes or until broth is evaporated and quinoa is tender.
3. Remove from heat and let sit, covered, for 5 minutes.
4. Meanwhile, mince garlic, juice lime, and chop cilantro.
5. Mix quinoa, garlic, lime juice and cilantro.
6. Salt and pepper to taste.

Nutrition Facts

Calories per serving 165

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 2.7g	4%	**Total Carbohydrates** 29g	9%
Saturated Fat 0.3g	1%	Dietary Fiber 3g	12%
Trans Fat 0.0g		Total Sugars 1g	
Cholesterol 0mg	0%		
Sodium 330mg	14%	**Protein** 6g	

Vitamin D 0mcg 0% · Calcium 27mg 2% · Iron 2mg 11% · Potassium 279mg 5%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quinoa Yogurt Parfait

Prep Time: 15 minutes *Total Time: 15 minutes* *Yield: 4 servings*

Ingredients

- 3/4 cup quinoa, cooked
- 2 cups Greek or dairy-free yogurt, 2%
- 1 cup mixed berries
- 1 Tbs maple syrup

Instructions

Make

1. Cook quinoa according to package directions.
2. Place quinoa at the bottom of 4 glasses or bowls.
3. Top with yogurt, berries and maple syrup.

Nutrition Facts

Calories per serving 321

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6.1g	9%	**Total Carbohydrates** 41g	13%
Saturated Fat 3.2g	15%	Dietary Fiber 5g	18%
Trans Fat 0.0g		Total Sugars 19g	
Cholesterol 30mg	10%		
Sodium 87mg	3%	**Protein** 28g	

Vitamin D 0mcg 0% · Calcium 2526mg 252% · Iron 1mg 6% · Potassium 198mg 4%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipes

Mediterranean Salmon Packet

Prep Time: 10 minutes *Total Time: 30 minutes* *Yield: 4 servings*

Ingredients

- 1 zucchini, medium, sliced into half circles
- 1 cup cherry tomatoes, halved
- 1/2 tsp salt
- 1/2 tsp black pepper
- 1 1/2 lbs. salmon, (6 oz per fillet)
- 4 Tbs olive oil
- 4 garlic cloves, minced
- 1 lemon, juiced and zested
- 1/2 tsp red pepper flakes
- 1/4 cup parsley, fresh, chopped

Instructions

Prep

1. Preheat oven to 400° F.
2. Wash and cut all vegetables.
3. Prepare a 10x12 inch pieces of tinfoil and parchment paper for each serving.

Make

1. Spread out each piece of tinfoil on a baking sheet and top each with a piece of parchment paper.
2. Slightly crimp the edges to prevent juices from running.
3. Fill each packet with zucchini and cherry tomatoes. Season with salt and pepper. Top with salmon.
4. In a small bowl, whisk together olive oil, garlic, lemon juice and zest, and crushed red pepper flakes.
5. Pour mixture over the salmon. Fold the edges of the packet over the salmon and fold to seal.
6. Bake for 12 to 15 minutes.
7. Remove from the oven and allow to cool for 2 minutes before opening.
8. Caution: steam will escape the packet when opened.
9. Garnish opened packets with fresh parsley and serve.

Nutrition Facts

Calories per serving 391

Amount/serving	% Daily Value*
Total Fat 24.7g	38%
Saturated Fat 3.6g	18%
Trans Fat 0.0g	
Cholesterol 94mg	31%
Sodium 377mg	16%

Amount/serving	% Daily Value*
Total Carbohydrates 6g	2%
Dietary Fiber 2g	6%
Total Sugars 3g	
Protein 35g	

Vitamin D 0mcg 0% · Calcium 50mg 5% · Iron 2mg 12% · Potassium 1181mg 25%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipes

recipes

Turkey Meatballs with Red Pepper Sauce & Zoodles

Prep Time: 15 minutes *Total Time: 60 minutes* *Yield: 4 servings*

Ingredients

- 2 red bell pepper, seeded, quartered
- 1 Tbs avocado oil
- 1 lb ground turkey
- 1/2 cup spinach, chopped
- 2 Tbs coconut flour
- 1/2 tsp thyme, dried
- 1/2 tsp oregano, dried
- 1 Tbs olive oil
- salt, to taste
- pepper, to taste
- 1/2 onion, diced
- 1 clove garlic, minced
- 4 Tbs almond milk, unsweetened
- 1 tsp oregano, dried
- 1 tsp thyme, dried
- 4 Tbs avocado oil, divided
- 2 Tbs nutritional yeast
- 4 zucchini

Instructions

Prep

1. Preheat oven to 400°F.
2. Line a large rimmed baking sheet with foil.
3. Quarter red bell peppers. Chop spinach. Dice onion and garlic.
4. Use a vegetable spiralizer to turn the zucchini into noodles. Cut noodles in half.

Make

1. Toss the quartered red bell peppers with 1 tablespoon avocado oil and spread evenly on a rimmed baking sheet.
2. Bake for 25-30 minutes until peppers are tender and are slightly charred.
3. Combine ground turkey, spinach, coconut flour, thyme, oregano, 1 tablespoon olive oil, salt and ground black pepper to taste, in a large bowl.
4. Roll into small meatballs (about 15). Place meatballs on the parchment lined baking sheet. Bake for 12-15 minutes.
5. While the meatballs are cooking prepare the roasted red pepper sauce. Sauté the onion and garlic in a teaspoon of avocado oil in a small skillet about 5 minutes or until fragrant and soft.
6. Combine the baked bell peppers, sautéed onions, garlic, almond milk, oregano, thyme, salt to taste, pepper, 2 tablespoons avocado oil and nutritional yeast, in a large food processor bowl and process until smooth.
7. Sauté the zucchini with a sprinkle of salt and pepper in a large skillet with avocado oil for 2-3 minutes.
8. Assemble by topping the zucchini with the roasted red pepper sauce and 3-4 meatballs.

Nutrition Facts

Calories 407 per serving

Amount/serving	% Daily Value*
Total Fat 30.5g	46%
Saturated Fat 5.1g	25%
Trans Fat 0.1g	
Cholesterol 78mg	26%
Sodium 90mg	3%

Amount/serving	% Daily Value*
Total Carbohydrates 10g	3%
Dietary Fiber 4g	15%
Total Sugars 4g	
Protein 26g	

Vitamin D 1mcg 6% · Calcium 90mg 8% · Iron 3mg 17% · Potassium 646mg 13%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

gluten-free

Recipes

Fudgy Black Bean Brownies

Prep Time: 10 minutes *Total Time: 30 minutes* *Yield: 12 servings*

Ingredients

- 1 (15 oz.) can black beans, drained and rinsed
- 2 Tbs cocoa powder
- 1/2 cup gf oats or a gluten-free all-purpose baking flour
- 1/4 tsp salt
- 1/3 cup maple syrup
- 2 Tbs maple syrup
- 1/4 cup coconut oil, melted
- 2 tsp vanilla extract
- 1 1/2 tsp baking powder
- 1/2 cup mini chocolate morsels

Instructions

Prep

1. Rinse and drain beans.
2. Melt coconut oil.
3. Grease 8x8 baking pan or mini muffin tins.

Make

1. Preheat oven to 350° F.
2. Place all ingredients, except chocolate chips, in food processor and blend until completely smooth.
3. Stir in chips.
4. Spread in greased 8x8 baking pan or using a mini ice cream scoop, place in greased mini muffin tins.
5. Cook for 20 minutes [pan] or 8 minutes [muffin tins] then remove from oven and cool for at least 15 minutes before cutting and serving.

Nutrition facts based on using gf oats.

Nutrition Facts

Calories 131 per serving

Amount/serving	% Daily Value*
Total Fat 5.5g	8%
Saturated Fat 4.2g	20%
Trans Fat 0.0g	
Cholesterol 0mg	0%
Sodium 103mg	4%

Amount/serving	% Daily Value*
Total Carbohydrates 18g	6%
Dietary Fiber 3g	13%
Total Sugars 8g	
Protein 3g	

Vitamin D 0mcg 0% · Calcium 56mg 5% · Iron 1mg 6% · Potassium 249mg 5%

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Interested in learning more?

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