

# Living Gluten Free

So you have just been diagnosed with Celiac Disease or have been told by your health care practitioner that you are gluten-intolerant. You may feel overwhelmed and dread the prospect of making big changes in the way you eat. Don't worry. It has never been easier to make the switch to a gluten-free lifestyle. Some of your old favorites may have to go by the wayside, but just remember that there are new favorites waiting for you just around the corner.

For celiacs, there is no such thing as moderation when it comes to gluten. The only way for this to work is for you to completely cut gluten out of your diet for good. It is an all-or-nothing type of scenario. In order to do this, reading food and body care labels will be part of your daily life. Once you do it for a while, it will become second-nature to you. Remind yourself that you are giving something up to gain something even better...your health!

**You will feel better than ever!**



# What Can I Eat?



**You will need to completely avoid the following:**

|       |           |
|-------|-----------|
| Wheat | Barley    |
| Spelt | Kamut     |
| Rye   | Triticale |

**\*Oats** (Certified gluten-free oats may be acceptable for some people with celiac disease. Check with your dietitian/physician first.)

**These whole foods are fair game and may be ground into flour for baking:**

|           |          |
|-----------|----------|
| Rice      | Millet   |
| Quinoa    | Amaranth |
| Buckwheat | Teff     |
| Corn      | Flax     |



## Helpful Hints

- Gluten is found in many processed, packaged foods like cookies, crackers, breads, and cereals. The closer you stick to a whole foods diet, the easier it is to avoid gluten and the more money you will save.
- Processed, packaged gluten-free foods are going to be more costly than their non-gluten-free counterparts. The best way to be a frugal celiac is to eat whole foods as much as possible. Avoid falling into the trap of eating processed, packaged gluten-free products because they are fast and easy. Consider learning to use and cook new grains like quinoa and buckwheat.
- Unfortunately, celiacs need to avoid purchasing food from our bulk food and spice areas because of the possibility of cross-contamination. It is impossible to ensure that gluten did not somehow make its way into one of the bins or containers from one of the products near it or even from the processing facility.

Depending on your level of gluten sensitivity, you may only be able to purchase packaged foods that are made in a gluten-free facility.

- On the bright side, you may eat as many fruits and veggies as you want because they are naturally gluten-free.
- If a package says gluten-free, then it is automatically wheat- and gluten-free. Be careful, wheat-free does not necessarily mean gluten-free. Just because a product is gluten-free doesn't mean that it is necessarily free of other allergens like soy, corn, nuts, eggs, etc.



- Be on the lookout for ingredients like barley malt in desserts, wheat germ in body care products, and gluten in medications. They are easy to miss, especially in foods that you wouldn't normally think of as containing gluten. Wheat and wheat products are used as thickeners, stabilizers, and enhancers in all types of food. Gluten may also be hidden in food preservatives and food additives like modified food starch.



- You will need to do a lot of experimenting with the various types of gluten-free flours until you find the right combination for what you are making. The bean flours (garbanzo, pinto, etc.) and coconut flour tend to have stronger tastes that take a bit of getting used to.
- A good-tasting bread with great texture is going to be hard to come by (with a few exceptions). Gluten is the ingredient that makes bread stick together and gives it its lighter texture. Gluten-free breads tend to be dense, have difficulty staying together, and are usually best toasted. It is easier to make gluten-free pancakes and muffins.

# Getting Started

There are quite a few gluten-free cake, cookie, and bread mixes to tide you over until you perfect your own recipes. All-purpose, gluten-free baking mix may be purchased pre-made. It is, however, easy and less expensive to make your own.

## Gluten-Free Baking Mix

1 Cup of Mixture = 1 Cup Wheat Flour

6 Cups Rice Flour

2 Cups Potato Starch or Potato Flour

1 Cup Tapioca Flour

Mix Together and store in container for future use. May be used in any recipe that calls for wheat flour.

For more information, pick up a copy of *Gluten-Free Living* magazine here in our store and check out our selection of gluten-free cookbooks. [www.celiac.org](http://www.celiac.org) and [www.celiac.com](http://www.celiac.com) are also good sources of additional information.

**The Marquette Food Co-op**  
Natural & Organic Grocery  
109 W. Baraga Ave.  
Marquette MI 49855  
906.225.0671  
[www.marquettefood.coop](http://www.marquettefood.coop)



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**Living Gluten Free Class**  
First Monday of Each Month  
Marquette Food Co-op  
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Call Sarah at 225-0671, ext. 23  
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