



## Gluten Free Diet

Gluten is contained in most conventional breads, pastas, cereals, processed foods, flours and baked goods.

While it may seem daunting at first to remove all the gluten containing foods from your diet, the good news is that there are plenty of gluten-free alternatives for your favourite foods. Try focusing on what you *can* eat rather than all the foods that you *can't* eat.

### FOODS TO EXCLUDE:

- ◆ Wheat: all wheat products, including flour, durum wheat, cous cous, kamut, semolina, bulgur, flour etc.
- ◆ Rye
- ◆ Barley
- ◆ Oats
- ◆ Spelt
- ◆ Triticale
- ◆ Malt
- ◆ Dextrin
- ◆ Beer
- ◆ Wheat starch or thickeners, corn flour (on food labels)

### Shopping for the gluten free diet

The most important point when shopping for gluten free food is to become a **label reader**, if you have any doubt about the ingredients on the labels don't buy the product. Many manufacturers also provide a panel of nutritional information. Foods sold as gluten free will state on the nutrition panel "no detectable gluten". Many products are gluten free but make no claim to be so. You will have to scrutinise the ingredients list to determine if they are suitable. Avoid manufactured foods without an ingredients list.

#### Avoid products with any of the following:

- ◆ Wheat, rye, barley, triticale, oats
- ◆ Flour (all types unless a gluten free source is specified)
- ◆ Pasta, semolina
- ◆ Farina or thickeners
- ◆ Wheat starch, starch or thickener (unspecified)
- ◆ Cereal, bread, biscuit, batter, crumbs
- ◆ Cornflour
- ◆ Malt

#### Additives that may contain gluten:

- ◆ Modified starch or thickening agent
- ◆ Additive numbers 1400-1450 (of wheat origin or unspecified)
- ◆ Malt flavouring and malt extract
- ◆ Maltodextrin (of wheat origin)
- ◆ Hydrolysed protein (of wheat origin)



## FOOD SWAPS

Gluten free alternatives are often higher in sugar, unhealthy fats and additives, so be sure to check the food labels and focus on whole foods where possible.

- ◆ **Bread:** gluten free breads based on rice flour, quinoa flour, buckwheat flour. Sol Breads is a great brand.
- ◆ **Pasta:** pulse pasta, mung bean pasta, quinoa pasta, rice pasta, buckwheat pasta, zucchini spirals, carrot spirals or sweet potato spirals.
- ◆ **Soy sauce:** tamari or coconut aminos.
- ◆ **Breadcrumbs:** almond meal, desiccated coconut, quinoa flakes or gluten-free breadcrumbs.
- ◆ **Flour:** coconut flour, almond flour/meal, green banana flour, hazelnut meal (great for chocolate cakes), sorghum flour, etc.
- ◆ **Cous-cous:** quinoa, cauliflower rice.
- ◆ **Wraps:** organic, non-GMO corn tortillas, rice paper or blanched cabbage leaves.
- ◆ **Crackers:** rice crackers, seed crackers or vegetable sticks.
- ◆ **Muesli:** gluten free muesli or look for Paleo muesli varieties (make your own with nuts, seeds, buckwheat groats and quinoa flakes).

## FOODS TO INCLUDE:

- ◆ All fruits and vegetables (naturally free from gluten)
- ◆ Starchy vegetables including potato, sweet potato, pumpkin, peas or beetroot.
- ◆ Unprocessed meat, fish and poultry (free from gluten containing coatings, sauces, flavourings or flour. Deli meats often contain gluten).
- ◆ Beans and pulses:
  - Contain fructo-oligosaccharides (FOS); specific long chained carbohydrates that serve as a fuel source for our bowel microbiome (good bacteria). The good bacteria in turn produce short chain fatty acids (eg. butyrate) that our intestinal cells use as fuel, helping to promote healing and also regulates a healthy pH environment in the bowel.
- ◆ Brown rice, black rice, basmati rice
- ◆ Non-GMO corn and soy
- ◆ Quinoa, buckwheat, amaranth, millet
- ◆ Arrowroot, tapioca
- ◆ Eggs
- ◆ Most dairy products (except products containing thickeners/gluten).