



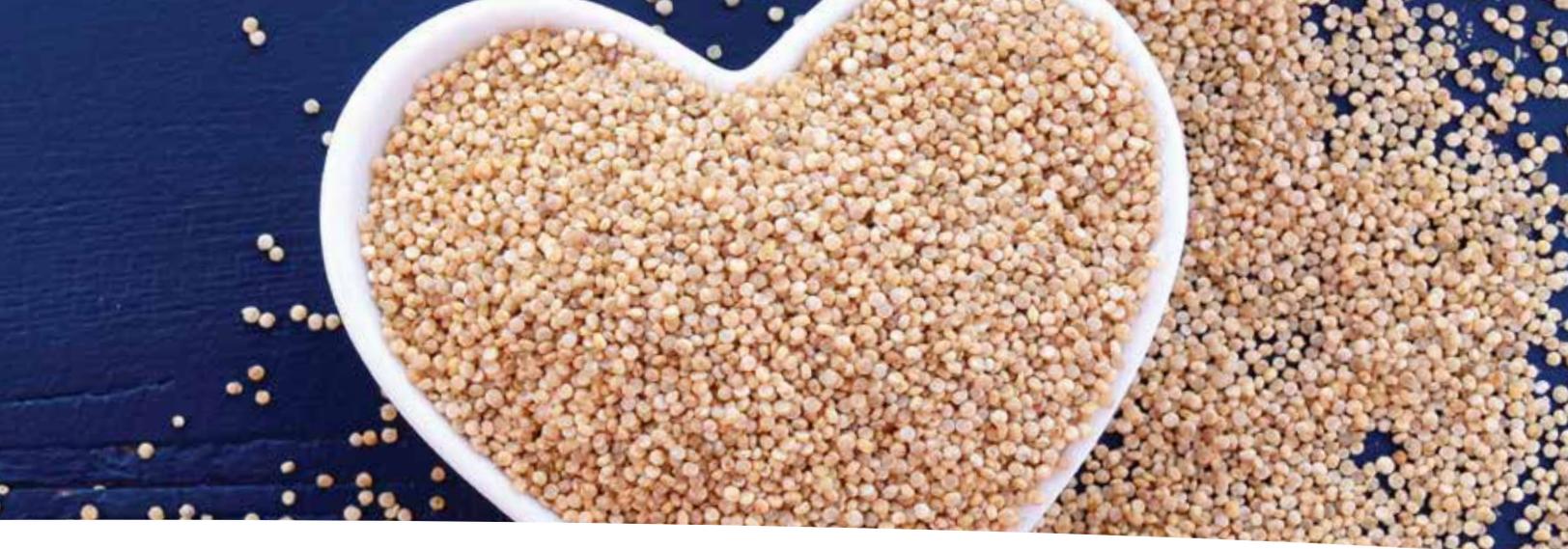
Living gluten-free

A guide for kids, adults, and families


**Intermountain
Primary Children's Hospital**
The Child First and Always®

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What is gluten intolerance?

Gluten intolerance is a disorder where the body reacts when eating foods that contain gluten. Gluten is a protein found in wheat, rye, barley, and most oats.

People with celiac disease will have serious health problems if they continue to eat foods that contain gluten.

This booklet will help you make informed food choices, avoid gluten, and stay healthy.

"A gluten-free diet can be hard to maintain at times. When I first started, I would accidentally eat gluten and get a terrible stomachache. Celiac disease is not like lactose intolerance, because when you eat gluten while having celiac disease, it damages your intestines. If you keep eating gluten, you could eventually die. The damage motivates me not to eat gluten, even if the food looks delicious. A gluten-free diet can be hard, but if you are careful about what you eat, life can still be great."

Brady, patient

Gluten intolerance

The most serious form of gluten intolerance is celiac disease, a genetic autoimmune disease. Celiac disease causes the immune system to mistakenly attack and destroy the small intestine lining when the body digests gluten. This makes it hard for the body to absorb nutrients.

Celiac disease is a lifelong condition that affects about 1 in 100 people worldwide. It can be diagnosed at any age. Celiac disease symptoms can include:

- Diarrhea
- Constipation
- Weight loss or gain
- Malnutrition
- Anemia
- Abdominal bloating
- Short stature in children
- Infertility
- Muscle weakness
- Bone pain

Non-celiac wheat sensitivity or non-celiac gluten sensitivity (NCGS) is a separate condition treated with a gluten-free diet.

NCGS symptoms can include:

- Stomach problems similar to irritable bowel syndrome (IBS)
- Headaches
- Fatigue
- Numbness
- Depression

Gluten intolerance can also cause dermatitis herpetiformis [der-muh-TITE-us her-pet-ih-FORM-us], a chronic skin condition that causes an itchy, burning rash.

What is gluten?

Gluten is a protein primarily found in:



Wheat



Barley

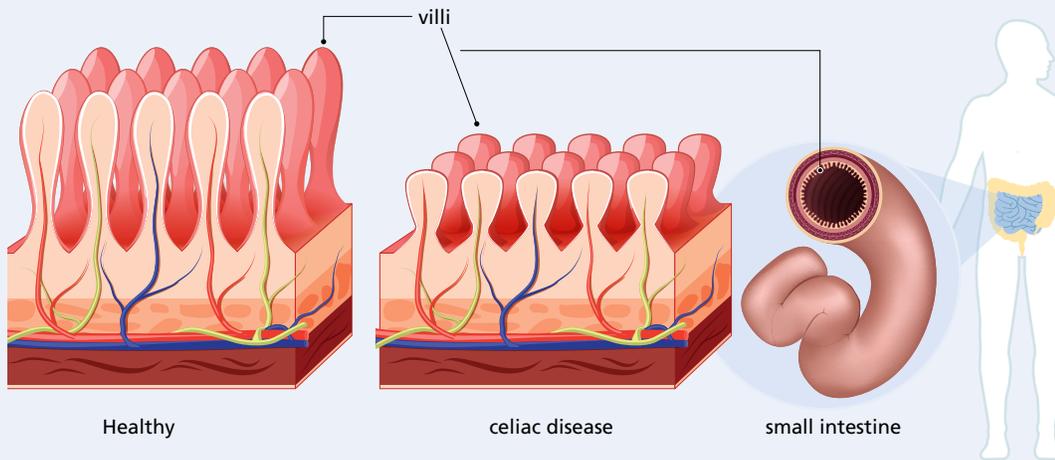


Rye



What happens if a person with celiac disease eats gluten?

When a person with celiac disease eats gluten, their body's immune system attacks and damages the villi [VIL-EYE] in the small intestine.



Villi: Small hair-like projections in the small intestine that help the body absorb nutrients. This damage can make it hard for the body to get enough nutrients from food.

How are celiac disease and gluten intolerance treated?

Celiac disease and gluten intolerance are treated with a gluten-free diet. Removing gluten from your diet allows the intestines to heal, but you must stay on the gluten-free diet even after you feel well. Eating gluten can:

- Damage the small intestine
- Cause nutrient deficiencies and malnutrition
- Make the immune system not work properly
- Slow children's growth

Even after your celiac disease symptoms go away, you must follow the gluten-free diet to reduce the risk of other health conditions, including osteoporosis, lymphoma, and other cancers. People with celiac disease have a 40 percent higher chance of getting cancer if they do not stay on a gluten-free diet.

How is celiac disease diagnosed?

Healthcare providers usually diagnose celiac disease with a blood test. Sometimes you may also need an endoscopy (procedure where a doctor looks at the upper digestive system with a lighted

tube). You must be eating gluten for the test to be accurate.

If you have celiac disease, follow up with your gastroenterologist or primary care doctor and have the blood tests they recommend every year.

What should family members do?

Because there is a risk that family members of someone diagnosed with celiac disease also have the disease, all immediate family members should:

- **Keep eating gluten so the tests will be accurate.** If they are not eating gluten, they should eat two slices of regular wheat bread every day for at least 6-8 weeks before testing. Pregnant women should not start a gluten challenge.
- **Get a screening blood test.** Your primary care doctor can order this.
- **Consider genetic testing.** Because immediate family who do not have celiac disease should have the screening blood test every 3-5 years, genetic testing can rule out celiac disease. People with celiac disease carry the genes HLA DQ2 and DQ8. If family members do NOT have those genes, they have a 99% chance of never having celiac disease and do not need to be screened again.

Lactose intolerance

When you are first diagnosed with celiac disease you may also have temporary lactose intolerance (trouble digesting milk products). Treat lactose intolerance by limiting the amount of dairy products you eat, using lactase enzymes, or buying Lactaid® products. Lactose intolerance is temporary for most people. After you've been eating a gluten- and lactose-free diet for a while (generally 3–6 months), you can try eating dairy products again.

Diabetes and celiac disease

Celiac disease and type 1 diabetes are genetically linked. If you have type 1 diabetes, you are 5–7 times more likely to also have celiac disease.

People with type 1 diabetes often have none of the typical celiac disease symptoms. If you have type 1 diabetes, you should be screened for celiac disease every few years.

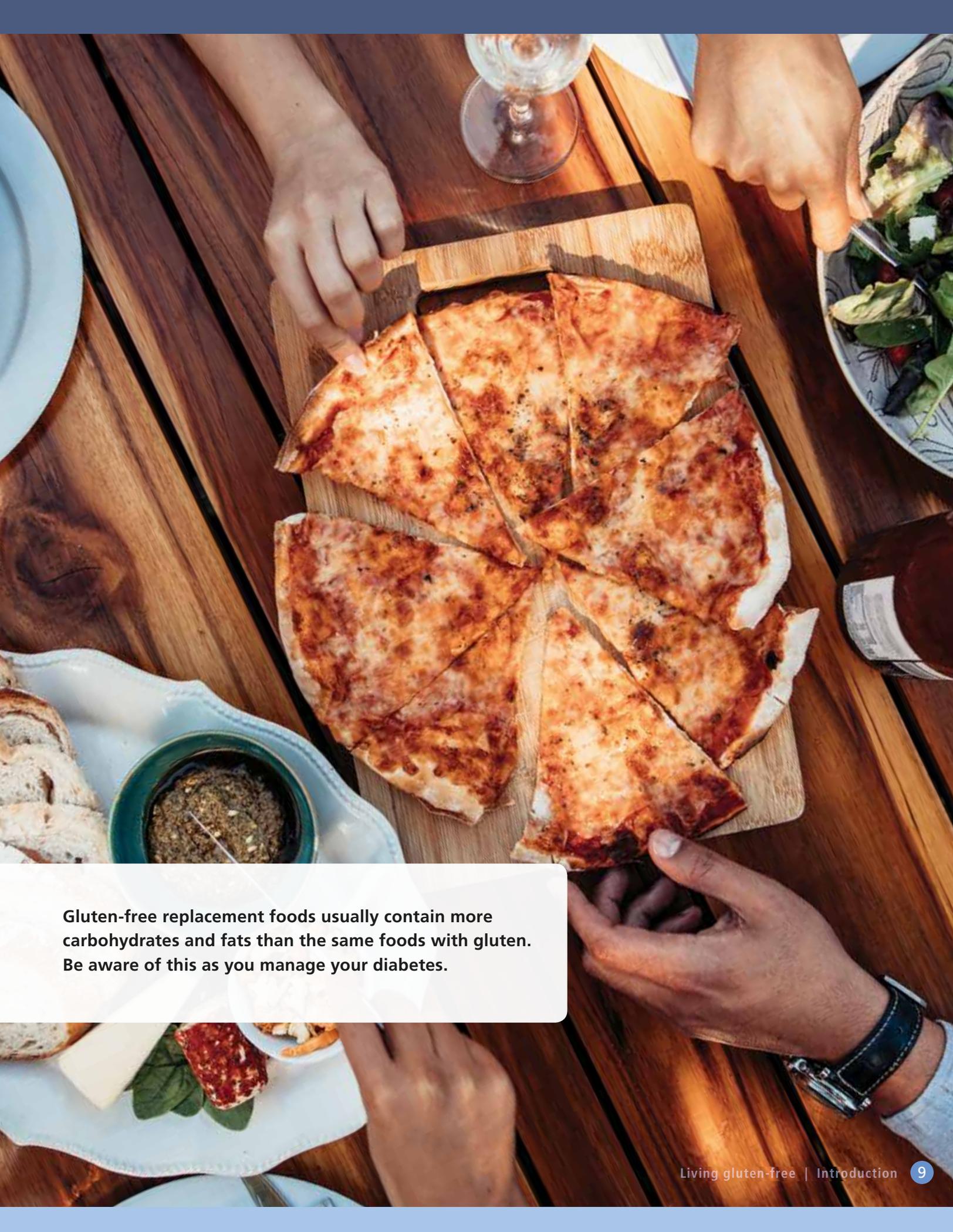
If you have both type 1 diabetes and celiac disease, you must:

- Read all food labels for carbohydrate and fiber content, and make sure all products are gluten-free.
- Monitor blood glucose levels as your diabetes educator recommends.
- Calculate carbohydrate-to-insulin ratios and take the correct amount of insulin.
- Continue to meet with your diabetes educator, who can help with your new diet and blood glucose control.
- Continue to have your hemoglobin A1c levels measured as your diabetes provider recommends.
- Have your follow-up celiac disease blood tests annually or as your gastroenterologist or diabetes provider recommends.

Many gluten-free replacement foods, such as bread, muffins, cookies, bagels, and pizza crust, have more carbohydrates and fat than the same foods that contain gluten. This can make it hard to control blood glucose and may also cause weight gain and high cholesterol levels.

Making your own meals and eating naturally gluten-free food can give you more control over your diet. Use My Plate as your guide to a healthy diet for both type 1 diabetes and celiac disease.

Jot down notes to research later, or important information from your caregiver.



Gluten-free replacement foods usually contain more carbohydrates and fats than the same foods with gluten. Be aware of this as you manage your diabetes.





Nutrition concerns

People diagnosed with celiac disease often lack nutrients because of months or years of not absorbing them due to damaged intestines. Additionally, many people who eat a gluten-free diet don't get enough vitamins, minerals, and fiber. This is because most gluten-free grains are not enriched the same way traditional wheat flour is enriched.

"Taggart's response to a gluten-free diet could not have been more significant. Within 3-4 days, his energy returned and his tantrums stopped. He was excited to eat food again, quickly learning to always ask if it was gluten-free before eating it. It took a number of months for his weight to return, but at his check-up with his gastroenterologist a year later, Taggart was again a healthy, active child with no medical concerns."

Marion, parent



How do I get the nutrients I need?

Along with a good diet:

- Take a gluten-free complete vitamin and mineral supplement.

– **Do not use gummy vitamins because they don't contain enough iron, zinc, or thiamin (vitamin B1) to be worthwhile, even if labeled "complete" and "gluten-free."**

- Look for a supplement that contains at least 75% of your daily requirement for iron, zinc, and thiamin since these nutrients are often critically lacking at diagnosis.
- Eat whole grain gluten-free flours, such as quinoa, millet, buckwheat, teff, amaranth, bean flours, sorghum, and brown rice, to help get the fiber you need.
- Eat plenty of fruits and vegetables to get fiber, vitamins, and minerals.
- Eat leafy green vegetables and legumes and drink orange juice to get the folate you need.
- Eat meats, chicken, fish, legumes, nuts, and seeds for your daily iron needs.
- Get your recommended dairy or milk-alternative servings daily for the calcium and vitamin D you need. Take a calcium and vitamin D supplement if you don't get enough of these nutrients to prevent osteoporosis.
- Adults and teens can further reduce the risk of osteoporosis (common in adults with celiac disease) by getting a baseline bone density scan after the celiac disease diagnosis.

What tests do I need?

Every year, or as your primary care provider recommends:

- Check your antibody levels to make sure you are following the gluten-free diet
- Check for thiamin, vitamin B6, folate, vitamin B12, and vitamin D deficiency
- Check for anemia
- Check for iron, copper, and zinc deficiencies
- Check liver enzyme levels
- Check blood lipid levels
- Check for osteoporosis or osteopenia. Teens and adults should get a baseline bone scan when diagnosed with celiac disease and follow-up scans as recommended.

Jot down notes to research later, or important information from your caregiver.







General diet instructions

Keep it simple! Most foods (except for grains) are gluten-free naturally. A gluten-free diet becomes harder when foods are processed.

Stick closely to your diet

"After going on the gluten-free diet, I haven't been sick as much and my stomachaches are gone. It is hard not to eat yummy gluten treats and foods, especially at restaurants and family gatherings and parties. However, I would never cheat and eat gluten, as tempting as it may be, because I know that if I do I will be up all night and have terrible stomachaches."

Sami, patient

Reading labels

Gluten may be a basic ingredient (wheat, rye, or barley) or added during processing. Always check ingredient labels, because manufacturers may change ingredients without warning. If you're not sure about an ingredient, contact the manufacturer using the phone number or website on the package. You can also see whether they have online lists of gluten-free products available.

Allergy labeling laws require manufacturers to clearly mark products that contain any protein from the top 8 food allergens: milk, eggs, wheat, soy, fish, shellfish, peanuts, and tree nuts. These proteins must be listed by their common names in all foods, dietary supplements, and vitamins the Food and Drug Administration (FDA) regulates. This makes it easy to find foods that contain wheat.

However, the allergy label will not identify other ingredients that contain gluten, such as barley or rye. Barley is often a hidden ingredient. It is found in malt, barley malt, dry smoke flavor, brewer's yeast, yeast extract and autolyzed yeast extract. Rye is generally used only in rye breads or crackers and will be clearly labeled.

Meat, poultry, and egg products regulated by the U.S. Department of Agriculture (USDA) do not have to follow the allergy labeling laws. Unprocessed meat, poultry, and eggs are naturally gluten-free. However, ingredients in processed meat, poultry and egg products must be listed by their common names. This means manufacturers do not have to list the protein source for dextrin, starch, food starch, and modified food starch. However, more than 80% of USDA-regulated food products (including hot dogs, deli meats, marinated meats, bacon, and other processed meat products made by major food companies) do follow the FDA allergy-labeling rules.

What you can do:

If the USDA food label doesn't list all ingredients and you don't know how the starch, food starch, modified food starch, or dextrin were made, contact the manufacturer, choose another product, or assume most additives are made from corn. If they were made from wheat, they are so highly processed that there is probably little gluten.



Gluten-free labeling

According to the FDA's gluten-free labeling rule:

- Gluten-free foods must have less than 20 ppm (parts per million) gluten.
- A food with less than 20 ppm gluten can be labeled “gluten-free,” “no gluten,” “free of gluten,” or “without gluten.”
- Foods that never contained gluten (like raw vegetables and fruits) can be labeled gluten-free.
- Foods with grains that contain gluten but are refined to remove it may be labeled gluten-free as long as they contain less than 20 ppm gluten (grains such as wheat starch). So it is possible to have both “gluten-free” and “contains wheat” labels on a food. This means gluten has been removed from the wheat starch, but other wheat proteins remain.

Cautions:

- These terms DO NOT mean a food is “gluten-free:”
 - Made with no gluten-containing ingredients.
 - Not made with any gluten-containing ingredients.
- Hydrolyzed and fermented ingredients like soy sauce and barley malt extract are sometimes labeled “gluten-free,” even though the FDA does not allow this. Unfortunately, there is currently no test available to measure gluten from fermented foods, such as barley malt extract and soy sauce, when added as ingredients to food.
- Manufacturers do not have to test to ensure their products are gluten-free.
- The FDA will only test products after a complaint.
- “Gluten-free” can appear on a food label with a voluntary allergen advisory statement like “processed in a facility that also processes wheat.”
- Oats do not need to be certified gluten-free to be labeled as such, but they must contain less than 20 ppm gluten to be labeled gluten-free.

- The FDA rule does not apply to meat, poultry, or egg products (regulated by the USDA) or alcohol (regulated by the Alcohol and Tobacco Tax and Trade Bureau, or TTB).
- Restaurant food and food made by grocery stores are expected to follow the FDA's gluten-free definition.

Recommendations:

- When you begin a gluten-free diet, start with products with gluten-free labels. Once you're comfortable shopping gluten-free, take time to read side panels and learn more about products.
- Purchase gluten-free grain, nut, and legume products from large, reputable companies who test their products for gluten.
- If you feel a product labeled “gluten-free” does not comply with the FDA rule, contact the FDA (in Utah, call 303.236.3044).

Allergen advisory statements

Remember that allergen advisory statements are voluntary. If a food label doesn't list wheat, barley, or rye but a statement says “processed in a facility that also makes products containing wheat,” it doesn't mean the product is contaminated.

- If an FDA product labeled gluten-free has an allergen advisory statement, it will have less than 20 ppm gluten.
- If an FDA product you eat daily or often has an allergen advisory statement, look for a brand labeled gluten-free. For example, if you eat corn tortillas often, choose a brand with a gluten-free label.
- If you only eat FDA products with allergen advisory statements occasionally, don't worry about finding gluten-free versions.
- Avoid USDA products (meat, poultry, or eggs) with allergen advisory statements; this means they came in contact with wheat.

A guide to gluten-free certification marks



The Gluten-Free Certification Organization (GFCO) is a program of The Gluten Intolerance Group®. The Certified Gluten-Free mark assures that the products contain less than 10 parts per million gluten (5 parts per million gliadin). This level is stricter than that set by the FDA at 20 parts per million.



The National Celiac Association recognition seal assures customers that products are free of wheat, barley, rye, oats, or any ingredients from these grains, even those processed to remove gluten. Gluten must be less than 5 ppm.



Beyond Celiac endorsed gluten-free certification program (GFCP) assures that products have less than 20 ppm gluten. Products must not contain any gluten proteins or modified gluten proteins from barley, rye, triticale, wheat, and oats.

Gluten-free certification marks allow you to easily identify gluten-free products. Some food manufacturers have their products certified by an independent organization: The Gluten Intolerance Group, the National Celiac Association, and Beyond Celiac. Each organization has slightly different rules for gluten-free certification. The table above shows labels you may see while grocery shopping and a guide to what each symbol represents.





Alcoholic beverages

The Alcohol Tax and Tobacco Trade Bureau (TTB) makes distilled alcohol, such as vodka, whiskey, and bourbon, carry this statement: “This product was distilled from grains containing gluten, which removed some or all of the gluten. The gluten content of this product cannot be verified, and this product may contain gluten.” This is very confusing to consumers, but distilled beverages are gluten-free.

Wines are gluten-free. Even wine aged in barrels sealed with a wheat paste, when tested had less than 5-10 parts per million gluten. Beer, ale, and stout are made from barley hops, so they contain gluten, but many gluten-free products are available. Gluten-free beer made without any barley or hops is regulated by the FDA and can carry just a “gluten-free” label.



Naturally gluten-free foods

Save yourself time (no labels to read!) and money, and eat a healthier diet, by choosing naturally gluten-free foods.

Meats and alternatives

- All unprocessed beef, pork, chicken, turkey, lamb, fish, and shellfish
- All plain legumes (black beans, kidney beans, pinto beans, and lentils). Spread dry lentils and beans on a baking sheet before cooking to make sure there are no wheat kernels. Rinse canned beans before using.
- All plain nuts and seeds (most commercially roasted nuts are safe, but read the label)
- Peanut butter, almond butter, sunflower butter, sesame butter, and tahini
- Tofu (unless processed with a soy sauce that contains gluten)
- Fresh eggs (be careful eating out, because some restaurants use a filler with wheat in their eggs)

Avoid:

- Canned chicken and fish with modified food starch
- Turkey with hydrolyzed vegetable protein in the basting liquid
- Imitation crab and bacon (unless labeled gluten-free)

Dairy

- Milks, flavored milks and most non-dairy milks are gluten-free. No malted milk.
- Plain yogurt (and most fruit yogurts, but read labels, especially on yogurt with mix-in toppings)
- Ice cream (no cookie dough, Oreo®, cookies and cream, or brownie-flavored types) unless labeled gluten-free
- Cheese (read labels on spray and processed cheeses)

Fruits and vegetables

- All plain fresh, frozen or canned fruits and vegetables (no sauces)
- Most dried fruits (except chopped dates, which are often rolled in oat flour)
- All 100% fruit and vegetable juices (except for products containing wheat or barley grass)

Beverages

- Coffee (instant, ground, and flavored beans)
- Tea and instant tea
- Soda and carbonated drinks

Check powdered flavored instant coffee, herbal teas, and hot chocolate for barley or barley malt. Do not drink Ovaltine® or other grain-based products like Pero®.

Fats, oils, and sauces

- Butter and margarine
- Vegetable oils (olive, canola, corn, and safflower)
- Vegetable oil sprays (not baking spray with added flour)
- Salad dressings (most are safe, but check dressings with soy sauce carefully)
- Mayonnaise and Miracle Whip®
- Mustard (check the label on flavored mustards)
- Ketchup
- Pickles and relish
- Olives
- Pure spices

Read labels on spice mixes like curry powder, seasoned salt, taco seasoning, and gravy mix. These may (not often) contain barley malt or wheat products.



Grains and plants (that don't contain gluten)

- Amaranth
- Arrowroot
- Bean/Pea flours
- Buckwheat*
- Coconut
- Corn
- Flax
- Guar gum
- Kasha
- Millet*
- Indian rice grass
- Nut flours
- Oats*
- Potato flour and starch
- Quinoa*
- Rice
- Sago
- Salba
- Sorghum*
- Soy*
- Sweet potato (Manioc)
- Tapioca
- Tef or teff
- Xanthan gum

*Only buy products labeled "gluten-free." Grains not labeled gluten-free have high levels of gluten from cross-contamination.

Additives (considered gluten-free)

- Artificial colors and flavors
- Baking powder and baking soda
- Caramel color and flavor
- Citric acid
- Dextrin*
- Hydrolyzed soy protein
- Maltodextrin
- Modified food starch***
- Mono- and diglycerides
- Monosodium glutamate (MSG)***
- Natural color and flavor**
- Soy lecithin
- Spices****
- Starch***
- Vanilla, vanillin, artificial vanilla, and vanilla extract
- Vinegar*****
- Whey

*Could be made from wheat in a USDA product not following the allergen labeling rules.

**Avoid malt flavor (made from barley) and natural flavors labeled "smoke flavor," as they may contain barley.

***Only MSG in foods manufactured in the U.S. is considered reliably gluten-free.

****If the spice has no ingredient list, it is a pure spice and is gluten-free.

*****Do not use malt vinegar or flavored vinegars with ingredients that contain gluten

For a list of safe gluten-free foods (safe ingredients), visit celiac.com.





What about oats?

Pure, uncontaminated oats, used in moderation, are safe for most people with celiac disease. Because there is a high risk of contamination from wheat products during oat growing and processing, only use oats and oat products labeled gluten-free. Find gluten-free oats online, at specialty stores, or sometimes even at your local store.

Understanding gluten-free oat labeling

To be included in a gluten-free diet, oats **MUST BE LABELED GLUTEN-FREE**. There are two types of gluten free oats:

- Oats grown and milled by the “purity protocol”
- Oats grown and milled conventionally, then optically cleaned

What is the purity protocol?

Oats grown under the purity protocol must adhere to the following standards:

- Pure oat seed is planted in fields that have not produced a wheat, barley, or rye crop in the past 2-4 years.

- Farmers commit to inspect their oat crop for foreign plants.
- Oats are harvested, transported, stored, and milled with equipment that is either exclusively used for gluten-free oats or thoroughly cleaned before use.
- Both on the farm and at the mill, oat samples are frequently tested for the gluten.

What are optically cleaned oats?

Optically cleaned oats follow a different path:

- Oats are grown in an unregulated environment with no attention to gluten contamination until they are milled.
- At the mill, specialized equipment cleans and optically sorts the oats to remove wheat, rye, and barley.
- Because small cracked pieces of wheat and barley are difficult to remove, there are concerns as to how much gluten remains in gluten-free oats produced this way.

If possible, purchase oats and oat products with a label that says the oats were produced using the purity protocol.

What can I do about oats?

Because not everyone who has celiac disease can tolerate gluten-free oats, follow these tips before starting to eat oats and oats products:

- You should have no gastrointestinal symptoms before adding oats to your diet.
- Choose oat products that are certified gluten-free to decrease risk of gluten ingestion.
- Don't eat more than 1 cup cooked or $\frac{2}{3}$ cup raw oats (as an adult) or $\frac{1}{2}$ cup cooked or $\frac{1}{3}$ cup raw oats (as a child) per day.
- Add oats to your diet slowly. Start with oatmeal cookies or apple crisp, and then move to a bowl of oatmeal. This lets your body get used to oats slowly.
- If you notice any symptoms with oats, wait another 3-6 months. Then follow the guidelines for introducing oats over again.

Your notes about oats:

Write down a few recipes that you like to make with oats:

Foods to avoid

Find replacements for breads, cereals, cookies, crackers, pastas, and anything made from wheat or containing malt. Also, be careful with processed rice products.

The following grains contain gluten and are toxic for someone with celiac disease or gluten sensitivity.

Grains to avoid (containing gluten):

- Barley
- Bulgur
- Couscous
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Graham flour
- Kamut
- Malt
- Matzo
- Oats*
- Panko
- Pasta
- Rye
- Seitan
- Semolina
- Spelt
- Sprouted wheat or barley
- Tabbouleh
- Triticale
- Udon
- Wheat**

*See previous section for more information about oats.

**Avoid wheat in all its forms: wheat flour, whole wheat flour, bread flour, white flour, cake flour, self-rising flour, pastry flour, enriched flour, wheat germ, wheat bran, cracked wheat, and wheat starch.

Ingredients to avoid or research

For a complete list, visit Gluten.org and search for “gluten-free diet.”

Barley and wheatgrass: Gluten is found only in the seed kernel (endosperm), not in the stem and grass leaves. If the grass is cut from a growing plant and does not include the seed kernel, it should be gluten-free. Wheatgrass and barley grass are nutritious, but eating a variety of fruits and vegetables is healthier.

Brewer’s yeast: If it is a byproduct of beer, brewer’s yeast will not be gluten-free. Brewer’s yeast nutritional supplements, however, can be made from either brewer’s yeast or sugar. If they are made from sugar, they are gluten-free. Baker’s yeast is always gluten-free.

Broth, bouillon and soup bases: Read labels carefully and call the manufacturer if you have questions.

Brown rice syrup: This syrup may be fermented with koji (from barley or wheat) or barley enzymes. Most rice syrup in foods manufactured in the U.S. is gluten-free, as many companies now use fungal enzymes instead of barley. Read labels on imported foods carefully. If the product is not labeled gluten-free and the enzyme source is not specified, call the manufacturer.

Carob soy flour: This flour is likely contaminated with gluten. Breads made from carob soy flour can contain 80% wheat flour.

Hydrolyzed vegetable protein (HVP) or textured vegetable protein (TVP): Food processors must identify the vegetable or plant used to make this ingredient. If a food lists HVP or TVP, avoid it, or call the manufacturer to find out which plant was used. Avoid hydrolyzed wheat protein, too.

Malt, malt extract, malt flavoring, or malt syrup: These ingredients are usually made from barley, so avoid them. Malt can be made from corn or sugar; this kind of malt is gluten-free.

Medicines: In December 2017, the FDA published gluten-free labeling recommendations for oral drug product manufacturers. The FDA encourages drug manufacturers to have reliable information about their products and to include this statement on drugs verified to be gluten-free: “Contains no ingredient made from a gluten-containing grain (wheat, barley, or rye).” For non-prescription drugs, look in the inactive ingredients list for wheat, barley, or rye. For prescription drugs:

- Visit the FDA website [DailyMed.nlm.nih.gov/dailyMed/](https://www.fda.gov/oc/ohrt/daily/daily.html)
- Go to [Glutenfreedrugs.com](https://www.glutenfreedrugs.com) (website maintained by a pharmacist)
- Check out the description section on the drug label.

If you are still worried about gluten, have your doctor write “or gluten-free equivalent” on all prescriptions.

Modified food starch: Avoid this only if made from wheat (listed on the label in all FDA-regulated foods). Most modified food starch is made from corn and is gluten-free. Be aware that modified food starch or food starch in a USDA (meat, fish, chicken, egg product) food NOT following the FDA allergen rules could be made from wheat and not indicate this.

Sacrament bread or communion wafers: Talk to your religious leader.

Soy sauce, soy sauce solids, and teriyaki sauce: Soy sauce may be fermented with wheat. Check the food label or call the manufacturer if you’re not sure. Eden® tamari soy sauce, Kikkoman® gluten-free soy sauce, and some soy sauce by La Choy® are gluten-free. Check teriyaki, barbecue sauce, and miso labels carefully.

Be aware that there are some companies who label their wheat-fermented soy sauce gluten-free even though this is not approved by the FDA.



Wheat-free foods: Wheat-free does not mean gluten-free. Check labels carefully.

Wheat starch: Wheat starch usually has gluten in it, but a pure form is available that contains little gluten. Some products labeled gluten-free may contain this pure wheat starch, but the wheat starch is purified so gluten levels are less than 20 ppm.

Worcestershire sauce: This sauce contains soy sauce. Lea and Perrins® Worcestershire sauce is gluten-free and doesn’t contain wheat.

Yeast extract or autolyzed yeast extract: Yeast extract and autolyzed yeast extract are usually made from baker’s yeast and are gluten-free. Sometimes they are made from brewer’s yeast. If the extracts are in foods not labeled gluten-free, contact the manufacturer. If they’re made from beer, avoid these products. They are probably contaminated with gluten from malt and barley.

Hidden gluten

Foods from countries outside North America may contain “rendered gluten-free” ingredients. These still contain some gluten, so don’t eat them.

Nonfood items may contain gluten. These include lipstick, lip gloss, toothpaste, mouthwash, modeling dough, and pet food. However, lotions and make-up with known gluten-containing ingredients all had less than 10ppm gluten when tested. The following brands generally make gluten-free products:

- Colgate®, Crest®, and Tom’s of Maine® (toothpaste)
- Blistex®, Carmex®, Chapstick®, Lancôme®, L’Oreal®, Mary Kay®, and Vaseline® (lipsticks, lip glosses, and lip balms)

Gluten contamination

Foods can be contaminated with gluten:

- **During growing, harvesting, transporting, processing and milling.** Purchase oats, soy, buckwheat, sorghum, millet, and quinoa flours and grains that are labeled “gluten-free.”
- **At the store.** Choose products in sealed packages. Do not buy from bulk bins; items may be contaminated.

- **At home.**

- Unless the entire family eats gluten-free, buy separate jars of mayonnaise, peanut butter and mustard; you contaminate them by using a knife that has touched wheat bread.
 - A separate toaster, waffle iron, and grain grinder will also protect you.
 - Have a different rolling pin and sifter for gluten-free baking.
 - Use a different colander and utensils if cooking both gluten-free and gluten-containing meals.
 - Make gluten-free foods first.
 - If baking with regular, gluten-containing products, thoroughly clean appliances, utensils, and work surfaces after baking.
 - Prepare gluten-free food on a clean plate, designated cutting board, or a piece of foil or plastic wrap to avoid any cross-contamination.
- **Remember:** You can remove gluten with soap and water. If not everyone follows a gluten-free diet in your household, wash pots, pans, and utensils in the dishwasher when possible. Wash your hands thoroughly and often.



Gluten sensors

Three companies (GlutenTox, Nima, and EZ Gluten) make sensors to measure gluten in food.

- They only measure a pea-sized amount of your food. If gluten is in your gluten-free meal by accident, it probably won't be in all the food evenly. You could often get a false negative.
- They can't detect gluten in soy sauce and sometimes don't recognize gluten from barley grain or barley flour.
- The Nima sensor gives you a result in 2 minutes, but the GlutenTox and EZ Gluten tests take about 20 minutes. Because the Nima sensor gives the message "Gluten found" about half the time when the gluten level is 10ppm, it is not considered scientifically reliable. The FDA (and international standard) for gluten-free food is less than 20ppm.
- They are expensive.

While these sensors are mostly marketed and used for checking food at restaurants and other social situations, they could potentially be more useful for checking whether ingredients at home are gluten-free.

Gluten Detective from Glutenostics LLC is a different type of at-home product: It measures "major transgressions" of gluten intake via a urine test and "total weekly gluten consumption" using a stool test. These tests are not useful for known gluten exposure, but using the stool test on a 2-week to monthly basis may provide peace of mind if negative. It may also alert you to be more careful with food choices if positive.

Gluten-free digestive aids

Some products claim to digest gluten that may have been in food you just ate (Gluten Cutter®, Glutagest®, and several others). However, none have been approved by the FDA or proven to work. Dietitians currently do not recommend using these products.





Eating out

You can eat out safely and enjoyably with celiac disease. While many apps help you find restaurants with gluten-free options, they rely on customers posting accurate information.

Follow these tips to assure your food is gluten-free:

- Use the internet to review menus in advance.
- Call ahead and ask what the restaurant knows about the gluten-free diet.
- Always tell your server you need a gluten-free meal.
- Ask about all items and the way foods are prepared before you order.
- Be aware of contamination. For example, french fries cooked in the same oil used for frying onion rings, chicken nuggets, or other breaded items will not be gluten-free.
- If your steak is cooked on a grill also used for breaded items, ask if it can be cooked on a piece of aluminum foil or in a clean pan.
- Choose menu items without breading or sauces.
- When you order a salad, ask for no croutons and use oil and vinegar for a great gluten-free dressing.
- Avoid salad bars and buffets because of the high risk of gluten contamination.
- Watch for drinks that may contain gluten (beer, stout, ale, some flavored coffees and herbal teas, and Pero®).
- Avoid soups and bouillon.
- Avoid dressings and dips.
- Avoid most desserts. Fresh fruit is a good alternative.
- Tell friends the types of foods you can eat, if that makes you feel more comfortable.
- When eating at a friend's house, offer to bring an item so there will be something you can eat.
- If you find a restaurant with lots of gluten-free options, eat there and spread the word to others who follow a gluten-free diet.

Most restaurants have some gluten-free choices. Use these guides before eating out:

- **Chinese restaurants:** Anything brown (like fried rice) has soy sauce, which may contain gluten. Anything white is usually thickened with cornstarch, not flour. Anything sautéed is likely to contain soy sauce. You can ask the restaurant to prepare your dish without soy sauce. Soups (except hot and sour, which has soy sauce), vegetables, and steamed rice are likely gluten-free. Bring your own gluten-free soy sauce.
- **Mexican restaurants:** Typically, Mexican food is corn-based. Corn chips, crisp taco shells, and tamales are made from corn and are gluten-free. Tortillas may be corn (maize or masa harina) or wheat flour (harina). Be sure to ask for corn. Avoid the complimentary corn chips, which may be fried in the same oil used to fry foods with gluten.
- **Fast food:** Most large chain restaurants have websites that list their gluten-free foods.
- **Indian food:** Pea flour and tomato paste are gluten-free and usually used to thicken sauces. Be sure to ask at the restaurant. Avoid the samosas and naan breads.

- **Italian food:** Pasta and garlic bread have gluten, but many Italian restaurants have gluten-free options. Risottos, meat, and fish dishes can be gluten-free. Just ask how the food is prepared. Some risottos may have barley added in with the rice.

To make eating out and traveling easier:

- Use Gluten-Free Passport (Glutenfreepassport.com) and Triumph Dining (Triumphdining.com) to find gluten-free options at fast food and chain restaurants across the United States.
- Download nationwide restaurant cards with foods you should avoid and how foods should be prepared gluten-free at TriumphDining.com. The cards help restaurant staff prepare and handle your food and are available in several different languages.
- Visit Celiac Travel (Celiactravel.com) for resources when traveling outside the U.S.
- Search for gluten-free and allergy support groups in the city you're visiting. Their websites often review local gluten-free restaurants and provide other useful information.
- Download apps like Find Me Gluten-Free and Allergy Eats, which offer customer reviews of gluten-free options in local restaurants.







Gluten-free cooking

Make sure all ingredients used are gluten-free. Some foods listed may or may not be gluten-free, depending on the brand. Read the label and call the company if you have any questions about the product.

“My two-and-a-half-year-old son Taggart was a very healthy, active child. He hadn’t had any significant illnesses and generally had a very happy disposition. Suddenly, his energy level quickly decreased, and he would spend an hour or two just lying on the ground. He also lost interest in food and lost weight, and his stomach began to distend. Taggart also began throwing intense tantrums, something he’d never done before. My sister was diagnosed with celiac disease a decade before, so I had a suspicion that may be Taggart’s problem. He had the blood test, and his results were conclusive. An endoscopy the following week confirmed the diagnosis, and we immediately began a gluten-free diet that day.”

Marion, parent



Gluten-free meal ideas

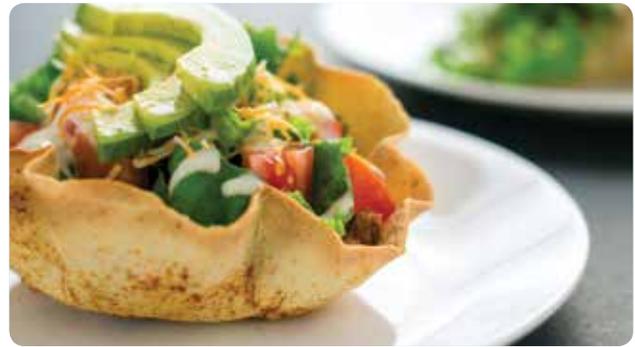
Breakfast

- Eggs cooked any way
- Breakfast burrito made with a corn tortilla, filled with eggs, salsa, and cheese
- Yogurt and fruit
- Cottage cheese and fresh fruit
- Gluten-free cereal with milk (wait until antibody levels are near-normal before eating gluten-free oats)
- Rice fritters (steamed rice with or without vegetables, mixed with an egg, cooked like a pancake, and topped with ketchup or syrup)
- Potato pancakes
- Smoothies made from fresh fruit, yogurt, milk, and juice (ice optional)
- Cream of rice or grits
- Hash browns with gluten-free sausage or bacon
- Ready-to-drink instant breakfast (powders are not gluten-free) and protein shakes (check the labels)
- Gluten-free toast with honey, jam, or peanut butter
- Gluten-free pancakes and waffles
- Gluten-free muffins
- Gluten-free scones



Lunch

- Sandwiches made from gluten-free bread
- Chef salad
- Burger or quinoa burger with gluten-free bun or lettuce wrap
- Tuna melt
- Pasta salad made with gluten-free pasta
- Grilled cheese sandwich
- Yogurt and gluten-free granola or other gluten-free cereal
- Waffle sandwich (use a gluten-free waffle)
- Macaroni and cheese made from gluten-free pasta
- Wraps made with corn tortillas, rice wraps, or lettuce
- Pizza made on a gluten-free corn or rice tortilla or gluten-free crust
- Tacos, tamales, taquitos, or quesadillas (use corn tortillas)
- Nachos with beans, chicken, beef, veggies, cheese, and salsa
- Fresh fruit salad
- Cheese and gluten-free crackers
- Gluten-free soup



Dinner

- Taco salad on corn chips
- Omelet
- Baked potato bar
- Pancakes and waffles made from gluten-free mix
- Spaghetti made with gluten-free pasta
- Tinfoil dinners made with meat, potatoes, and vegetables
- Creamed tuna on gluten-free toast
- Gluten-free soup
- Tamales, taquitos, or quesadillas
- Chinese chicken salad with rice noodles
- Tacos
- Rice or lettuce wraps
- Enchiladas made with corn tortillas
- Cheese and gluten-free crackers
- Chicken, broccoli, and rice casserole
- Chili and gluten-free corn bread
- Tuna noodle casserole with gluten-free pasta
- Hamburger or hot dog with gluten-free bun
- Twice-baked potatoes (with sour cream and cheese or spinach and cottage cheese)
- Stir fry with rice, vegetables, and chicken, beef, pork, or tofu (check the soy sauce)

Dinner items continued



Dinner items continued

- Chicken nuggets breaded with gluten-free crumbs or pancake mix
- Meatloaf (use gluten-free cereals instead of bread crumbs)
- Shepherd's pie (potatoes, hamburger, green beans, cheese, and tomato sauce)
- Pizzatatoes (baked potatoes cut in half lengthwise with insides mixed with pizza sauce, topped with favorite toppings and cheese)
- Salads with protein (meat, fish, chicken, beans, tofu) with gluten-free dressing

Snacks

- String cheese
- Celery with cheese or peanut butter
- Gluten-free crackers and cheese
- Fruit roll
- Popcorn
- Nachos
- Apples and peanut butter
- Applesauce
- Gluten-free granola bars
- Hummus with gluten-free crackers or vegetables
- Fresh fruit and veggies (with gluten-free ranch dressing)
- Cottage cheese and fruit
- Gluten-free pudding
- Chex® mix made from gluten-free cereal
- Trail mix with gluten-free cereal, nuts and dried fruit
- Rice Krispie® treats made with gluten-free rice cereal



To prevent dryness: Add 1-2 tablespoons of ground-up nuts, honey, syrup, peanut oil, or peanut butter.

To minimize crumbling: Try adding ½ teaspoon xanthan gum or ½ cup of cottage cheese. For cookies, fold in 1 or 2 stiffly beaten egg whites. After baking, store baked goods in the refrigerator or freezer. You may need to try different things to get the consistency your family likes.

To prevent grittiness in rice flour: Add the liquid in the recipe to the rice flour and heat it on the stove, stirring constantly, just until bubbles appear. Do not boil or cook it; just heat it. Set aside to cool. You can also use the microwave to heat liquid and rice flour. Cover a microwave-safe bowl with plastic wrap and stir every 30-40 seconds until bubbles appear. You may need to add 1-2 tablespoons more liquid after removing the mixture from the heat.

Binders: These add texture and hold ingredients together. Try these binders in your gluten-free baking:

- **Grated apples or applesauce:** Apples contain pectin and work well but may give foods an apple taste. Grated raw apples, with the peel, work best. Apples are a wet binder and can be used for cakes, pastries, cookies, and breads.

- **Dried pectin:** Use only a small amount of dried pectin as it can have a metallic taste.

Eggs: Egg whites work well as binders and don't need to be separated from the yolks. If a recipe calls for one egg, increasing to 2 eggs and decreasing liquid by 2 tablespoons will improve texture.

Thickening agents: Replace 1 tablespoon wheat flour with:

- 1½ tsp cornstarch
- 1½ tsp potato starch
- 1½ tsp arrowroot starch
- 1 Tbsp white or brown rice flour
- 2 tsp quick-cooking tapioca
- ½ Tbsp tapioca flour
- 1½ teaspoon sweet rice flour
- ½ Tbsp gelatin
- ½ Tbsp sago (sago palm starch)

Liquid substitutes: Substitute liquid in baked products with lemon-lime soda, pear, peach, orange, apple or pineapple juices, or fruit purees. Carbonated drinks make baked products lighter. Pureed fruit adds flavor and improves the quality of baked goods. Yogurt or cottage cheese mixed with fruit juices work well in pancakes or waffles.

Bread crumbs and meatloaf fillers: Use crushed gluten-free corn flakes, rice cereal, potato chips, or corn chips for meatloaf fillers or for coating meats (check label ingredient lists). Cut gluten-free bread into cubes, dry on a plate, then seal in a clean plastic bag; use in meatloaf, croutons, stuffing, and meatballs, or crush to make bread crumbs.

Noodles in casseroles: Use gluten-free pasta or corn, rice, hominy, corn tortillas, or potatoes for a less expensive solution.

Pastry dough: Use a mix of gluten-free flours, but include both high-protein (amaranth, chickpea, oat, quinoa, or sorghum) flour and high carbohydrate-starch flour (arrowroot, cornstarch, potato starch, sweet potato flour, or tapioca flour). Melt butter or other fat to avoid greasy sections in your crust.

Pastries: Add egg or liquid to flour to make a sticky dough. Cover dough with plastic wrap and refrigerate for 30-45 minutes. Add enough flour until dough becomes firm enough to roll out. To minimize cross-contamination, roll dough between two layers of plastic wrap or parchment paper.

Pie crust: Use two sheets of wax paper, two pastry cloths, or parchment paper to roll out the dough. You can also use a pie crust bag from Mrs. Anderson's Baking® or ChefLand® so dough is rolled out inside the plastic. For one-crust pies, mix and shape the dough in the pan or dish you'll use for baking. For a graham cracker-style pie crust, use crushed gluten-free corn flakes, rice cereal, gluten-free cookies, or gluten-free graham crackers.





Gluten-free flours

Gluten in flour is important in traditional baking, because it's a protein that gives elasticity to dough. Adding other types of protein, like eggs, powdered milk, or soy flour, to gluten-free flour improves texture, and a mixture of flours generally works better than a single grain. Even a heaping tablespoon of another gluten-free flour is better than one flour used alone. Try adding potato starch, Indian ricegrass, rice bran, soy, or corn flour to improve taste and texture.

Gluten-free flours behave differently. After trying a few, you can see which ones you like best.

Baking substitutes

Use any of these as a substitute for 1 cup of wheat flour:

- $\frac{7}{8}$ cup rice (white or brown) flour
- $\frac{5}{8}$ cup potato starch flour
- 1 cup soy flour plus $\frac{1}{4}$ cup potato starch flour
- $\frac{1}{2}$ cup soy flour plus $\frac{1}{2}$ cup potato starch flour
- 1 cup corn flour
- 1 cup fine cornmeal (not filled to the top)
- 1 cup chickpea (garbanzo bean) flour





An alphabet of gluten-free flours

Acorn flour and commercial acorn bits: Acorn flour does not bind well, but it is excellent in spice and chocolate products. It's available through some vegetarian stores. For commercial acorn bits, dry well, shell, bake in a 350°F oven for 20 minutes, then run through a food processor or mill on the medium-coarse setting.

Almond flour/meal: Almond flour is usually made from blanched (no skin) almonds, but almond meal can be made from either blanched or unblanched almonds. These products have a high fat content and can quickly turn rancid. Store them in the freezer to keep them fresh.

Amaranth flour: Amaranth flour is ground from amaranth seed and is high in protein and fiber. It has a strong flavor, so it's best combined with other flours for baking. You can also use it for thickening gravies, soups, and stews.

Buckwheat flour: Buckwheat is often mixed with wheat flour, so make sure this flour is labeled gluten-free. It has a strong flavor, so combine it with other gluten-free flours.

Coconut flour: Coconut flesh with the fat removed is ground into a fine powder to make this flour. Coconut flour has a slight coconut flavor and needs many eggs, cream cheese, avocado, or banana to bind it together in baking. For best results, use it in recipes specifically designed to use coconut flour as only $\frac{1}{4}$ cup of coconut flour substitutes for 1 cup of gluten-free flour.

Corn flour: Milled from the whole corn kernel, corn flour is a smooth flour. You can blend it with cornmeal and small amounts of other flours to make cornbread and cornmeal mush.

Cornmeal: Coarser than corn flour, cornmeal can be milled at home. Use popcorn or dried sweet corn to change the taste. Most commercial cornmeal has added wheat flour, so check the ingredient labels.

Cornstarch: A highly milled, fine product made from part of the corn kernel, cornstarch is best to use as a thickening agent. When only the word "starch" is listed on an ingredient label, the FDA requires it to be pure cornstarch without any added ingredients.

Indian ricegrass: An old Native American staple high in protein, dietary fiber, and iron, this is also called Montina®. Try a mix of 1/3 cup ricegrass and 2/3 cup gluten-free flour blend to increase nutrition and improve texture of your baked goods. For example, in a recipe that calls for 2 cups flour, use 2/3 cup ricegrass and 1 1/3 cup any gluten-free flour blend.

Kaniwa flour: Sometimes called “baby quinoa,” kaniwa flour has tiny grains that are difficult to rinse. However, kaniwa flour doesn’t need to be rinsed as carefully as quinoa because it has no bitter chemicals. It is high in protein and fiber and a good source of iron. You can use kaniwa flour in pilafs and salads and as a rice substitute.

Nut flours: Nut flours add moisture and texture to baked foods. They are high in protein, fiber, and healthy fats. Store them in the freezer to prevent them from becoming rancid.

Oat flour: Oat flour must be labeled “gluten-free” or can be ground at home from gluten-free rolled oats. It is mild-flavored and high in protein, fiber, and minerals. You can use a lot of it in baked foods.

Pea, bean, mung bean, and lentil flours: These basic protein flours are available in some health food stores. They can easily be milled at home. Depending on taste preferences, they are excellent additions for breads, rolls, gravies, soups, and sauces. They contribute to the hardness of the baked products, so an egg white or cottage cheese to soften. There is a lot of fiber in baked products made with bean flour.

Potato flour: Potato flour is made from dried and ground potatoes. It can be milled from potato flakes and does not work as a substitute for potato starch. This flour works well in casseroles when you need a thickening agent. It also blends well with cheddar for cheese sauces and cheese soups.

Potato starch: Potato starch is milled to a very fine consistency and is an excellent thickening agent. It lumps easily, so sift it twice before using. Potato starch works well in baking, especially when used with eggs (like in sponge cake). Eggs hold the air bubbles in place.

Quinoa flour: This flour is made from finely ground quinoa seeds and is high in protein, fiber, and minerals (especially iron). It has a strong flavor, so use only a little bit.

Rice flour: Both brown rice flour and white rice flour are milled from rice. Rice flour has a bland flavor and works best when combined with other gluten-free flours, especially potato starch flour. White rice flour is excellent in gravies; brown rice flour works well in muffins and quick breads. Refrigerate or freeze brown rice flour so it won’t get rancid. Brown rice flour contains bran and has more fiber than white rice flour.





Sago flour: Slightly gray in color, sago tastes rather bland and is not easy to work with. It can be good in pastry, pizza dough, crumb toppings, and puddings.

Sorghum flour: This flour is made from black or white sorghum kernels and can be pearled (have the bran removed so it's low-fiber) or whole-grain. Sorghum flour has a mild flavor similar to wheat. You can use it for up to 50% of your total flour blend when baking. Store it in the refrigerator or freezer.

Soy flour: High in protein and fat, soy flour has a strong nut flavor. It works best with other flours and strong-flavored baked goods like double-chocolate cakes, spice cakes, or cinnamon and pumpkin breads, where its flavor can be hidden. Don't confuse soy bran with soy flour; they are different. However, soy and soya are the same product. Because soy flour is often contaminated with wheat, always purchase soy flour labeled gluten-free.

Sweet rice or sticky rice flour: Different from rice flour, sticky rice flour contains more starch and works well as a thickener. See Asian cookbooks for basic uses and recipes.

Tapioca flour: A white, velvety flour milled from the cassava root, tapioca is easy to mill at home and best used as a thickening agent.

Teff: This grain works well in cookies, cakes, and quick breads. Do not use it in yeast breads. Teff has a negative effect on yeast action and a strong smell.

Gluten-free flour mixes

Combining flours can improve the flavor and texture of gluten-free baked products. You can use gluten-free flour mixes for most recipes that use wheat flour. Sift the flours together several times and store the mix in the fridge or freezer in a tightly covered container. Commercial gluten-free flour mixes are also available.

Before you measure gluten-free flours, stir them lightly. After you measure, sift them. When using a combination flour, you must mix it together thoroughly before adding the flour blend or flour mix to the other ingredients. Stir, measure, sift, mix, sift, then use.

The following flour mixes are fairly similar and are good for baked foods. You can find bread recipes in the recipe section as well.

Because of concern for people with celiac disease consuming a diet high in arsenic, current recommendations are to avoid baking mixes that contain a high proportion of rice flour.

Nutrient-dense Fenster flour blend

- 1 ½ cups sorghum flour
- 1 ½ cups potato starch
- 1 cup tapioca flour

Whisk together thoroughly and store in a cool, dark place.

(Recipes printed with permission from Carol Fenster)

Arsenic in rice and gluten-free diets

Rice and rice products, common in gluten-free diets, can contain arsenic, a carcinogen. A carcinogen is a chemical that can cause cancer when eaten in large amounts. Most dangerous for young children, arsenic is often found in soil and water used for growing rice. Some of the arsenic is there naturally, but most is from pesticides and herbicides.

What can I do about arsenic in rice?

- 1 Before cooking, soak rice in a large volume of water overnight. Then rinse and cook with one part rice to six parts water. This will reduce the amount of arsenic in the rice by about 80%. If soaking is not an option, cook your rice in a large volume of water (six parts water to one part rice).
- 2 If you don't have time to soak, choose white rice instead of brown. While brown rice has more fiber, vitamins, and minerals, it also has more arsenic in the outer layer, which is removed in white rice.
- 3 Limit foods that contain brown rice syrup.
- 4 Eat and bake with different grains like quinoa, amaranth, buckwheat, millet, polenta, soy, corn meal, beans, and bean flours.
- 5 Choose rice grown in California and basmati rice from California, India, and Pakistan. These have the lowest levels of arsenic. The brown rice from these areas also has lower arsenic levels.
- 6 Organic rice has the same amount of arsenic as regular rice, so eating organic rice does not change arsenic intake.
- 7 Do not drink rice milk.

For more information about arsenic in rice, visit Consumerreports.org/cro/magazine/2015/01/how-much-arsenic-is-in-your-rice/index.htm



Thickening agents

Type of flour	Thickening agent	Combine with other flours	Combine with milk and eggs in baked products	Grainy textured products	Drier products than other flours	Moister products than other flours	Distinctive flavor (use lightly)	Short shelf life	Browns and fires nicely
Amaranth		X	X				X		
Arrowroot Starch	X					X			
Bean flour		X							
Buckwheat		X							
Corn bran		X							
Corn flour		X	X	X			X		
Corn germ		X							
Cornmeal		X	X	X					
Corn starch	X								
Millet	X	X				X			
Montina® (Indian ricegrass)		X				X	X		X
Quinoa		X				X			X
Potato flour		X	X		X				
Potato starch flour	X	X	X		X				
Rice bran		X						X	
Rice flour (white)		X	X	X	X				
Rice flour (brown)		X	X	X	X			X	
Rice flour (sweet)	X	X	X			X			
Rice polish		X	X				X	X	
Rice starch flour	X								
Sorghum flour	X	X							X
Soy flour		X	X				X	X	
Tapioca starch									
Teff**		X		X		X	X		

** Do not use teff in yeast breads.



A kitchen scene with a rolling pin, jars, and a pot on a table.

A sampling of recipes

Having several recipes using gluten-free products will allow you to be creative and enjoy food. There are many different recipes that will help you spice up your everyday food and encourage you to continue your gluten-free lifestyle.

"It was hard at the beginning, but looking back, it's not so bad. I still enjoy eating most of the things I like and staying healthy!"

Bobby, patient



Salads, breads, and pancakes

Salad de maison

Salad:

- 2 heads romaine lettuce, washed, dried and chopped
- 2 cups cherry tomatoes, halved
- 1/4 pound bacon, sautéed and crumbled
- 1 cup grated mozzarella cheese
- 1/3 cup parmesan cheese
- 2/3 cup slivered almonds, toasted
- 1 cup gluten-free croutons (optional)

Dressing:

- 1/4 cup lemon juice
- 3 cloves garlic
- 1/2 tsp pepper
- 1 tsp salt
- 3/4 cup vegetable oil (or 1/2 cup oil and 1/4 cup water)

Put lettuce, tomatoes, bacon, cheese, almonds, and croutons in a salad bowl. Pour on the dressing and toss just as you serve the salad. For best flavor, refrigerate dressing 3 hours before serving.

Ranch dressing

- 2 cups mayonnaise (best with regular, not light mayonnaise)
- 2 1/2 cups buttermilk (use more or less depending on desired thickness)
- 1/2 cup dried minced onion (or 2 tsp onion powder)
- 1 tsp garlic powder
- 1 tsp salt
- 1/4-1/2 tsp pepper
- 2 Tbsp parsley flakes

Mix dried ingredients together and then stir into mayonnaise and buttermilk. Refrigerate for 1-2 hours.

Light coleslaw

- 1/2 cup fat-free sour cream
- 1/2 cup light mayonnaise
- 3-4 pkgs Splenda®
- 1/4 cup lime juice
- 16 oz. bag coleslaw

Mix sour cream, mayonnaise, and Splenda together. Add to coleslaw and mix until coated. Coleslaw may seem dry at first.



Kim's gluten-free dairy-free whole-grain bread (simplified version)

- 1 1/3 cup water (heated*)
- 1/4 cup coconut or other oil
- 1/4 cup honey
- 3 lightly beaten eggs
- 1 1/2 tsp salt
- 1 cup ivory or dark teff flour (can also use brown rice flour, quinoa, buckwheat, amaranth, or millet)
- 1 cup sorghum flour (may also use millet, buckwheat, quinoa, or amaranth)
- 1 cup potato starch
- 1 slightly heaping Tbsp xanthan gum
- 2 1/4 tsp-1 Tbsp dry active yeast (Start with smallest amount and try more next time if you didn't get the rise you wanted)
- 2 Tbsp ground flax seeds
- Sesame seeds and flax seeds for top

Kim's notes: I don't always take the time to sift, but you get a better blended loaf if you do.

I also add a few more flax seeds and sesame seeds to the top of the batter after I pull the paddle out of the bread maker, just to make it prettier. This bread can be done with an egg replacer if you are allergic to eggs. It can also be done completely rice-free or not depending on what you want.

*Most bread recipes tell you to heat your liquid to body temperature for the benefit of the yeast. If you do that, make sure the rest of your ingredients are room temperature. When I make this bread, I do it in about 5 minutes, start to finish. So I heat my water until it's really hot but not boiling (1.5 minutes in the microwave). I use eggs right out of the fridge combined with the rest of the wet ingredients and add the water. I have never had a problem with this method. By the time the yeast actually comes in contact with the liquids, everything is the right temperature. You can scramble your eggs, though, if your water is too hot.

For detailed instructions on mixing the ingredients and making this bread, visit gfrealfood.com.

Source: Kim at GFrealfood.com



Gluten-free dinner rolls

- 1 1/4 cups Fenster flour blend (see page 42)
- 1/4 cup millet flour
- 1/4 cup quinoa flour
- 1/4 cup teff flour
- 1 1/2 tsp xanthan gum
- 2 Tbsp brown sugar
- 1/2 tsp baking soda
- 2 tsp baking powder
- 1 tsp egg replacer (optional)
- 1/2 tsp salt
- 2 eggs plus 1 egg white
- 3 Tbsp canola oil
- 1 Tbsp honey
- 1/2 tsp vinegar or 1/2 tsp dough enhancer
- 3/4 cup buttermilk
- 1/3 cup water

Combine all dry ingredients in a large mixing bowl. In a separate mixing bowl, combine the liquid ingredients and mix with an electric mixer on low speed. Add the liquid ingredients to the dry ingredients, and combine thoroughly with the mixer. Scoop into greased muffin tins and bake in a preheated oven at 350° F for 15 minutes. Makes 12 muffins.

Helpful hints

The rolls are best served warm but also reheat quite nicely in a toaster oven. They make a great breakfast roll with peanut butter and jelly.

These rolls are quite versatile, and you can use a variety of alternative grains: millet, teff, amaranth, flax meal, almond meal, hazelnut meal, quinoa, and buckwheat. Just make sure the total amount of flour is 3/4 cups in addition to the Fenster blend.

You can also make a more savory rolls by decreasing the brown sugar to 2 Tbsp and adding sundried tomatoes, garlic, rosemary, Italian seasoning, or other herbs to the recipe.

Sprinkle the tops of the rolls with sesame seeds, poppy seeds or sunflower seeds before baking for additional flavor, fiber, and nutrients.

Source: Laurie Steenwyk, RD





Millet bread

- 1 cup millet flour
- 1 cup cornstarch
- 1 cup tapioca flour
- 2 1/4 tsp xanthan gum
- 3/4 tsp salt
- 1 1/2 tsp unflavored gelatin
- 1 1/2 tsp egg replacer
- 3 Tbsp sugar
- 1/3 cup dry milk powder
- 2 1/4 tsp yeast
- 1 egg plus 2 whites
- 3/4 tsp cider vinegar
- 4 1/4 Tbsp butter or margarine
- 1 1/2 cups water

Note: Add 1 tsp crushed dried rosemary and/or 2 Tbsp chopped sundried tomatoes in oil to this bread for a really yummy treat.

Mix all the dry ingredients, including the yeast, together in a bowl. Put all the wet ingredients, except 1/4 cup water, in the bowl of your mixer or another large bowl. Make sure your water is 110°. Cut the butter into chunks, but don't melt it. Turn the mixer on low and add the dry ingredients a little at a time.

Beat for 3 1/2 minutes on high, adding the additional water if the batter seems dry. It should be like cake batter.

Spoon batter into a 5 x 9 pan and let rise in a warm place for 35-60 minutes, depending on whether you use rapid-rise yeast or not. Bake in a preheated 400° oven for 50-60 minutes, covering after 10 minutes with aluminum foil.

If you use a bread maker, put the ingredients in the machine in the order the manufacturer suggests. Scrape down the sides when it is kneading. Use the white bread setting with a medium crust.

Source: Laurie Steenwyk, RD

Multi-grain gluten-free pancakes or waffles

- 1/2 cup Fenster flour blend (see page 42)
- 2 Tbsp sorghum flour
- 2 Tbsp garbanzo, garfava, or navy bean flour
- 2 Tbsp cup quinoa flour
- 2 Tbsp cup millet flour
- 2 Tbsp ground flax seeds
- 1 tsp baking soda
- 1 tsp baking powder
- 1 egg
- 1 1/4 cups buttermilk or milk substitute
- 2 Tbsp vegetable oil

Combine dry ingredients in a bowl.

Add buttermilk, egg, and vegetable oil on top of the dry ingredients. Combine all ingredients until well blended.

Pour onto hot griddle or waffle iron and cook for 2-4 minutes, flipping pancakes halfway through the cooking time. Serve hot with your favorite toppings. Makes about 8 4-inch pancakes or 5 large waffles.

Helpful hints

You can substitute buckwheat, teff, or amaranth for the quinoa or the millet flour. For a simpler recipe, increase the sorghum and bean flours to 1/4 cup each and omit the quinoa and millet flours. You can also use most commercial GF flour blends instead of the Fenster flour blend with good results.

For quicker pancakes in the morning, mix all the dry ingredients in a bowl the night before; then add the liquids in the morning. You'll have fresh waffles or pancakes in under 10 minutes.

Source: Laurie Steenwyk, RD



Entrées

Breakfast casserole

- 2 cups grated raw potatoes
- 1/3 cup cheddar cheese, shredded
- 2 Tbsp margarine, melted
- 1/3 cup mozzarella cheese, shredded
- 3/4 cup cooked reduced-fat ground sausage
- 1 tsp dried basil
- 4 eggs
- 1 tsp dried oregano
- 6 egg whites
- 1/2 tsp dried parsley
- 1/2 cup onion, chopped
- Nonstick cooking spray

Preheat oven to 425° F. To prepare crust, coat pie plate with nonstick cooking spray. Mix potatoes and chopped onion. Press potato mixture evenly over the bottom and sides of the pie pan. Pour margarine evenly over the potatoes. Bake for 30 minutes. Add filling and spread cooked sausage evenly over crust. Sprinkle cheese over sausage.

In a separate bowl, beat eggs, egg whites, and spices. Pour egg mixture over the cheeses. Lower oven temperature to 350° F; bake for 40–45 minutes, or until the center is set and knife inserted comes out clean. Serves 6.

Potato dumpling soup

Soup:

- 1/4 cup butter, margarine or olive oil
- 2 large onions
- 3 stalks of celery
- 3 cloves garlic
- 4 cups gluten-free chicken broth
- 2 cups water
- 6 large potatoes, cut in 1/2-inch cubes

Dumplings:

- 1 cup gluten-free flour mix
- 3 eggs
- 1/2 tsp salt
- 1/4 tsp pepper
- 2 cups milk
- Salt and pepper to taste
- Chopped dill or shredded cheese (optional)

Heat oil or butter in a large soup kettle over low heat. Chop onions, garlic, and celery; cook until onions are translucent or slightly caramelized. Add the chicken broth and water. Increase the heat to medium-high and bring to a boil. Add cubed potatoes and cook until tender (about 10–15 minutes).

To make dumplings, crack eggs into a bowl and add salt and pepper. Slowly add the flour until you have a golden-yellow, sticky dough. (If the dough comes out dry, add some water until it is sticky). Drop the dough by spoonfuls into the boiling broth. They will expand and lighten in color. It only takes a few minutes for the dumplings to cook.

After the dumplings have cooked, reduce heat to low and add milk. Simmer for another 10 minutes, stirring occasionally. Garnish with dill or cheese, if desired, and serve.

Source: Kidshealth.com

Cream soup (Chicken, mushroom, or celery)

- 5 Tbsps butter or margarine, divided
- 1 cup diced raw chicken
- 1 cup diced fresh mushrooms*
- 1 cup diced fresh celery
- 1/2 cup evaporated milk
- 3/4 cup milk
- 1/2 tsp dried onion flakes
- 1 pinch celery seed
- 1 pinch garlic powder

- 1/4 tsp salt
- 1/8 tsp pepper
- 2 1/2 Tbsp sweet rice flour

In a heavy saucepan, melt one Tbsp butter or margarine on medium heat. Add chicken, mushrooms, or celery and sauté until chicken is thoroughly cooked or vegetables are tender. Remove from pan and reserve. Without cleaning out original pan, add 4 Tbsp of butter or margarine, evaporated milk, and 1/2 cup regular milk. Stir in dried onion flakes, celery seed, garlic powder, salt, and pepper. Heat until butter is melted.

In a small bowl, make a smooth paste of sweet rice flour and additional 1/4 cup milk. Add paste slowly to mixture in pan. Stir constantly until thickened. Stir in reserved chicken/mushrooms/celery and heat through.

Recipe is equal to one can of condensed cream soup. Use in casserole recipes or add 1 cup of milk to make cream soup.

*Can substitute 1/2 cup of canned, drained mushroom bits for 1 Tbsp butter and fresh mushrooms.

Soup or sauce mix

- 2 cups powdered nonfat dry milk
- 3/4 cup cornstarch
- 2 Tbsp dried onion flakes
- 2 tsp Italian seasoning (optional)

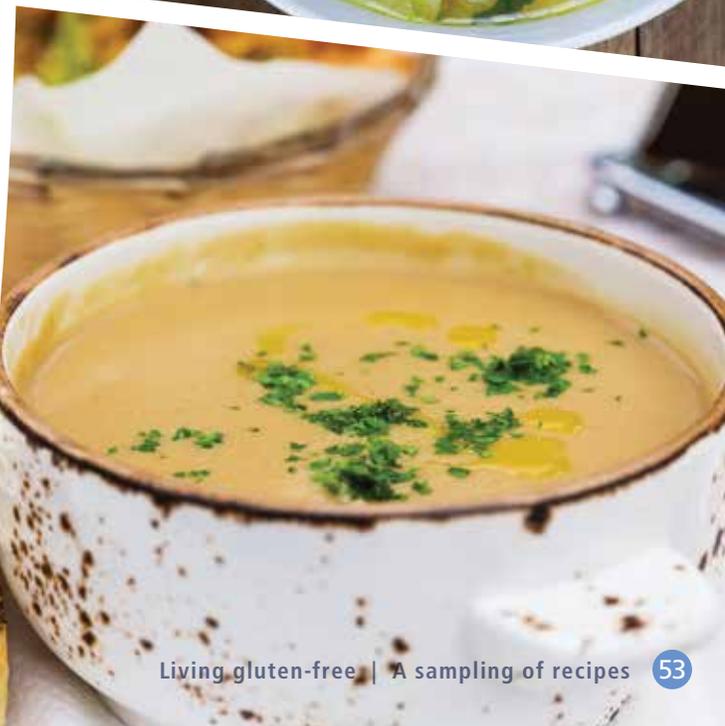
Combine all ingredients in a sealable plastic bag, mixing well. Mix is equal to 9 cans of cream soup.

To substitute for 1 can of cream soup:

Combine 1/3 cup of dry mix with 1 1/4 cups gluten-free chicken broth. Cook and stir on stove or in microwave until thickened. Add thickened mixture to casseroles as you would a can of soup.

Store in closed plastic bag or airtight container until ready to use. It does not have to be refrigerated.

Source: USU Extension





White sauce

- 1 Tbsp butter
- 1 Tbsp potato starch flour or cornstarch
- 1 cup milk
- Salt and pepper to taste

Melt the butter and add the potato starch flour slowly. Use a whisk and stir constantly to prevent lumps from forming. Add milk slowly to the butter-flour mixture. Add salt and pepper and cook until it thickens. Add grated parmesan, cheddar, or other cheese after the sauce has thickened. Makes 1 cup.

Easy chicken and rice

- 1 can gluten-free creamy chicken soup
- Equal amount of sour cream (measure in soup can)
- 4–6 chicken breasts
- Cheese, onions, or celery (optional)

Mix soup and sour cream together. Pour over chicken breasts. You can add cheese, onions, and celery. Cover and cook in a slow-cooker 4–6 hours or until the chicken is cooked. In the oven, bake at 325° F for 2 hours. Serve with cooked rice.

Black bean and salsa salad

- 2 16-oz. cans black beans, drained and rinsed
- 1 cup mozzarella cheese, cut into ¼ inch cubes
- 1 can corn, drained and rinsed
- 1 cup edamame
- 1 cup sliced green onions
- 1 cup chopped celery
- 1 red or yellow bell pepper, chopped
- 1 cup gluten-free salsa of choice
- 1 cup cherry tomatoes, halved
- 2 Tbsp olive oil
- 3 Tbsp lemon or lime juice
- 2 tsp ground cumin
- 1/2 tsp granulated garlic, or 2 garlic cloves, crushed
- 1/2 avocado (if desired)

Combine salsa, olive oil, lemon/lime juice, cumin, and garlic in a small bowl. Set aside. Combine all other ingredients (except avocado) in a large bowl. Pour salsa dressing mixture into large bowl and mix well. Garnish with slices of avocado. You can serve it with tortilla chips or gluten-free crackers.

Source: Marisa Boaz, RD

Gluten-free breaded chicken fingers

- 6 boneless, skinless chicken tenderloins, thawed
- 2 gluten-free hamburger buns or 4 slices gluten-free bread
- 2 eggs
- 1/2 tsp granulated garlic
- 1/4 cup grated parmesan cheese
- 1 1/2 cup gluten-free cereal (Chex®) or gluten-free tortilla chips, crushed into small pieces
- 1 tsp Italian seasoning (optional)

Toast gluten-free bread. Let cool, then crumble bread and lay out on a plate to dry out for 1 hour. Preheat oven to 350° F. Prepare a medium-sized pan with nonstick spray and set aside. Crack eggs in a small bowl and beat well with a fork. Combine bread crumbs, cheese, garlic, and Italian seasoning in another bowl. Spear one chicken tenderloin with a fork and dip it in eggs, coating well. Transfer egg-coated chicken to bread-crumbs mixture. Turn chicken on both sides, coating with bread crumbs (you may need to press crumbs on to make them stay).

Gently set chicken in nonstick pan. Repeat process with all other pieces of chicken. Once all chicken is coated with bread-crumbs mixture, take crushed cereal/tortilla chip mixture and generously sprinkle on top of chicken. Bake in the oven for 12 minutes at 350°F, or until a thermometer inserted into the thickest part of the tenderloin reaches 165°F.

Source: Marisa Boaz, RD

Green Chile Tortillas

- 1 can of gluten-free creamy chicken soup
- 1 can salsa verde or 1 can green chilies, chopped
- 10–12 corn tortillas
- 1/2 cup shredded cheese
- 1/2 cup chopped onion
- Cooking spray

Heat soup and salsa/chilies in saucepan. Warm tortillas in a frying pan sprayed with cooking spray or in the microwave. Dip the tortilla in salsa and lay it in a casserole dish. Sprinkle it with shredded cheese and chopped onions, and repeat layers until ingredients are gone. Bake at 375°F until cheese is bubbly.

Chili

- 1 pound dried pinto beans
- 28-oz. can diced tomatoes with juice
- 1 pound lean ground beef
- 2 medium onions, chopped
- 2 Tbsp chili powder
- 1 Tbsp ground cumin
- 3 tsp beef bouillon
- 1 tsp garlic powder
- 1 Tbsp sugar
- 1 can chopped green chilies

Sort beans to remove all debris. Rinse several times until water runs clean. To quickly soak beans, put them in a large pot and cover with water. Boil for 3 minutes. Remove from the heat, cover, and let beans stand for 2–4 hours. For the long-soak method, put beans in a pot, cover them with water, and let them stand for 8 hours or overnight. Drain liquid from soaked beans and rinse. Add enough fresh water to cover the beans. Reduce the heat and simmer covered for 1 hour or until beans are tender.

Sauté ground beef until browned and drain it. Add onion and cook until tender. Stir in chili powder, cumin, beef bouillon, garlic, and sugar. Add the mixture to the beans when they are tender, and then add tomatoes and simmer. Taste and adjust the seasonings as needed. Simmer covered for 1 hour.



Slow-cooker chicken and sour cream

- 2 cans gluten-free chicken broth
- 2 cartons sour cream
- 2 tsp granulated onion
- 2 tsp granulated garlic
- 2 tsp salt
- 4 Tbsp cornstarch
- 4 pounds skinless chicken breasts

Stir together broth, sour cream, onion, garlic, salt, and cornstarch. Place chicken in large slow-cooker; pour sauce over top. Cook in slow-cooker on high for 4 hours or low for 6–8 hours.

Quesadillas

Salsa:

- 1 tomato, diced
- 1/2 onion, finely chopped
- 1 Tbsp lime juice
- 1 Tbsp fresh cilantro, chopped

Quesadilla:

- 3 oz. chicken breast, cut into bite-size pieces
- 1/2 onion, finely chopped
- 2 cloves garlic, minced
- 2 gluten-free corn tortillas
- 2 oz. jalapeño jack cheese

Preheat oven to 350° F. In a small bowl, combine the tomato, half the onion, lime juice, and cilantro. Coat a skillet with nonstick cooking spray. Add chicken and sauté until cooked through and juices run clear. Remove chicken from skillet and set aside. Sauté remaining half of onion and garlic in nonstick skillet for 2 minutes. In another bowl, mix chicken with half of the salsa and set aside.

Spray baking sheet with nonstick cooking spray and put a tortilla on the baking sheet. Spread chicken and salsa mixture on the tortilla. Spread cooked garlic and onions over chicken, and sprinkle cheese evenly over the top. Cover with another tortilla. Bake until quesadillas are warmed through and cheese is melted, about 10 minutes. Cut into 4 wedges and serve with remaining salsa. Serves 2.

Source: Kidshealth.com

Asian steak

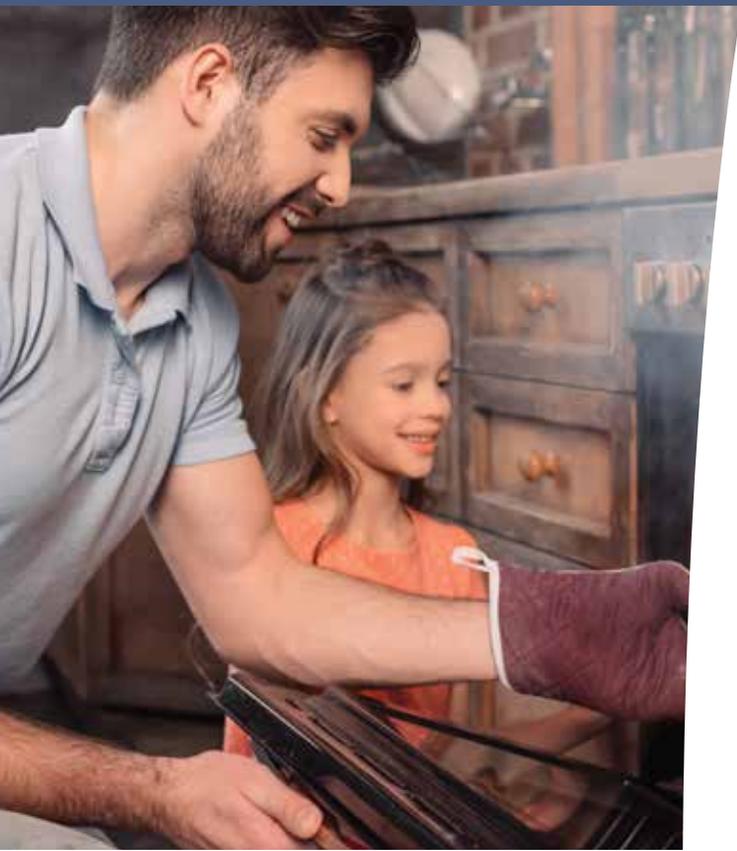
- 1 1/4 pound lean flank steak, fat-trimmed
- 5 garlic cloves, minced
- 2 Tbsp ginger root, chopped
- 1/3 cup vinegar
- 2 Tbsp gluten-free soy sauce
- 1/2 cup onions, chopped and divided
- 3 cup watercress, cleaned and trimmed
- 1 medium carrot, grated
- 1/4 cup water
- Red pepper flakes (optional)

Put flank steak in a shallow glass dish. Combine garlic, ginger, vinegar, soy sauce, red pepper, and 1/4 cup onions in a food processor/blender. Blend until smooth. Pour half the marinade over the steak, and turn it to coat both sides. Cover and refrigerate at least 30 minutes. Store remaining marinade in the refrigerator.

Grill the steak on each side for 5–7 minutes for medium-rare. Put the rest of the marinade in a small saucepan and add 1/4 cup water. Simmer over low heat and cook for 3–4 minutes. In a large bowl, toss watercress, remaining onions, and carrots with warm marinade. Slice steak into thin strips and serve over watercress salad. Serves 5.

Source: Kidshealth.com





Southwestern casserole

- 1 cup onion, chopped
- 1/2 sweet pepper, chopped
- 2 cloves garlic, minced
- 2 tsp vegetable oil
- 3/4 pound lean ground turkey
- 8-oz. can tomato sauce
- 1 cup frozen corn, thawed
- 1 cup milk
- 1/2 cup cornmeal
- 2 Tbsp chili powder
- 3/4 cup light shredded cheddar cheese

Preheat oven to 350° F. In a large skillet, sauté onion, pepper, and garlic in vegetable oil for about 3 minutes. Add turkey to skillet and cook until browned. Drain excess fat from turkey. Pour tomato sauce, corn, and milk into the skillet. Stir well and heat through. Stir in cornmeal and chili powder.

Pour into well-greased 2-quart casserole pan and cover with aluminum foil. Bake for 45 minutes. Uncover and bake for 20 minutes more. For the last 5 minutes of baking, sprinkle cheese over the dish. It is ready when a knife inserted in center comes out clean.

Source: Kidshealth.com





Gluten-free pizza

Crust:

- 1 Tbsp dry yeast
- 2/3 cup brown rice flour or Fenster flour mix (see page 42)
- 1/2 cup + 2 Tbsp tapioca flour
- 2 tsp xanthan gum
- 1/2 tsp salt
- 1 tsp unflavored gelatin powder
- 2/3 cup warm milk or non-dairy liquid
- 2 tsp sugar
- 1 tsp olive or vegetable oil
- 1 tsp cider vinegar
- Extra rice flour for sprinkling

Sauce:

- 1 8-oz. can tomato sauce
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/2 tsp garlic salt

Toppings:

- 8-oz. shredded mozzarella cheese
- 4-oz. shredded cheddar cheese
- Meats/vegetables of your choice
- 1/2 tsp Italian seasoning

Preparing the crust:

Preheat the oven to 425° F. In a medium mixing bowl using regular beaters (no dough hooks), blend the yeast, flours, xanthan gum, salt, and gelatin powder on low speed. Add warm milk, sugar, oil, and vinegar. Beat on high speed for 3 minutes. If dough is too stiff, add water one tablespoon at a time, until dough does not resist beaters. The dough will resemble soft bread dough. (You can also make it in a bread machine on the dough setting.)

Coat a 12-inch pizza pan or baking sheet with cooking spray. Liberally sprinkle rice flour onto dough, then press dough into pan, continuing to sprinkle dough with flour to prevent sticking. Bake pizza crust for 10 minutes and top it with sauce and your preferred toppings. Bake another 20-25 minutes or until top is nicely browned. Do not overcook.

Making the sauce:

Combine tomato sauce, spices, and salt in a small saucepan and bring to boil. Reduce heat to low and simmer for 15 minutes. Makes about 1 cup sauce, or enough to lightly cover 3 pizzas. You can refrigerate or freeze extra sauce.

Source: Carol Fenster

Desserts

Berry good popsicles

- 30 oz. light fruit-flavored yogurt (gluten-free)
- 1 cup strawberries

Put strawberries in a blender and mix until berries are cut into small pieces. Mix yogurt and berries together in a large bowl. Equally divide yogurt mixture in 6 paper cups. Put wooden craft sticks in the middle of the yogurt cups. Then put them in the freezer and freeze overnight. Before eating, remove paper cups. Serves 6.

Source: Kidshealth.com

Raspberry cheesecake

Cheesecake:

- 1 1/2 cup sugar
- 4 eggs
- 24 oz. light cream cheese, softened
- 1 tsp vanilla
- 1 1/2 cups raspberries

Topping:

- 8 oz. light cream cheese
- 1/4 cup sugar

Preheat oven to 350°F. In a large bowl, mix together sugar, cream cheese, and vanilla. Add eggs to cream cheese mixture one at a time and blend after adding each egg. Line a 24-cupcake pan with cupcake liners. Fill cupcake liners $\frac{3}{4}$ full with cream cheese batter. Divide raspberries evenly between the 24 cupcakes and sprinkle on top of each cupcake. Bake for 25 minutes.

Remove from oven and let stand for 5 minutes. A well will form in the middle of each cupcake. Turn oven to 450°F. In a small bowl, blend together topping ingredients. Using a teaspoon, drop topping into the center of each cupcake. Bake for 5 minutes at 450°F. Remove from oven and cool. Refrigerate for 1 hour to set and keep refrigerated. Serves 24.



Oatmeal lace cookies

- 1 cup margarine
- 1 cup firmly packed brown sugar
- 1 cup sugar
- 1 tsp vanilla extract
- 1 cup rice flour
- 1 tsp salt
- 4 tsp baking powder
- 3/4 cup water
- 3 cups gluten-free oatmeal
- 1/2 cup chopped nuts (optional)

Preheat oven to 350°F and grease a baking sheet. Cream shortening, sugars, and vanilla. Sift together rice flour, salt, and baking powder. Add alternately to creamed mixture with water. Add oatmeal and nuts; mix well. Chill the dough, if desired. Drop by teaspoonfuls on baking sheet. Bake 10 minutes.

Peanut butter cookies

- 1 cup peanut butter
- 1 cup sugar
- 1 tsp vanilla
- 1 egg yolk
- 1 egg white, stiffly beaten
- 1 cup chocolate chips (optional)

Combine the first four ingredients. Fold in egg white. Stir in chocolate chips (optional). Roll into small balls and press with fork on ungreased cookie sheet. Bake at 325°F for 10-12 minutes. Watch carefully after 8 minutes for the possibility of overbaking.

Sugar cookies

- 3 cups Fenster flour mix
- 1 2/3 tsp baking soda
- 1/2 tsp salt
- 2 tsp xanthan gum
- 1 cup margarine
- 2 eggs
- 1/2 tsp vanilla
- 1 cup sugar
- 1/4 cup milk

Combine first 4 ingredients and cut in shortening with a pastry cutter or two knives. In a small bowl, beat eggs, vanilla, sugar, and milk. Pour wet ingredients into dry ingredients and stir well. Dough will be very thick.

Knead into a ball and refrigerate at least 30 minutes. Roll about 3/8-inch thick, and cut shapes. Bake at 375°F for 8-10 minutes or until top and sides are golden. These cookies crumble less if baked a little longer than a wheat-flour sugar cookie.

Chocolate chip cookies

- 1 cup rice flour or flour mix
- 3/4 cup potato starch flour (or cornstarch)
- 1/2 cup margarine
- 1/4 cup granulated sugar
- 3/4 cup brown sugar
- 1 tsp baking soda
- 1 tsp vanilla
- 1 package Royal® vanilla pudding (or other gluten-free pudding)
- 2 eggs
- 12 oz. chocolate chips

Combine margarine, sugars, vanilla, and pudding mix. Beat until smooth. Add eggs and beat a second time. Gradually add flours, soda, and chocolate chips. Drop dough by teaspoonfuls on greased cookie sheet. Bake at 375°F for 6-8 minutes. Cool slightly before removing from cookie sheet.

Snickerdoodles

- 1/2 cup butter or margarine, softened
- 1/2 cup margarine
- 1 1/2 cups sugar
- 2 eggs
- 2 3/4 cups Fenster flour mix
- 2 tsp cream of tartar
- 1 tsp baking soda
- 1/2 tsp salt
- 2 Tbsp sugar
- 2 Tbsp cinnamon

Heat oven to 400°F. Cream butter, shortening, sugar, and eggs thoroughly. Blend in flour, cream of tartar, soda, and salt. Shape dough by rounding teaspoonfuls into balls. Mix 2 Tbsp sugar and cinnamon; roll mixture into balls. Place 2 inches apart on ungreased cookie sheet. Bake 8-10 minutes or until set. Immediately remove from baking sheet.

Weeklong meal plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast						
<ul style="list-style-type: none"> • Breakfast casserole* • Orange juice 	<ul style="list-style-type: none"> • GF Cereal • Milk • Banana or other fruit 	<ul style="list-style-type: none"> • Cream of rice with nuts and raisins • Milk 	<ul style="list-style-type: none"> • Breakfast tortilla wrap (eggs, cheese, onions, pepper). Add salsa and wrap in a corn tortilla. • Orange sections • Milk 	<ul style="list-style-type: none"> • Commercial frozen GF waffles** • Waffles/pancakes made from GF baking mix • Frozen or fresh berries • Pure maple syrup • Milk 	<ul style="list-style-type: none"> • Yogurt fruit smoothie • GF breakfast bar 	<ul style="list-style-type: none"> • GF toast and spread • Fruit • Milk
Lunch						
<ul style="list-style-type: none"> • Potato dumpling soup* • GF rice crackers • Fruit • Milk 	<ul style="list-style-type: none"> • Gluten-free breaded chicken fingers* • Carrot sticks • Fruit • Milk 	<ul style="list-style-type: none"> • Chili-stuffed baked potato topped with cheddar cheese • Carrot and celery sticks • Fruit • Milk 	<ul style="list-style-type: none"> • Tuna salad • GF rice crackers • Carrot and celery sticks • Fruit • Milk 	<ul style="list-style-type: none"> • Commercial or homemade gluten-free mac and cheese • Mini bell peppers • Fruit • Milk 	<ul style="list-style-type: none"> • Wendy's®: Chili or chili cheese baked potato • Costa Vida®: GF menu • Chick-fil-A®: Chargrilled chicken fillet, chicken nuggets with a GF bun, waffle potato fries, and fresh fruit cup 	<ul style="list-style-type: none"> • GF corn chips • Lettuce • Refried beans • Cheddar cheese • Salsa • Fruit • Yogurt
Dinner						
<ul style="list-style-type: none"> • Oven-baked chicken • Mashed potatoes • Green beans • Fruit • Raspberry cheesecake* • Milk 	<ul style="list-style-type: none"> • Chili* (Make extra for Tuesday's lunch) • Cornbread* • Carrot and celery sticks • Ambrosia fruit salad (pineapple, mandarin oranges, and banana topped with shredded coconut) 	<ul style="list-style-type: none"> • GF pizza* • Tossed green salad • Fruit • Milk 	<ul style="list-style-type: none"> • Easy chicken and rice* • Green beans • Sliced peaches • Milk 	<ul style="list-style-type: none"> • GF spaghetti sauce over spaghetti squash or GF pasta • Broccoli • Fruit • Milk 	<ul style="list-style-type: none"> • Asian steak* • Brown rice • Fruit • Milk 	<ul style="list-style-type: none"> • Slow-cooker chicken and sour cream* • Mashed potatoes • Sweet corn • Green salad • Milk
Dessert/Treat						
GF ice cream	Peanut butter cookie*	Popcorn	GF pudding	Peanut butter on apple slices	Chocolate chip cookie*	Trail mix of peanuts, raisins and M&Ms

*Recipe included in this booklet.

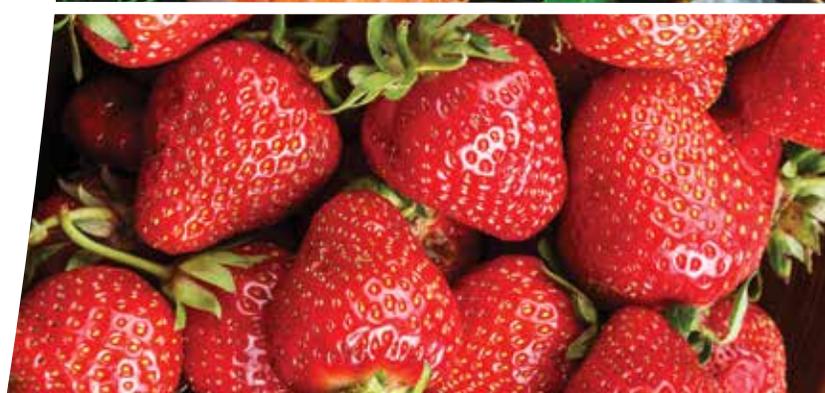
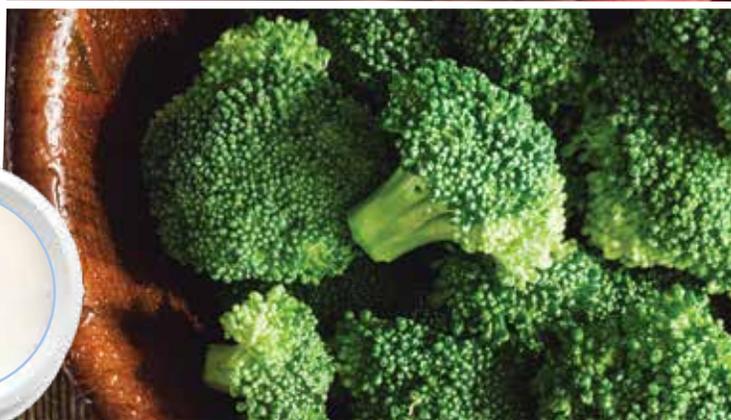
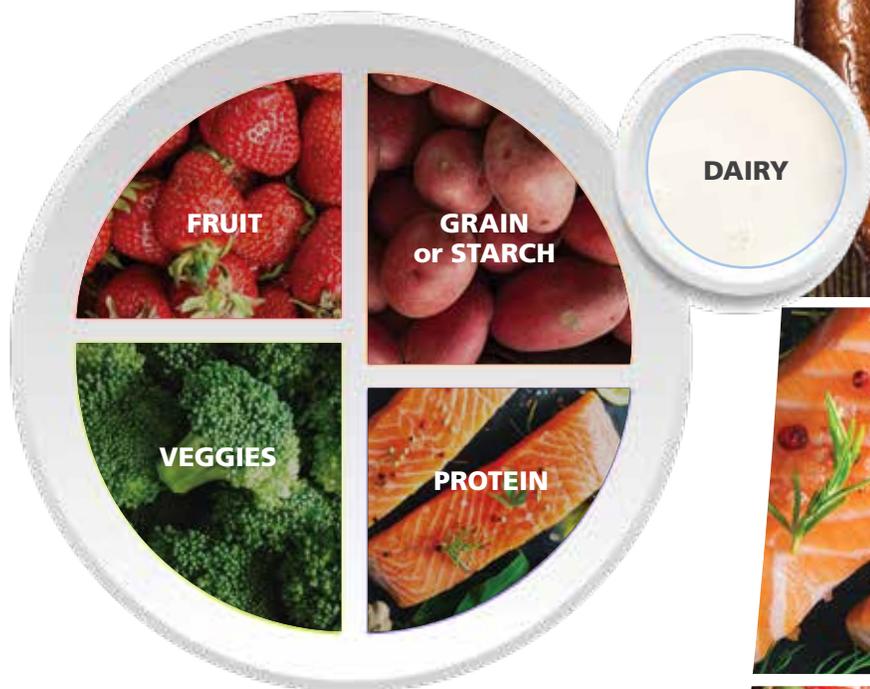
**Check brand labels to ensure they are still gluten-free. The gluten-free (GF) label in the menu doesn't mean you need to buy specialty products, but check labels to make sure foods are gluten-free.

Beans (dried, canned and refried) are an inexpensive source of gluten-free protein and are low in fat and high in fiber. Be sure to rinse them before use.

Intermountain Healthcare does not endorse any particular product or company. Food and restaurant items listed are suggestions only.

Planning your plate

Try to keep gluten-free meal planning and preparation simple. Use the Choose My Plate model to include protein (meat, fish, chicken, or beans), a grain or starch (rice, potatoes, gluten-free pasta, quinoa, or bread), fruit, and vegetables. This helps you make a meal quickly and easily.



Build your plate

Salmon, red potatoes, broccoli, and strawberries with a glass of milk create a healthy plate.





Get support

Many national organizations offer celiac disease and gluten-intolerance education and support. Good sites include: Celiac Disease Foundation (celiac.org), Gluten Intolerance Group (gluten.org), and Beyond Celiac (beyondceliac.org). Be aware that there are also many sites promoting a gluten-free lifestyle that contain incorrect information.

See the full resource list at the end of this booklet.



Gluten-free support

Sometimes you or your child may need more help than a support group, family, and friends can provide. It can be hard to give foods up or see the benefits of a gluten-free diet. A therapist who specializes in chronic diseases can help.

Tax deductions

You can include the cost of special food in medical expenses only if:

- 1 The food does not satisfy normal nutritional needs.
- 2 The food alleviates or treats an illness.
- 3 The physician substantiates the need for the food.

Gluten-free food qualifies, but “the amount you can include in medical expenses is limited to the amount by which the cost of the special food exceeds the cost of a normal diet.”

For more information about medical expenses and taxes, refer to [irs.gov/taxtopics/tc502](https://www.irs.gov/taxtopics/tc502).



Gluten-free apps

Keep in mind apps are NOT regulated and they often eliminate foods that are gluten-free but not labeled as such. Look for apps from national organizations as these are more likely to contain accurate information and be regularly updated.

Gluten-free school lunch

Your child may qualify for gluten-free school lunch.

Important notes:

- For your child to obtain a gluten-free school lunch, their primary care provider or gastroenterologist must fill out and sign a form from your child's school.
- This gluten-free lunch may not be equal to the regular lunch served.
- If your child attends a charter school, they most likely will NOT be able to receive a gluten-free school lunch.
- If you have problems getting a gluten-free lunch for your child, visit [AllergicLiving.com](https://www.allergicliving.com) and search for "Know your food allergy school rights."



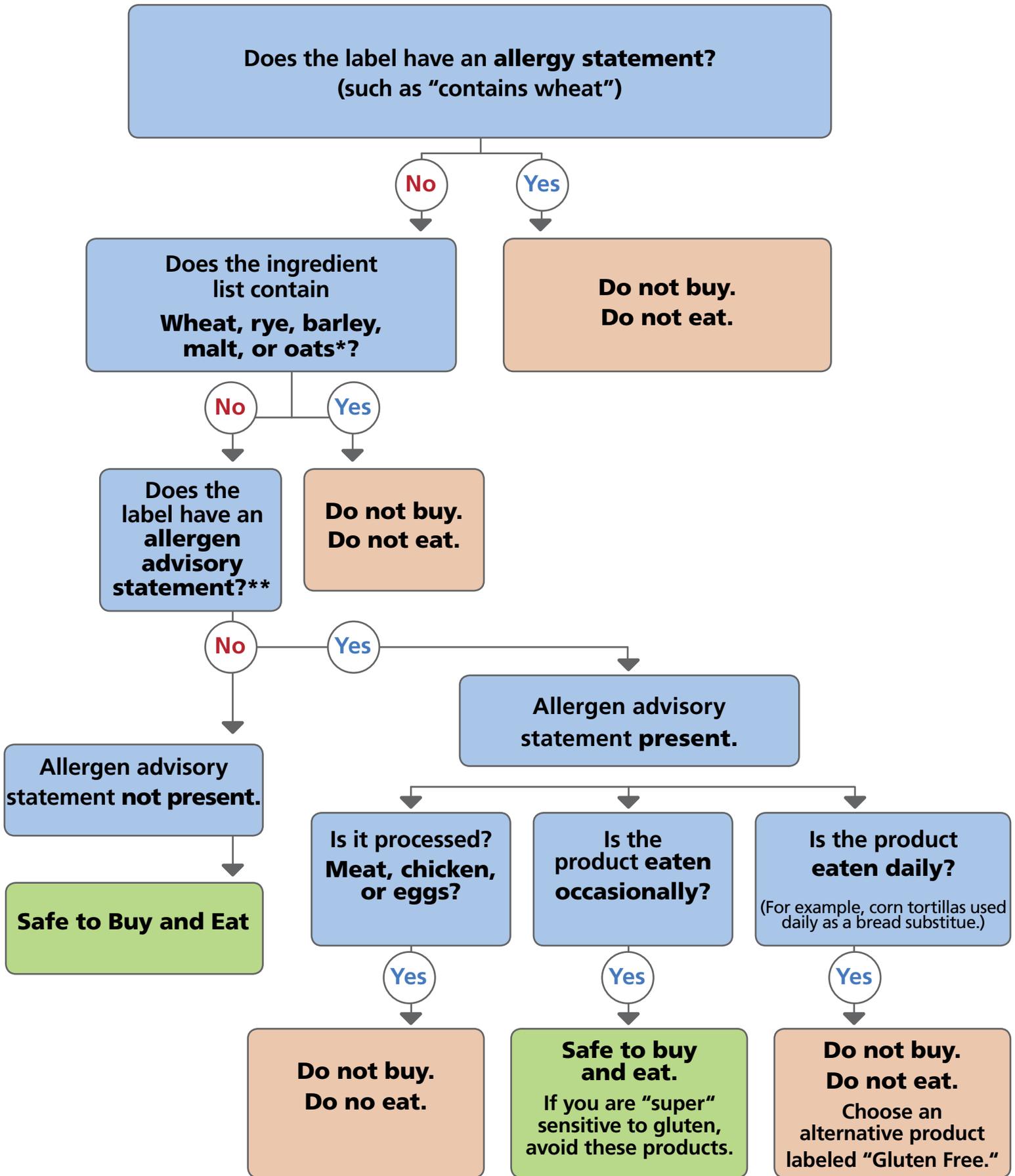




Reading a food label

At present the only treatment for someone diagnosed with celiac disease is a strict gluten-free diet. This may seem hard at first because many common foods contain gluten. However, there are many naturally gluten-free foods as well as plenty of gluten-free substitutes to choose from.

Read the nutrition facts on food packages carefully to determine whether they contain gluten and are also low in salt, sugar, and fat. The diagram on the next page can help.



** Example of allergen advisory statement:
"Made on machinery or in a facility that processes wheat"
* Oats that are not labeled "Gluten Free"





Gluten-free resources

Living gluten-free has its challenges, but there are many resources to help you, including cookbooks, blogs, newsletters, and websites from national organizations. Read on for just a few suggestions.

You can find help everywhere

"It is a total lifestyle adjustment to go gluten-free. It can affect your social activities and be expensive. It is so worth it, though, to feel healthy and have healing from gastrointestinal and nerve problems I have experienced over the years. It is a new adventure to find foods and recipes we can enjoy, and we love when we can connect with others and learn from or help them on the gluten-free path. We have also found that there are many kind people in the world who are willing to try to accommodate special dietary needs. Life can still be full and good in new and different ways."

Jenny, parent



Gluten-free resources

The following resources provide more information about gluten-free eating and celiac disease. Intermountain Healthcare does not endorse any particular company, organization, magazine, book, or brand.

Celiac Organizations

Beyond Celiac

Beyondceliac.org

Celiac Disease Foundation, or CDF

Celiac.org

Gluten Intolerance Group, or GIG

Gluten.org

National Celiac Association, or NCA

nationalceliac.org

North American Society for the Study of Celiac Disease, or NASSCD

theceliacsociety.org

Celiac Centers

Celiac Center at Beth Israel

Deaconess Medical Center

celiacnow.org

Celiac Disease Center, Columbia University,

celiacdiseasecenter.columbia.edu

Celiac Disease Program, Children's National Health System

childrensnational.org/departments/celiac-disease-program

University of Chicago Celiac Disease Center

cureceliacdisease.org

Useful Websites

Academy of Nutrition and Dietetics

eatright.org

Daily med

dailymed.nlm.nih.gov

GI Kids

gikids.org

Gluten-free Drugs

glutenfreedrugs.com

Gluten-free Watchdog

glutenfreewatchdog.org

National Institutes of Health

celiac.nih.gov

Pill box

pillbox.nlm.nih.gov

Savory Palate, LLC

carolfenstercooks.com

Shelley Case, RD

shelleycase.com

Resources for Kids and Teens

Generation GF

gluten.org/community/kids/

Living with Celiac Disease as a Kid

beyondceliac.org/living-with-celiac-disease/kids/

Gluten-Free Guide to College Living

beyondceliac.org/living-with-celiac-disease/college/

Gluten-Free Guide to College: A student's guide to navigating the gluten-free diet in college

by Rebecca Panzer, RD

tinyurl/GFGuide2College

Magazines and newsletters

Allergic Living

Allergicliving.com

Bob and Ruth's Gluten-free Dining and Travel

Bobandruths.com

Gluten-Free Living

Glutenfreeliving.com

Gluten-Free and More

Glutenfreeandmore.com

Websites

- Befreeforme.com
- Delightfullyglutenfree.com
- Glutenfreediet.com
- Glutenfreegirl.com
- Glutenfreeonashoestring.com
- Heartlandgourmet.com
- Imaceliac.com



Books

Celiac Disease: A Guide to Living with Gluten Intolerance (Second Edition)
by Sylvia Llewelyn Bower

Celiac Disease Nutrition Guide (Third Edition) by Tricia Thompson

The Complete Guide to Living Well Gluten-Free: Everything You Need to Know to Go from Surviving to Thriving by Beth Hillson

Gluten Exposed: The Science Behind the Hype and How to Navigate to a Healthy, Symptom-Free Life
by Peter H. R. Green and Rory Jones

Gluten-Free All-In-One for Dummies
by Consumer Dummies

Gluten Free: The Definitive Resource Guide (Fifth Edition) by Shelley Case

Gluten Freedom: The Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle by Alessio Fasano

Growing Up Gluten Free: A Lifestyle Guide for Raising Your Gluten-Free Child by Amy Macklin

Mayo Clinic Going Gluten Free: Essential Guide to Managing Celiac Disease and Other Gluten-Related Conditions
by Joseph A. Murray

Books for Kids

Adam's Gluten Free Surprise: Helping Others Understand Gluten Free by Debbie Simpson

The Celiac Kid by Stephanie Skolmoski

Eating Gluten-Free with Emily: A Story for Children with Celiac Disease
by Bonnie J. Kruszka

The Gluten Glitch by Stasia John

Mommy, What Is Celiac Disease?
by Katie Chalmers

Hailey's Gluten Free Surprise: Helping Others Understand Gluten Free
by Debbie Simpson

Princess Katie and the Sweet Shop
by Katie Scarlett Pryor

Cookbooks

The following authors have recently written one or more excellent gluten-free cookbooks.

- America's Test Kitchen (numerous authors)
- Annalise Roberts
- Beth Hillson
- Carol Fenster
- Carol Kicinski
- Kristine Kidd
- Laura Fuentes
- Marlisa Brown
- Nicole Hunn
- Robert Landolphi
- Shauna James Ahern
- Vanessa Maltin

Outpatient nutrition counseling locations

Alta View Hospital	801.507.3253
American Fork Hospital	801.855.3461
Bear River Valley Hospital	435.716.5669
Cassia Regional Hospital	208.677.6035
Delta Community Hospital	435.864.5591
Fillmore Community Hospital	435.893.0640
Garfield Hospital	435-251-3793
Heber Valley Hospital	435.657.4311
Intermountain Medical Center	801.507.3253
LDS Hospital	801.507.3253
Logan Regional Hospital	435.716.5866
McKay-Dee Hospital	801.387.6677
Park City Hospital	435.333.3535
Primary Children's Hospital	801.662.1601
Riverton Hospital	801.507.3253
Sanpete Valley Hospital	435.462.4631
Sevier Valley Hospital	435.893.0640
TOSH (The Orthopedic Specialty Hospital)	801.314.4038
Utah Valley Hospital	801.357.8143





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