

Gluten-Free Living Quick Start Guide



by Dr. Alex Shikhman

Gluten is the generic name for certain types of proteins contained in the common grains wheat, barley, rye and their common derivatives. Although people with gluten intolerance and celiac disease have different thresholds for gluten, in general, relatively small amounts of gluten (milligrams) in foods can cause health problems.

The gluten-free diet starts with elimination of foods containing the following grains:

- Wheat
- Rye
- Barley
- Bulgur
- Durum
- Einkorn
- Farina
- Faro
- Graham
- Kamut
- Semolina
- Spelt
- Triticale

Do not go gluten-free 'cold turkey' since you may experience gluten withdrawal symptoms (headaches, anxiety, agitation, abdominal discomfort, nausea etc.).

Allow yourself 3-4 weeks to become gluten-free. Initially, eliminate major sources of gluten such as bread, pasta, pizza, cakes, cookies, bagels etc., and then eliminate the minor ones. Get a separate gluten-free toaster if you have someone else in your house that eats normal bread.

Avoid items unless they are labeled 'gluten-free'

Avoid the following foods unless they are labeled as gluten-free:

- Ales
- Beer
- Breads
- Breeding & Coating Mixes
- Brown rice syrup
- Cakes and pies
- Candies
- Cereals
- Communion wafers
- Cookies and crackers
- Croutons
- Dressings
- Drugs & Over-the-Counter Medications
- Energy bars
- Flour & Cereal products
- Non-gluten-free herbal and nutritional supplements
- French fries
- Gravies
- Imitation bacon
- Imitation meat or seafood
- Lager
- Marinades
- Matzo
- Pastas
- Processed luncheon meats
- Salad dressings
- Sauces, including soy sauce
- Seasoned rice mixes
- Seasoned snack foods, such as potato and tortilla chips
- Self-basting poultry
- Soups and soup bases
- Stuffing
- Thickeners (Roux)
- Vegetables in sauces

You may initially feel deprived by the diet's restrictions. However, try to stay positive and focus on the foods you can eat. Eventually, you realize that many products which you like or miss (for example, bread, pizza, pasta, bagels, buns) are available in gluten-free forms. Remember that all vegetables, fruits, nuts, most dairy products, unprocessed or non-marinated meats, fish, poultry, rice and beans are naturally gluten-free and good for you. It's important to make sure that they are not processed or mixed with gluten-containing grains, additives or preservatives.

Many grains and starches are gluten-free:

- Amaranth
- Arrowroot
- Brown rice
- Buckwheat
- Corn and cornmeal
- Flax
- Gluten-free flours (rice, soy, corn, potato, bean)
- Hominy (corn)
- Millet
- Montina
- Potato
- Quinoa
- Rice
- Sweet potato
- Sorghum
- Soy
- Tapioca
- Teff

Gluten-free certified oats are usually well-tolerated by those with a gluten-intolerance and/or celiac when consumed in moderate amounts (no more than 1/4-1/2 cups a day).

Breakfast Ideas

- Yogurt and Smoothies
- Fried or scrambled eggs
- Gluten-free bacon
- Fruits
- Gluten-free waffles
- Gluten-free cereals
- Cream of Buckwheat
- Gluten-free bagels/muffins

Lunch and Dinner Ideas

- A sandwich on gluten-free bread
- Meat, seafood, poultry
- Gluten-free rice and risotto
- Potato and sweet potato
- Steamed veggies
- Gluten-free hot dog
- Rice noodle soup
- Gluten-free corn tortillas

Snack Ideas

- Fruit and veggies
- Dried fruits
- Cheese

- Gluten-free chips
- Real popcorn
- Crunchmaster gluten-free crackers
- Nuts

Dessert Ideas

- Haagen-Dazs ice cream
- Macaroons
- Meringue
- Gluten-free cakes/cookies/pie/cup cakes

Alcoholic beverages

- Distilled alcoholic beverages and vinegars are gluten-free
- Wine and hard liquor beverages are gluten-free
- **Beers, ales, lagers and malt vinegars are not gluten-free**

Remember that non-food-related sources of gluten may provoke symptoms of gluten intolerance and celiac disease.

These sources include:

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|---------------------------|------------------------------------|
| • Tooth paste | • Soaps |
| • Chewing gum | • Shampoos |
| • Lipsticks and lip balms | • Hair dyes |
| • Makeup | • Sunscreens and sunblocks |
| • After shave products | • Play dough |
| • Lotions | • Envelopes and postage stamp glue |

Cross-contamination

Cross-contamination occurs when gluten-free foods come in contact with foods that contain gluten. It can happen during the manufacturing process or at home if foods are prepared on common surfaces or with utensils that weren't thoroughly cleaned after being used to prepare gluten-containing foods.

- Using a common toaster for gluten-free bread and regular bread is a major source of contamination.
- Grills and barbecues can easily cross-contaminate foods if not properly cleaned. Many sauces used to barbecue have gluten.
- Mayonnaise, peanut butter jar, jams and jellies are easily contaminated when making sandwiches.
- Sifters used for both glutenous and gluten-free flours will cross-contaminate. At home if you use both types of flour, keep separate properly labeled sifters.

Consider what steps you need to take to prevent or eliminate cross-contamination at home, school or work.

To simplify your life and to prevent the disease flare up, start creating new habits as soon as possible

- Avoid putting anything in your mouth or on your skin unless it is labeled as gluten-free
- Don't eat a food if you are unable to verify the ingredients or if the ingredient list is unavailable. Remember that 'wheat-free' does not necessarily mean 'gluten-free'
- When adding a food item to your diet, introduce only one new food at a time
- Recognize symptoms of gluten exposure and take action instantly

What to do if you are exposed to gluten and started having symptoms:

- Take Gluten Breaker two capsules three times a day
- Take NAG (N-acetylglucosamine) 2000 mg 2-3 times a day
- Take triphala 1-2 capsules three times a day alone or in a combination with magnesium malate (1-2 tablets twice a day)
- Start taking Goldenbiotics 1 capsule 3 times a day
- Drink plenty of fluid

After spending 1 or 2 months on a gluten-free diet it is a good idea to see a dietician to discuss all uncertainties and questions generated during the initial steps of your journey in the gluten-free world.