

# Gluten-Free Made Easy

## Helpful Hints to Guide You Through a New Way of Eating!

### What is Gluten?

Gluten is found in wheat, rye, barley and triticale. Gluten is actually a combination of proteins found in these grains. If you have celiac disease or gluten intolerance, then you need to avoid all foods that contain gluten or may have been in contact with food containing gluten. Gluten comes by many names and you will need to watch for all of them in the food labels. Gluten can also be found in medications, so you need to ask the pharmacist for a list of gluten-free medicines, prescription and over-the-counter.

### The many names of Gluten:

- ◆ Barley
- ◆ Durum
- ◆ Enriched White
- ◆ Farina
- ◆ Graham flour
- ◆ Hydrolyzed vegetable protein (check label if GF)
- ◆ Kamut
- ◆ Malted milk
- ◆ Malt vinegar (made with barley)
- ◆ Orzo and other pastas
- ◆ Rye
- ◆ Semolina (found in most pastas)
- ◆ Tabbouleh
- ◆ Texturized Vegetable Protein
- ◆ Wheat,
- ◆ Whole Wheat

### Gluten-free Foods:

- ◆ Buckwheat
- ◆ Cheese
- ◆ Corn
- ◆ Eggs
- ◆ Fresh fruit
- ◆ Fresh vegetables
- ◆ Millet
- ◆ Potatoes
- ◆ Quinoa
- ◆ Rice
- ◆ Tapioca

### Gluten-free flours:

- ◆ Coconut flour
- ◆ Cornstarch
- ◆ Millet flour
- ◆ Potato starch
- ◆ Potato flour
- ◆ Rice flours
- ◆ Tapioca flour
- ◆ Teff flour



### Shopping with Confidence

The most important part of shopping is looking for the GF (gluten-free) symbol on the label. If the brand hasn't specified that the item is gluten-free, then you need to read the ingredients carefully.

When reading the food label, follow the rule of three:

1. Read the label before placing in your cart
2. Read the label before putting away at home
3. Read the label before preparing/serving

If you still are not sure, then contact the company. Most companies are happy to help out their customers!

Here are some of the symbols to show that the food or drink is gluten-free:





## Dining out can be done!

- ◆ With 1 in 100 Americans being diagnosed with celiac disease or gluten intolerance, the restaurants are finally joining the movement and adding gluten-free items to their menus.
- ◆ Many of the large chain, sit-down restaurants have gluten-free menus, you just need to ask!
- ◆ Doing your research on restaurants in the area that you will be in is very helpful.
- ◆ Using an internet search for gluten-free restaurants in the state and or city will generally give you a list to choose from.
- ◆ One of the best vacation resorts for people with food allergies is Disney World. All of the restaurants are food allergy friendly! When you go, call ahead to arrange dinner reservations and let them know you have an allergy.

## Helpful Websites



### Information:

[www.celiac.org](http://www.celiac.org)  
[csaceliacs.org](http://csaceliacs.org)  
[gluten.net](http://gluten.net)  
[www.healthyvilli.org](http://www.healthyvilli.org)

### Magazine and Recipes:

[www.livingwithout.com](http://www.livingwithout.com)

### Restaurant guide:

[www.glutenfreerestaurants.org](http://www.glutenfreerestaurants.org)  
[glutenfreeregistry.com](http://glutenfreeregistry.com)  
[glutenfreetravelsite.com/restaurants/](http://glutenfreetravelsite.com/restaurants/)

## Gluten-Free Banana Muffins

Recipe from Jen Newman's kitchen  
Makes 12 muffins

### Ingredients:

3 ripe bananas  
1/2 cup canola oil  
3/4 cup natural sugar  
2 eggs  
1 teaspoon vanilla extract  
1/4 cup milk (cow or soy)  
2 cups gluten-free flour mix \*

1 teaspoon xanthan gum  
3 teaspoons baking powder  
1/2 teaspoon sea salt  
1/2 teaspoon cinnamon  
1/2 teaspoon nutmeg



### Directions:

1. Preheat the oven to 375°F. Line muffin tin with paper muffin cups.
2. In a small bowl, combine all of the dry ingredients, set aside.
3. In a large bowl, mash the bananas. Add the sugar, oil, eggs and vanilla, mix thoroughly.
4. Add half of the dry ingredients to the banana mixture and mix well
5. Add the milk and mix well.
6. Add the rest of the dry ingredients and mix thoroughly.
7. Evenly distribute the batter into the 12 muffin cups.
8. Bake for 25-30 minutes, or until a toothpick comes out clean.
9. Let cool for 5 minutes before removing muffins from the muffin tin. Enjoy!

- ◆ Jen's GF flour mix = 1/2 cup each: millet, tapioca, teff and coconut flours.
- ◆ If you don't have teff or coconut flour, then substitute with millet or brown rice flour.