

36 SECRET FOODS THAT ARE **HIDING GLUTEN**



36 Secret Foods That Are Hiding Gluten

By: The Alternative Daily

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Many people have nagging symptoms of gluten intolerance that they attribute to other causes or just "learn to live with." However, gluten intolerance can be very serious and is not a matter to be taken lightly. What is truly frightening when it comes to gluten, however, is that many people may be gluten sensitive without being aware of it.

What is Gluten?

Gluten is a water soluble protein that is found in certain grains such as wheat, barley and, rye and wheat. Celiac disease, gluten intolerance and gluten sensitivity are common problems involving gluten (in general, when you see 'gluten', think 'wheat, barley and rye') the protein in wheat. Celiac disease is the more serious condition, causing relative to the immune system and causes a sudden allergic reaction. M This is a malabsorption condition that is the main challenge, which is a condition occurring when essential nutrients are not absorbed by the digestive system.

Gluten intolerance appears slowly over time and may be difficult to diagnose because it presents in so many different symptoms. SA sensitivity to gluten can produce such things as bloating, indigestion, vomiting, heartburn, constipation, fatigue, dizziness, migraines, anxiety, mood swings, skin rashes and joint pain.

Do We Really Need Wheat?

Many experts are beginning to question whether it deserves a place in our diets at all. Gluten has been linked by numerous studies to triggering autoimmune diseases, as well as neurological and mental illness, among other chronic conditions.

Modern, commercial wheat is in most cases highly processed, and doused in pesticides and insecticides right from the seed stage, throughout the storage process, all the way to the final product. Even in the case of organic wheat, about 75 percent of the population would benefit from avoiding wheat altogether.

So, who really does need a gluten-free diet? It is a choice that every individual must make. Listen to your body. Try avoiding gluten, even foods that contain traces of gluten, for two four weeks. If you feel better, you may want to stick to it.

If you still feel that something in your body is amiss, seek out the advice of a health professional you trust, one who is sympathetic to the challenge of gluten intolerance. Many health professionals have been slow to acknowledge this very serious condition. to see if something else is going on in your body that needs addressing. For many people, simply saying no to gluten can greatly increase their quality of well-being.



Where the Gluten Hides

For starters, clear your cupboard of any foods that contain the following;

▶ Barley	▶ Faro	▶ Seitan
▶ Barley malt extract	▶ Kamut	▶ Semolina
▶ Bran	▶ Malt	▶ Spelt
▶ Bulgur	▶ Matzo flour or meal	▶ Triticale
▶ Couscous	▶ Orzo	▶ Udon
▶ Durum	▶ Panko	▶ Wheat alternative
▶ Manna	▶ Filler	▶ Gum Base
▶ Matzah	▶ Rusk	▶ Frumento
▶ Farina	▶ Rye	▶ Wheat bran/germ/starch

Here are eleven foods that contain gluten:

1 Rice Cereals

you may think that you are safe by buying rice cereals but you must be very careful. While rice is naturally free of gluten, they often contain a flavoring that is listed on the package as malt (or barley malt).

2 Bouillon Cubes

A large number of food manufacturers use gluten as a filler in bouillon cubes. If you see "modified food starch" or "natural flavoring" on the label you should leave the product on the shelf. If you are looking for gluten-free cubes they label must say gluten-free to be sure. Instead of using cubes, try making your own vegetable, chicken or beef broth from organic ingredients.

3 Soy Sauce

Contrary to what you may have thought, or been told, regular soy sauce that you purchase at your grocer does probably contain gluten. However, pure soy sauce, also known as tamari, does not contain gluten. Look for the GF label, which stands for "Gluten-Free", since some soy sauces are specifically made to be gluten-free.



4 Deli Meats

Even if you have your sandwich on gluten-free bread you may not be safe. Many packaged deli meats contain gluten. On the package gluten will hide under the names hydrolyzed vegetable protein, modified food starch and wheat starch. Choose only gluten-free brands to be safe.

5 Yogurt

Unflavored yogurt that is made from milk that is fermented with friendly bacteria is gluten-free. However, commercial yogurts often add sweeteners and flavoring to their yogurt which are not always free of gluten. Yogurt purchased in the supermarket may also be cross-contaminated and may be a poor choice for those with gluten sensitivities. Make your own yogurt or select certified gluten-free products to avoid a reaction.

6 Soups

Soup seems like one of the strangest places that you would find gluten but it is in many brands. Most canned soups use gluten as a thickener, especially creamed soups. If you are unsure as to whether or not your favorite soup is gluten-free or not, give the manufacturers a call to find out. Remember, a product can contain up to 20 parts gluten per million to be considered gluten-free. This can still cause a reaction.



7 Salad Dressing

As with soups, gluten is used in salad dressings as a thickener. With this in mind, the creamier the salad dressing the more gluten it most likely contains. Always check the ingredients.

8 Marinades

Many marinades contain teriyaki or soy sauce which is made with wheat most of the time. If you find a marinade that contains these ingredients and does not specify that it is gluten-free, chances are it contains gluten.

9 Ice Cream

Basic, natural vanilla, strawberry and chocolate ice cream is generally gluten-free. Strange flavors like cookie dough and cheesecake often contain gluten. Additionally, ice cream cones, sandwiches and cakes also contain gluten. Keep to the basics or make your own ice cream to be safe.



10 French Fries

Unless you make your own fries from sweet potatoes or real potatoes, it is likely that french fries are not gluten-free. The problem is usually with seasoned fries or fries that have been prepared in a fryer that is used to cook items like onion rings or chicken fingers. This can contaminate the french fries and is why you should steer clear of fast food fries for sure.

11 Licorice

Gluten is used in candy to give it elastic properties. All of the big name brand licorice has a fair amount of gluten in it. This includes brands such as Twizzlers and Good and Plenty. Be careful to read labels when shopping for licorice and be aware that cross contamination can happen.



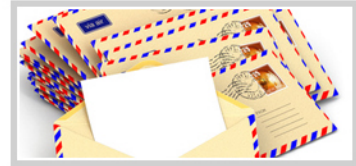
Warning: If you drink coffee and you are gluten sensitive you may want to cut down. Switching to caffeine free will not help as caffeine is not the issue. About 10% of coffee is a protein that reacts with gluten antibodies. This protein can trigger gluten sensitivity-like symptoms. So, even if you have given up gluten you may still be having problems because of coffee. Be leary also of tea as many manufacturers use gluten to make their teabags or barley in herbal tea blends. Look for gluten-free coffee and tea products.

Other Gluten Dangers

- **Medicine** - Virtually any medication has the potential to contain gluten. Because of this , it is important to speak to your doctor before taking anything. Even over the counter medications are not safe. If in doubt, call the manufacturers before taking medicine.
- **Lipstick** - If you are a gal with gluten sensitivity you will want to avoid all lipstick apart from that those labelled gluten-free. If you are a guy with a gluten sensitivity you will want to check with your gal before smooching.



- **Cleaning Products** - You may want to consider going to an all natural cleaning regime if you are sensitive to gluten. There are many safe products on the market or you can make your own the old fashioned way with such items as lemons, vinegar and baking soda.
- **Stamps and Envelopes** - Gluten is short the Latin word for glue so it makes sense that you would find gluten on the back of stamps and envelopes. Use a sponge instead of your tongue



Gluten-Free Alternatives



Although it seems like gluten hides in so many places, the good news is that there are lots of substitutes and alternatives for foods with gluten in them. The best way to eat a gluten-free diet is to stick to unprocessed, whole foods. Your overall health and well-being will benefit.

Warning: If you replace foods that contain gluten with gluten-free pre-packaged and processed products on store shelves marketed to entice consumers to indulge in so-called healthy snacks you won't be doing yourself any favors. These foods are typically made with refined grains, stripped of nutrients and do nothing positive for our health and could even result in gaining more poundsweight.

Gluten- Free Flour, Grains and Wheat

Although this list is not inclusive, it gives you lots of great alternatives to work with.

▶ Amaranth	▶ Buckwheat	▶ Millet
▶ Besan	▶ Organic Corn	▶ Quinoa
▶ Almond Flour	▶ Brown Rice Flour	▶ Cassava
▶ Arrowroot	▶ Pea Flour	▶ Cottonseed
▶ Bean Flour	▶ Potato Flour	▶ Flaxseed
▶ Teff	▶ Sago	▶ Polenta
▶ Taro Flour	▶ Tapioca Flour	▶ Yucca
▶ Hemp Flour	▶ Coconut Flour	▶ Garbanzo Flour

Gluten-Free Foods and Substitutions:

Fruits:

Going gluten-free provides a great opportunity to enjoy the wholesome goodness fruits provide. Stick to local, organic and whole fruits and avoid already cut up, canned or mixed frozen fruits to be safe.

Vegetables:

Like fruits, you can enjoy all of the fresh vegetables you wish on a gluten-free diet. Frozen vegetables are usually safe as well but you should be careful of those that are already peeled and cut into pieces. There is a risk of contamination. Don't coat your vegetables in sauce or cover them in breadcrumbs, this is not safe.

For Sandwich Lovers:

Don't want to give up that sandwich? Try wrapping your favorite goodies in organic collard greens or organic Swiss chard leaves. Bursting with antioxidants and fiber, your new and improved sandwich will be so good you won't even miss the bread. If greens are not your thing try organic corn tortillas for bread. These light and tasty rounds go perfect with some organic peanut butter and bananas or as a bun for your grass fed burger. There are gluten-free breads available in many grocery stores these days. They are typically in the frozen foods section.

Tasty Coconut Flour Bread

Ingredients:

- 6 free- range eggs
- 1/2 cup melted coconut oil
- 2 tablespoons raw honey
- 1/2 teaspoon sea salt
- 3/4 cup coconut flour

Directions:

- 1. Preheat the oven to 350 degrees F.
- 2. Put all ingredients together in a mixing bowl and mix well.
- 3. Butter a small loaf pan. and set
- 4. Pour the ingredients into the loaf pan and cook for about 40 minutes..
- 5. Set out to cool and enjoy!



Perfect For Pasta:

Pasta connoisseurs often panic when thinking about going gluten-free, but no need. Besides the plethora of gluten-free pasta alternatives on the market, there are some creative and nutritious ways to get your pasta fix. Spaghetti squash, also known as noodle squash, is low in calories and dense in nutrients.

It contains high levels of carotenoids, vitamins A, C, and omega-3 fatty acids. Loaded with B vitamins that help regulate blood sugar, it is hard to beat this pasta substitute. The carotene in spaghetti squash is known to help prevent atherosclerosis and lowers cholesterol levels and blood sugar. If you aren't feeling the spaghetti squash option for your pasta you can always go with whole grain rice noodles, they are tasty, light and a great substitute for gluten-laden pasta.

Grass- Fed Beef/Free- Range Chicken:

Forget those packaged grocery -store meats if you are watching your gluten. Many contain fillers or preservatives that have gluten in them or are contaminated during processing. Opt instead for organic grass- fed meat and free- range chicken. Find a local farmer near you to be sure that your meat is free from gluten. If you can not find a farmer, visit EatWild.com to find someone close to youby.

Gluten-Free Pizza

Pizza is a favorite food of many Americans, and over 5,000,000 pounds of pizza are consumed in the United States in one day. Sadly, most of this pizza is frozen, fast or not prepared with health in mind. Here is a tasty gluten-free alternative that the whole family will love.

Dry Ingredients:

- 1 cup rice flour
- 1 cup arrowroot starch
- 1/2 cup tapioca starch
- 1/2 cup bean flour
- 1 tsp xanthan gum
- 1 1/2 tsp baking powder
- 1/2 tsp sea salt
- 1 Tbsp quick yeast

Wet Ingredients:

- 2 free-range eggs
- 1 tsp apple cider vinegar
- 3 Tbsp grapeseed or olive oil
- 1-2 Tbsp raw organic honey
- 2 cups filtered water



Instructions:

- 1** Preheat oven to 425 F.
- 2** Mix the dry ingredients together. You can store these or package them up so you will have a ready supply of dry ingredients to help save you time in the future. If you choose to store it, yeast cannot be stored at room temperature. You may store the complete mix in the fridge or leave out the yeast from the dry mix and add it when you are making the dough.

- 3** Mix the wet ingredients together. Slowly add the dry ingredients to the wet ingredients, mixing thoroughly. You may use a mixer to get dough thoroughly mixed but run it less than 5 minutes so you don't over-mix.
- 4** The consistency of the dough will be quite 'thin' (i.e., it almost 'pours' like pancake batter). This is very intentional. It makes it much easier to work with (avoiding the problems associated with stretching and ripping pizza dough).
- 5** On a cookie sheet, either covered with parchment paper or lightly covered with coconut oil, pour and spread the pizza dough mixture to your desired thickness. It will rise slightly as it cooks. If you set the pan on a warm oven you will allow the dough to rise while you complete preparations for the toppings.
- 6** The dough should be allowed to rise for 20-30 minutes as you put on toppings of your choice. Be careful to not allow it to over-rise (max 30 minutes) before putting it in the oven. You may need to prepare some toppings ahead of time if their preparation is time consuming (chopping fresh vegetables, garlic, etc.).
- 7** Cook for 20-30 minutes, depending on the ingredients you have put on top.

Sweet Treats:

One thing that many people are afraid of when they decide to go without gluten is that they will have to give up their sweet treats. In reality, going without gluten opens up a window of opportunity when it comes to trying new and exciting dessert recipes. The good news is, not only will you not miss the gluten but many of the options are far healthier than what you were most likely eating before. Here are few yummy options to try.



Rice Pudding

Perfect for an after dinner snack or even breakfast, this rice pudding is easy to make and delicious.

Ingredients:

- 2 cups brown rice
- 3/4 cup heavy cream
- 1/4 - 1/2 cup organic raisins
- 1 tablespoon coconut sugar
- 3/4 tablespoon of nutmeg and cinnamon

Directions:

- 1. Cook rice according to directions
- 2. While warm add in the cream, raisins, sugar and spices
- 3. Serve warm.



Bean Brownies

Don't knock these until you give them a try. We were curious, so we whipped up a batch and they were a hit. We are sold on these black bean brownies, and we think you will be too.

Ingredients:

- 1 1/2 cups of soaked and cooked black beans
- 2 tablespoons organic dutch cocoa powder
- 1/2 cup gluten-free of quick oats (gluten-free are best)
- 1/3 cup raw honey
- 2 tablespoons coconut crystals
- 1/4 cup organic virgin coconut oil
- 2 teaspoons pure vanilla extract
- 1/2 teaspoon baking powder
- 2/3 cup organic dark chocolate chips
- Crushed walnuts, for topping



Coconut Macaroons

Coconut is a healthy addition to any diet and these little cookies hit the spot!

Ingredients:

- 1 1/3 cup shredded organic unsweetened coconut
- 1/3 cup coconut sugar
- 1 tablespoons rice flour
- 2 free- range egg whites
- 1/2 teaspoon organic almond extract



Directions:

- 1. Preheat the oven to 325 degrees F.
- 2. Combine the coconut, coconut sugar and rice flour.
- 3. Beat the eggs and stir them in with the almond extract.
- 4. Drop the cookies onto a greased cookie sheet using a teaspoon.
- 5. Bake for about 25 minutes or until brown.
- 6. Cool on a cooling rack.



Conclusion: We hope you enjoyed this free eBook. You can find more alternative health related content at <http://www.TheAlternativeDaily.com>



Good luck on your health journey and make it a fun one! Should you have any questions, feel free to email us at info@thealternativedaily.com.

To Your Health!