



GLUTEN FREE COOKING SECRETS

How To Successfully Cook Great Tasting Gluten Free Food From Scratch Every Time

Gluten Free Club

GLUTEN FREE COOKING SECRETS

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TABLE OF CONTENTS

INTRODUCTION.....	8
GLUTEN FREE KITCHEN.....	10
Where Do You Start?.....	10
Getting The Gluten Facts	12
The Right Attitude	14
So What Exactly Can I Eat?.....	16
Unsafe Grains Containing Gluten	17
Unsafe Foods Containing Gluten.....	17
Safe Grains.....	18
Other Safe Foods.....	18
Kitchen Prep Tips	19
GLUTEN FREE DIET	20
What You Need To Know About Vitamins, Nutrients And Minerals	20
Maintaining A Gluten Free Healthy Heart	22
Will I Gain Or Loose Weight?.....	23
Gluten Free Do's And Don'ts	24
Other Potential Autoimmune Problems	25
Osteoporosis.....	26
Depression.....	26
Dermatitis Herpetiformis.....	27
Diabetes	27
Obesity	28
MEAL PLANNING	29
Making a Plan.....	30
Converting Old Favorite Recipes.....	32
Gourmet Cooking Tips And Treasures	32
Elegant Cheese Soufflé.....	33
Chinese Chicken	34
SUBSTITUTIONS.....	36
Magical Substitutions	36

Gluten Free Grains.....	36
Baking Ingredients.....	38
Gluten Free Baking Powder	39
Simple Ingredient Substitutions	39
Substitutions for Dairy for the Lactose Intolerant	40
The Secrets To Converting Recipes.....	40
STRATEGIC SHOPPING.....	43
Labeling Laws – Telling It Like It Is.....	43
Gluten By Any Other Name Is Still Gluten.....	45
Whole Foods That Spell Danger!	47
Shopping Made Easy.....	48
Shopping at the Grocery Store	49
Shopping at the Health Food Store	51
Shopping Online	51
Popular Gluten Free Sites and Products	52
Handling The Holidays.....	53
Gluten Free Turkey Dressing.....	54
Gluten Free Sponge Cake.....	55
Outdoor Cooking.....	56
Outdoor Grilled Chicken Packets.....	56
TYPICAL MEAL PLANNING	58
RECIPES, RECIPES, RECIPES	60
Breakfast Pizzazz	60
Easy Gluten Free Buttermilk Pancakes.....	60
Gluten Free Smoothie	60
Gluten Free Coffee Cake	61
Gluten Free Eggs and Rice.....	61
Lunch With A Punch.....	62
Healthy Gluten Free Roast Beef Sandwich	62
Lunch Ideas for Home or Work.....	62
Dinner With Style	63
Mexican Chicken Dinner.....	63
Rice with Beef	63
Gluten Free Beef Stroganoff	64
Baked White Fish	64
Gluten Free Pizza!	65
Savory Soups.....	66
Gluten Free Vegetable Soup.....	66

Simple Potato Soup	67
Gluten Free Mushroom Soup	67
Favorite Breads	68
Cornbread	68
Banana Nut Bread	68
Bread Recipe for Your Bread Maker.....	69
Delightful Desserts	69
Gluten Free Sugar Cookies	69
Peanut Butter Fudge.....	70
Just As Good Chocolate Cake	70
In- Between Snacks.....	71
Gluten Free Pizza Popcorn Snack.....	71
Gluten Free Ham Deviled Eggs	72
Perfect Party Dishes	72
Sweet Potato Salad	72
Gluten Free Macaroni Dish.....	73
Gluten Free Pasta Salad	73
CONCLUSION	75

1 INTRODUCTION

People who must live gluten free are wonderful people who prove many times over they're adaptable. What could be viewed as an irritating problem is instead addressed as an opportunity to create a healthy lifestyle. If many people with dietary problems would adopt the attitude towards food that people with gluten intolerance usually have, the first thing to disappear would be the obesity rates in the United States.

Cooking for a gluten free diet can be challenging and exciting. The challenge lies first in making your cooking area gluten free. The exciting part is learning to use ingredient substitutions that enhance your beloved recipes. When I was diagnosed with gluten intolerance, I shed a few tears at the thought I would never eat my grandmother's chicken and dumplings again. Then I stopped feeling sorry for myself and found a way to get around the gluten in the family dish.

This book is about learning to cook gluten free. But the goal isn't just to preach to you about banishing gluten from your presence. The goal is to convince you that your

The goal is to convince you that your lifestyle does not have to radically change if you want to continue enjoying the foods and occasions important in your life.

lifestyle does not have to radically change if you want to continue enjoying the foods and occasions important in your life.

The book is in no hurry to rush to recipes. Instead, together we meander through the kitchen, the grocery store and finally to the stove. Taking it one step at a time makes the transition smoother and virtually painless. The book explains how to make your kitchen gluten free, including the pantry, and how to fill the pantry with gluten free ingredients.

More importantly, this book provides lots of tips to make your life easier. If you are newly diagnosed, there are plenty of time-tested ways to simplify the entire transition process. You will learn how to deep clean your kitchen, segregate your cooking utensils and store your gluten free products. But since I wrote the book, I get to tell you my favorite section. The section which discusses nutrition is my favorite, because the idea of healing and feeling good through wise nutritional planning is something we all need to learn and follow.

When you are gluten intolerant, there's one person who can insure your good health – YOU! Nobody can force you to follow a sound gluten free nutritional plan. YOU must choose to do so. But the gluten free meals you eat don't have to be boring and humdrum. There are lots of gluten free recipes for every meal. I have tried to provide a representative sampling of recipes to give you a good feel for how delicious and versatile gluten free cooking can be.

So if you're ready to cook gluten free – read on!

2 GLUTEN FREE KITCHEN

WHERE DO YOU START?

Unlike a lot of kitchen work, cooking gluten free involves more than just assembling ingredients. You can't just reach into the cupboard and pull out any pan within reach like most cooks unless you've made some changes to your kitchen at an earlier time. When you open the refrigerator, you'll nab the first jars of gluten-free food you encounter and stay away from other ingredients. You'll grab the cooking utensils in your "gluten free drawer" instead of the ones everyone else in the house uses.

Welcome to the world of gluten free cooking! It's a world of healthy meals and careful planning, but it's also a world of experimentation and fun. In this world you must reassess your entire kitchen first. It must be made gluten free in every way possible, because gluten is your "treatment" for intolerance. Though you're about to learn that cooking gluten free can be interesting, fun and tasty, you're also going to learn you cannot thoughtlessly add any ingredient to your recipes like you once did. The last thing you want to do is accidentally use a product with gluten.

The gluten free kitchen is just exactly the way it sounds – gluten free. It's simple really. Getting the kitchen ready for your new gluten free life means you are taking several specific steps.

- You will have cleaned out the refrigerator and have a designated gluten free shelf and door rack
- You most likely have identified a corner of the freezer that holds gluten free frozen foods
- You should have labeled or color coded the utensils to be used only for gluten free cooking
- You might have named a pot and pan cupboard as the storage area for baking and cooking items for gluten free cooking
- You have probably designated certain appliances as gluten free appliances such as toaster, blender etc.

When you set up your kitchen for gluten free cooking, the designated storage and assembly areas should be separate from other areas. For example, don't put gluten free

utensils in the drawer right next to the non-gluten free utensils. It's too easy to put the items away in the wrong drawer. You get your own private gluten free kitchen areas that keep you safe and healthy.

A great idea to make life simpler is to mark the kitchen supplies and appliances that are for gluten-free cooking only. You can purchase utensils that have different colored handles or designs. You can write "gluten free" in big letters with a permanent marker on pans, pots and baking sheets.

A great idea to make life simpler is to mark the kitchen supplies and appliances that are for gluten-free cooking only.

If you don't want to spend money on new baking dishes, you can also use tin foil to line the dishes. But you can't do that in pots of course. Don't forget that hot water and soap can create a lot of peace of mind. Anything used for cooking or meal preparation with ingredients containing gluten can be washed.

Every family has to decide how they are going handle the fact someone must never eat gluten. Everyone in your household may decide to convert to a gluten free diet as a family unit. In that case, even those who can eat gluten will eat the same food as the person who has the gluten intolerance. Other families manage to eat separate meals, though it usually means more cooking (think twice before making this decision unless you enjoy cooking two meals at a time!). Personally, I try to keep what I call daily "chore cooking" to a minimum, because I have a lot of other things I'd rather be doing.

The good news is that gluten free cooking can be just as tasty as cooking with gluten. When the family agrees to eat the same foods, it greatly simplifies meal cooking. Naturally, in some situations cooking separate foods makes sense. You may not want to cook gluten free cake for your child's birthday party. In that case purchasing a cake may be the best route to take to limit exposure to gluten.

So your gluten free kitchen is ready to go! Gluten free ingredients, processed food, dishes, utensils, pots and pans, and appliances have been identified and stored in a way they are obvious. You know whether you're going to cook gluten free food for yourself or for the entire family.

It's time to get down to the nitty-gritty of food preparation. The first step is understanding exactly what gluten is and what it does for food.

GETTING THE GLUTEN FACTS

Gluten, gluten everywhere and you can't eat a protein! Gluten is the offender and yet it's just a tiny protein. How can something so tiny cause so many problems? How can an itty-bitty protein make people so sick? And what exactly does gluten do for food?

If you have known for a while you are gluten intolerant, you probably already know about gluten. But many people have heard of gluten, know basically how it affects food, know what general food items it's found in, yet still don't know exactly what the term gluten means. No matter what it never hurts to get a refresher course given how important this little protein is in the lives of people who are gluten intolerant.

Gluten is a protein. That doesn't really tell you much though. What is a protein? Protein is an organic compound made up of chains of amino acids. Proteins are essential to life.

The gluten protein is a complex protein that is not water soluble. Its original source is the wheat grain.

The gluten protein is a complex protein that is not water soluble. Its original source is the wheat grain. Wheat is a cereal grass made of protein (15%) and starch (85%). When you wash the starch granules from wheat, you get gluten. Every time I write this explanation, I never cease to be amazed at how simply the gluten protein is isolated and yet it causes so many people a lot of problems.

The gluten protein most often referred to, as related to gluten intolerance is gliadin. But gliadin is not the only toxic protein for a person with celiac disease or gluten intolerance. Other toxic proteins include secalins and hordeins which come from rye and barley respectively.

I feel obligated to tell you that technically secalin and hordein are not gluten, because gluten is gliadin. But since essentially the same reaction occurs in the bodies of people with gluten intolerance, the name gluten is used as a catch-all term for simplicity. This may be more information than you really want, but I believe knowledge is power. I want you to feel powerful where your gluten free life is concerned.

Not getting too scientific, grains are divided into different groups. There is wheat, rye, barley, spelt, Triticale and kamut in one group. There's rice and an oats in another. There's corn, sorghum and millet in a third group. All of the just named grains are monocot grasses.

There are also dicot grasses which include amaranth, buckwheat, quinoa and spinach. All of the dicots are safe to eat and most of the monocots except for wheat, rye, barley and the other grains in the same group.

When you eat grains with proteins, the intestine breaks it down using enzymes. As mentioned earlier, proteins are made up of chains of amino acids. The enzymes literally break the chains up into smaller units. These units may be single or double amino acids.

This is how the body gets its nutrition from food. Food is broken down in the stomach, passes to the intestines where it's broken into absorbable units that pass into the bloodstream. Obviously, the only way the unit will be able to be absorbed is if it has been broken down into small enough units. If the proteins, for example, are not broken down then they're basically of no use to the body without further processing.

Gluten proteins are hard to break down even with enzymes present. Under the best of circumstances, they're not easily digested. It collects in the intestinal lining and starts a chain reaction in some people. Most people don't have any reaction to the gluten protein amino acids in the lining of the intestine. You are one of the people who do (or think you do) or you wouldn't be reading this book!

When you have a reaction to the broken down gluten protein, called a peptide chain, your body is acting as if the protein is a threat. It's an invader that has to be attacked. That's what an autoimmune disease is really about – your body attacking itself. When the war starts, the intestines are the battlefield and lots of damage is incurred.

Scientists don't know yet why some people's immune systems go on the attack like they do. They don't understand what combination of the protein peptides and the individual immune system creates the response. They just know it happens and what's being attacked.

Doctors also know gluten intolerance is genetic or hereditary. You must have 2 specific genes present for celiac disease to occur. They are called HLA genes. These genes are what allow white blood cells to recognize toxins and protect the body.

The white blood cells are what produce immunoglobulins which fight infection, bacteria, parasites and toxins. IgA is the immunoglobulins that are produced in the intestines. Their job is to keep the poisons and threats in food from ever getting out of the intestines and into the bloodstream.

When the immunoglobulins start doing their job, they inflame the intestines. The intestines keep releasing immunoglobulins; white blood cells attack the threats and the

GLUTEN FREE KITCHEN

battle rages on. Eventually, if the battle doesn't end, the intestines are damaged. Bet you didn't know you might have a full scale war going on in your body.

When the villi are flattened, nutrients can't get out of the intestines and into your body to keep you healthy.

The intestines are lined with something called villi. When the attack on toxins continues unabated, eventually the villi are flattened. Villi are the tubes the intestines use for passing nutrients into the bloodstream. When the villi are flattened, nutrients can't get out of the intestines and into your body to keep you healthy.

This may seem like a lot of detailed information, but when you have gluten intolerance, it's important to understand what's going on in the body. When you cook, you want to cook foods that protect your body by providing good nutrition. You want the villi to heal. You want your intestines to function the way they're meant to function. You want your bloodstream to be clear of bacteria, parasites and toxins normally filtered by the intestines.

When you have gluten intolerance, the gluten proteins have managed to lodge themselves in the intestines causing non-stop immune reactions. Your body is attacking itself over and over again. Villi are not destroyed, only flattened. But flat tubes can't pass nutrients.

The great news for you is the villi can be reformed by following a strict gluten free nutritional plan. Celiac disease is the only immunological disease that can be controlled with diet. You may not realize it yet, but you're extremely lucky.

How you cook and eat from this point forward will determine how well your intestines heal and the very quality of life. People who don't know they have gluten intolerance are still suffering every day, simply because they don't know to stop eating gluten. Now you know and can take action to heal your body so you can enjoy life to its fullest.

THE RIGHT ATTITUDE

Anytime we're told we HAVE to do something it suddenly seems more difficult. If you think otherwise, just imagine losing weight because you want to feel better, as opposed to the doctor telling you to lose weight or risk a stroke. You have two choices when the doctor orders you to lose weight.

- You can refuse to cooperate because it takes too much discipline which means taking your chances of getting sick

- You can decide to adopt a good attitude and make a sincere attempt to follow the doctor's orders so you protect your health

Obviously, the second option is the better choice. The same options apply to you when you're told you have to eliminate gluten from your diet in order to feel better. Most people with gluten intolerance are so relieved to find out what they have that following a gluten free diet seems like a snap.

Then reality sets in and the complexity of the diagnosis becomes more apparent. You had to "de-gluten" your kitchen, but now what? This book will describe, step-by-step, how to make cooking gluten free meals simple, easy and exciting.

When your kitchen is ready to go, the next step is to make sure your family understands the importance of keeping gluten exposure out of your life. When you have a family and everyone shares the same kitchen, it's important the family learns the rules for cooking in the kitchen. Your gluten free life is a family affair. You don't want to get your kitchen set up and then have to constantly be worried everything you sorted and separated is being mixed together again.

Informing the family of your needs is important. They have no way of knowing what you require unless you tell them. Most women are the family members that do the majority of cooking, and they cook for the whole family. That means the other family members may not understand what you require in the kitchen. But talk to your kids and husband, and any other family members, and you'll most likely find an instant support group right in your own home. Kids can be especially great at helping mom when they know what to do.

On a gluten free nutritional plan, cooking takes a new shape. Most families have meals they eat frequently, because we tend to be creatures of habit. There are family recipes, easy recipes, favorite recipes and recipes that are cooked as part of family tradition for special events. You'll soon discover that most of them contain gluten in one form or another.

When first diagnosed, the transition stage can appear to be brutal at first glance. I love white bread, rolls, pizza and biscuits. I adore cinnamon rolls. It sure seemed like cruel and unusual punishment to be told I had to give them up right away. There are some guidelines offered to make the transition easier on the whole family.

- You should buy some gluten free snacks right away because the first weekend you can't eat pizza during the late night movie with the family is going to be the first realization changing your eating habits affects all your meals. Be prepared to be dared – dared to eat foods you shouldn't eat!

GLUTEN FREE KITCHEN

- You should discuss cooking gluten free meals that everyone will eat. It doesn't make sense (to me) to cook double meals when gluten free food can be healthy and nutritious for the entire family.
- You should consider explaining that you not being able to eat some of the favorite family foods anymore is difficult and you need the family to be part of your support system.

A lot of the process of transitioning to a gluten free diet is about attitude. If you see your need to eat gluten free foods as a complete burden on your life, then that's exactly what it'll be. It's a self-fulfilling prophecy. If your family is not supportive and constantly tempts you with foods you can't eat, it will be harder to adhere to a gluten free diet. If you and your family have the right attitude, then cooking for a gluten free diet will only mean you have to adjust your recipes or maybe find some new ones.

Having the right attitude as you approach cooking for gluten free living includes having an open mind. If you spend all your time regretting you can't eat what you've always eaten, then you limit your view of the world. The last thing you want is for your meals to become boring and tedious. That's a sure way to be tempted to eat what you shouldn't be eating.

You need to be willing to be adventurous. You need to be willing to experiment with new recipes. You need to keep an open mind. You need to see cooking gluten free as the way to good health, a quality lifestyle and a long life.

SO WHAT EXACTLY CAN I EAT?

Now it's time to begin getting down to the basics. Based on the preceding explanation of how the gluten protein gliadin and other related proteins affect the digestive track of a person with gluten intolerance, there are basic foods that can and cannot be eaten. Details for identifying specific products and foods will be discussed in the substitutions/food shopping sections that follow later in the book.

To begin transitioning to a gluten free diet, first learn the quick summary of foods that are not allowed in any way, shape or form and then foods that can be eaten. You must also learn about foods that may contain gluten, but can be easily overlooked.

Unsafe Grains Containing Gluten

- Wheat
- Barley
- Rye
- Triticale
- Malt
- Durum
- Graham
- Kamut
- Semolina
- Spelt
- Wheat starch
- Bulgar
- Couscous
- Wheat germ

Unsafe Foods Containing Gluten

- Breading or coatings (like on fried foods)
- Some soup bases
- Croutons
- Pastas made with any of the unsafe grains
- Processed foods including canned and frozen
- Sauces
- Gravies and gravy bases
- Soy sauce
- Cereal
- Flours made from unsafe grains
- Some candy
- Imitation foods like seafood or meats
- Self-basting foods like turkey
- Beer, ale, lager and any alcohol not distilled
- Malt vinegar
- Cheese spreads

By now you might be thinking you can't eat much of anything anymore. The truth is there are plenty of healthy foods you can eat. Also, with growing recognition of gluten intolerance and celiac disease occurrences, more and more gluten free food products

GLUTEN FREE KITCHEN

are being manufactured. These products include processed foods and ingredients for cooking.

So what foods *can* you eat?

Safe Grains

- Rice
- Sorghum
- Quinoa
- Buckwheat
- Arrowroot
- Amaranth
- Teff
- Millet
- Tapioca
- Fruit juices

Other Safe Foods

- Corn
- Fresh fruits and vegetables
- Fruit juices
- Nuts
- Beans
- Butter, margarine

The branch of grasses that includes wheat, barley and rye is the branch containing gluten.

Recall the description of grasses previously described. The branch of grasses that includes wheat, barley and rye is the branch containing gluten. The other branches which include buckwheat and amaranth do not have gluten or the gliadin protein.

There are many issues related to grocery shopping and cooking for gluten free diets. They will be addressed one by one as we work our way through buying gluten free food while learning how to substitute gluten free ingredients in recipes.

KITCHEN PREP TIPS

A discussion of cooking methods for gluten free living necessarily starts with the comment that food preparation may take a little longer than it used to. That's because you will be using more fresh foods that must be cut and chopped. Learning to cook gluten free can take some time, but if you already do a lot of cooking, the transition will be shorter than for those who are not used to cooking from scratch.

Cooking methods for a gluten free diet have one very important common feature. You have to always be aware of cross contamination possibilities. You don't want gluten to accidentally reach the food you'll be eating. That's one reason it's much simpler to have the whole family eating gluten free.

Cross contamination can occur in a number of ways. You can handle wheat flour and not wash your hands before handling gluten free food. Flour dust with gluten can be inhaled and reach your gut. Watch out also for foods that appear to be uncontaminated, but actually contain wheat fillers such as prepared meat patties.

Always wipe down your counters and rinse all dishes before use to make sure all potential sources of gluten have been eliminated before you start cooking. Of course, not everyone does all their own cooking from scratch. You may be one of those cooks that enjoy the "let someone else start for me" methods. In that case you will be reheating gluten free food from the frozen food section most likely. But the same rule applies. You don't want any gluten making its way into your food. So lots of soap and water is the key no matter how your meal starts out.

Gluten free cooking methods really involve two approaches. The first is learning to substitute ingredients in old and new recipes. The second approach is to use recipes that have already been created for gluten free cooking. Being adaptable to any situation is the key, which means being prepared with the right kinds of substitutions or ingredients.

3 GLUTEN FREE DIET

WHAT YOU NEED TO KNOW ABOUT VITAMINS, NUTRIENTS AND MINERALS

As you embark on your gluten free cooking journey, the first thing you need to accept is the fact you'll always have to avoid gluten from now on. Celiac disease or gluten intolerance doesn't go away. It can't be cured, but the symptoms and gluten damage can be erased with good diet choices.

You should never view at your new cooking style as temporary, because it's not. It's a style you'll use for the rest of your life. What that means is you should find recipes and learn to make substitutions for foods and meals you enjoy. You can't approach gluten free cooking as something you will learn long enough to get by, because you're only setting yourself up for slips and falls into the gluten pit. You need to learn to cook nutritional and good tasting food.

Gluten intolerance, or Celiac disease, is a malabsorption problem.

When you have gluten intolerance, unless you were diagnosed very early, the chances are your body has been injured. Your intestines are damaged and you have been deprived of important nutrients. Gluten intolerance, or Celiac disease, is a malabsorption problem. Essential nutrients, vitamins and minerals have not been passed from the intestines into the bloodstream. Fortunately, the damage can be reversed in most cases by following a gluten free diet.

The interesting fact about gluten intolerance is that malabsorption can occur throughout the entire intestine or just in the upper gastrointestinal tract. Where the intestinal damage occurs determines which nutrients are affected. You can be missing all essential nutrients or just some of them. The problem is the lack of any essential nutrient can lead to other medical conditions.

Cooking for a gluten free diet to stay health means the following.

- Cooking to aid the healing process
- Cooking to restore missing nutrients
- Cooking to meet specific nutritional needs

- Cooking to maintain nutritional balance on a day-to-day basis

Every person who is gluten intolerant has different needs depending upon how the condition manifests itself. Some people may have a severe vitamin A or D deficiency, or a calcium deficiency. For that reason, I always recommend you get professional nutritional counseling as part of your treatment.

The digestive systems of people with gluten intolerance labor hard to expel elements not absorbed through normal digestive processes. The toxin build-up in the intestines causes diarrhea, bloating and reflux. Fats and sugars not absorbed are often the source of the diarrhea. So guess what? Just like any healthy diet, you need to limit your intake of fat and sugar. Alas, it's true! Gluten intolerance is not an excuse to eat sugar, because you can't eat white bread. Darn!

There are common vitamin deficiencies due to malabsorption found in people who are gluten intolerant. They include the following.

- Vitamin D which has anti-inflammatory benefits and assists with the immune system. It also is an antioxidant which prevents cell damage.
- Vitamin A is used by several systems in the body including vision, growth and the immune system.
- Vitamin E which is also an antioxidant. The E deficiency is related to anemia.
- Vitamin K affects blood clotting.

These vitamins are the fat-soluble vitamins that are often found to be deficient in people with gluten intolerance. That's because these vitamins are absorbed in that part of the intestine damaged by gluten.

Other nutrient problems that can occur include anemia due to lack of vitamin B12, osteoporosis due to lack of calcium and fatigue due to lack of iron.

There are also other issues related to cooking healthy meals for people with gluten intolerance.

- Children with gluten intolerance often have growth problems due to lack of proper nutrition absorption. They may be short in stature, have enamel defects and develop early osteoporosis.

GLUTEN FREE DIET

- Senior citizens diagnosed late in life can have problems adapting to the need to do special cooking or to making dietary changes after years of eating one way.
- Teenagers face diets that are not the norm for people their age making them feel "different" and isolated.

Cooking meals that are nutritionally balanced and provide the important nutrients needed to compensate for years of malabsorption are the major challenges to cooking gluten free foods. But you can minimize future problems by eating healthy foods that are gluten free.

MAINTAINING A GLUTEN FREE HEALTHY HEART

Maintaining cardiovascular health, while eating gluten free, is as much an issue about attitude towards food as it is about eating heart-healthy foods. Some people who must follow a gluten free diet mistakenly console themselves by eating foods that are permissible, but not good for the heart. In other words, because they can't eat their favorite breads, they eat food high in fat and sugar.

This is a serious mistake, because the heart must be kept as healthy as the intestines. Once the damage to the intestines has been halted and hopefully healed, the next step is to evaluate overall health. Good health includes a healthy heart.

It is quite possible that a person with celiac disease might have to make additional diet adjustments to lessen their chances of heart attack and stroke.

It is quite possible that a person with celiac disease might have to make additional diet adjustments to lessen their chances of heart attack and stroke. That means eating gluten free *and* foods low in fat and sugar. It may seem as if you don't get a break when it comes to food, but food choices are the means to a healthy lifestyle no matter what disease or condition you may be dealing with over the long term.

The great news is that you can eat all the fresh vegetables and fruits you want and they fit both the gluten free and the healthy heart dietary requirements. Recommendations are as follows.

- Saturated fat should not exceed 7% of all calories consumed
- Total fat should not exceed 35% of the total calories
- Gluten free carbohydrates should account for no more than 60% of total calories
- You should eat 20 to 30 grams of fiber every day

- You should not eat more than 200 mg of cholesterol

Keeping in mind the previous discussion concerning malabsorption and the need to supply missing vitamins and minerals, the diet plan begins to take shape.

- Fiber aids with digestion of foods that the gluten damaged intestines have a difficult time handling
- Fats should be unsaturated fats like those found seeds, nuts, fish, and some fruits like avocados. On a gluten free diet, most fried foods are eliminated anyway because of the bread coating.
- Fats in meats are not good for the heart and can be hard to digest.
- Whole grains are heart healthy foods and the ones like brown rice and millet are also gluten free
- Vegetables are high in vitamins and minerals, have virtually no fat, and when eaten fresh are beneficial to a gluten free diet
- Fruits and vegetables contain a large supply of antioxidants which prevent cell damage. They are good for the heart, speed recovery from gluten damage and assist in the prevention of additional injury.
- Fatty toppings should be avoided including sauces, dressings and gravies which are often not gluten free anyway.

As you can see, a heart healthy diet coincides with a gluten free diet in many ways. You have to be sure you don't create new problems with a gluten free diet because you feel the need to make up for your diet restrictions. Healing the damage in your gut should not be followed by damaging your cardiovascular system through food choices.

WILL I GAIN OR LOOSE WEIGHT?

Obesity is a major problem in the USA. Because gluten intolerance is an absorption problem, you may think being overweight is never a problem you have to worry about. That's not true.

GLUTEN FREE DIET

People with gluten intolerance process food differently, person by person. Though many people become too thin, because they don't absorb nutrients or quite eating due to the symptoms they experience, some people eat the wrong foods and become too heavy. Other people are overweight when they are diagnosed with gluten intolerance.

Maintaining a healthy weight is necessary for good health, and it's especially critical for people with gluten intolerance. Being overweight or obese means the body contains too much fat, and fat affects digestion. You can eat a gluten free diet with a fat content that's too high, so you must be careful you don't create a different health problem while treating yourself for gluten intolerance.

Low blood sugar will trigger hunger.

Blood sugar levels often affect how hungry you feel. That's why nutritionists advise you to eat many small meals throughout the day to keep your blood sugar level at a steady state. Low blood sugar will trigger hunger. High blood sugar causes insulin to overproduce which causes blood sugar to return to low levels. A gluten free diet will help both weight loss and maintaining blood sugar levels. The very foods you should avoid are the ones you shouldn't be eating to lose weight or to maintain your blood sugar levels – high carbohydrate foods that cause the body to produce insulin or blood sugar.

On a gluten free nutritional plan you will eat more protein and lower levels of carbohydrates and fats. It's not unusual for someone who has been excessively thin due to malabsorption to put on weight when they begin eating a gluten free diet. The intestines heal and food is once again processed normally by the body. Many of these people need to gain some weight, but weight should be maintained through a balanced and healthy gluten free diet. Excess weight gain probably indicates that too much rice and potatoes are included in their meals.

GLUTEN FREE DO'S AND DON'TS

There can be several stages to converting to the long-run gluten free diet. During the initial stage, the doctor may recommend you not eat any grains at all in order to give your intestines a head start on healing. Other times, the doctor may just say, "Don't eat gluten." (If you have a doctor who doesn't give you some kind of nutritional direction other than a list of forbidden foods – change doctors!)

As discussed earlier, many people with celiac disease or gluten intolerance have vitamin and nutrient deficiencies. When you begin cooking your gluten free meals, you have three goals.

- Restore the missing nutrients, vitamins and minerals
- Insure the essentials nutrients, vitamins and minerals are maintained in the diet
- Insure meals are healthy and balanced

One of the biggest threats to a gluten intolerant person's health is the temptation to eat the high-glycemic foods. Those are the foods just discussed – carbohydrates and sugars. Eat too many and you will be facing a lot more problems than gluten intolerance. You will potentially create other health problems such as Type 2 diabetes, high blood pressure and high cholesterol levels in addition to obesity.

There are certain basic nutritional recommendations that are important to follow in order to establish a healthy approach to eating from the beginning of your conversion to a gluten free diet.

- Eat plenty of lean fish which contains omega-3 fatty acids and provides important cell protection
- Eat lean meats
- Eat fresh fruits
- Eat fresh vegetables, especially leafy ones, except for those that are starchy like potatoes
- Eat nuts which contain monosaturated fats
- Never eat gluten!

Because gluten intolerance injures the intestines, you might possibly discover you have a lactose intolerance which may or may not go away after intestinal healing. Initially, it's usually advised that you avoid dairy products.

If you follow healthy nutritional guidelines, you will achieve your nutritional goals. Unfortunately, some people with celiac disease develop other medical conditions such as osteoporosis. But even these other conditions can often be improved or controlled through diet.

OTHER POTENTIAL AUTOIMMUNE PROBLEMS

GLUTEN FREE DIET

Cooking for gluten intolerance often includes the need to cook for diseases related to gluten intolerance. A malabsorption condition results in the body being deprived of protecting nourishment. In addition, gluten intolerance is an autoimmune disease which means the immune system is not functioning properly. This greatly increases the odds of developing other autoimmune problems if you don't stick with your gluten free diet.

Osteoporosis

People with gluten intolerance often have severe diarrhea. In addition, the malabsorption problems results in inadequate calcium and vitamin D. Together, the deficiencies in nutrients and vitamins and minerals can result in osteoporosis. Vitamin D and calcium work together to build strong bones. Children who develop gluten intolerance are particularly vulnerable to thin bones due to the lack of essential nutrients while growing.

Cooking a gluten free diet rich in calcium is a first step towards managing calcium and vitamin D levels in the body. The diet may need to be supplemented with vitamin pills. Once the intestine begins to heal on a gluten free diet, more calcium will be absorbed naturally through balanced nutrition.

Calcium can be obtained through fresh vegetables and doesn't require dairy if you are lactose intolerant. You can eat green leafy vegetables regularly and get loads of calcium and fiber. You can also take gluten-free supplements.

Depression

Some people experience a real life-altering depression while trying to deal with gluten intolerance. The causes can be many including emotional problems dealing with the restrictive diet, chemical and hormone imbalances and other nutrient deficiencies. It can also occur as a result of often being sick.

Some depression is more like having the "blues". A general state of sadness over the fact that life will never be "normal" with gluten intolerance creates feelings of being down.

Folic acid has been shown to play a part in mood. Folic acid affects neurological cells and a deficiency can be mood altering. Following a gluten free diet supplemented with folic acid can improve the overall sense of well being. When you are continually sick, it's bound to affect your mood and your emotional well-being. As your body

begins to heal as you follow a nutritionally balanced gluten free diet, you will probably notice a big change in your mood.

If you are truly depressed though, it's crucial you get help. Even a balanced diet can only accomplish so much. Don't try to deal with the emotional problems on your own – rely on your family, doctor and counselors. They are there to help you.

Dermatitis Herpetiformis

Dermatitis herpetiformis, a celiac disease specific skin rash, is an autoimmune response to gluten that affects the skin. It's a skin rash that usually clears up after following a gluten free diet. In fact, though topical creams are used to relieve the itching, the only real treatment for dermatitis herpetiformis is to not eat gluten. I have to wonder, by the way, why someone gave a skin rash such an elaborate name.

Dermatitis herpetiformis, a celiac disease specific skin rash, is an autoimmune response to gluten that affects the skin.

There is one primary element in the diet that is known to aggravate the skin rash – iodine. Iodine is found mostly in shellfish and raw seafood and salt. When you are cooking your gluten free foods, and have flare-ups of dermatitis herpetiformis, you should avoid foods high in iodine and salt.

Diabetes

As discussed earlier, one of the treacherous paths people converting to a gluten free diet must navigate is learning to avoid eating too many fats and starchy vegetables to make up for lack of grains. Starches are converted to sugar which is then controlled by the natural release of insulin in the body. Overload your body with starches and Type 2 diabetes can result.

Some people are diagnosed with both diabetes (Type 1 or 2) and celiac disease meaning their diet must do double duty. One diet is to control gluten and one is to control the diabetes. A celiac diabetic must be aware that many gluten free foods are higher in starches than foods without gluten. For example, eating a lot of rice can raise the blood sugar levels.

When you begin cooking a gluten free diet, your body begins a healing process that results in more normal absorption of nutrients including carbohydrates. A gluten free diet can actually "cure" Type 2 diabetes at its best when coupled with weight loss when

GLUTEN FREE DIET

overweight. The gluten free diet will certainly help you keep blood sugar levels even so you don't experience hypoglycemic episodes.

Obesity

Unfortunately, some people believe you can't be obese and have gluten intolerance. That's a fallacy which prevents some people from being tested.

If you are obese and diagnosed with gluten intolerance, you must avoid eating many of the same things you would eat even if you were not gluten sensitive. You can't cook tons of gluten free desserts, eat them in front of the television at night and expect to maintain or lose weight. You must maintain nutritional balance which means eating fewer calories than you expend to lose weight.

If you cook a nutritionally balanced gluten free diet that is high in protein and low in fats and sugars, odds are you will lose weight. This is especially true if you couple the diet with increased exercise levels. Protein and exercise increase the metabolic rate which is the rate at which you burn calories.

If you thought you would read about cooking for a gluten free diet and not be told to exercise, you thought wrong! Exercise is important for a person with gluten intolerance because it aids digestion. It also eliminates hormones related to stress which can affect physical health and how you use nutrients in your body.

4 MEAL PLANNING

When it's time to get down to real meal planning, the task can seem a bit overwhelming at first. Most people live busy lives and cooking is normally a matter of assembling favorite time-and-ingredient-tested recipes. There are standard lists that begin with familiar brands and grocery items followed by special recipe ingredients when cooking special requests. Many a mother puts together the shopping list without opening a single cookbook or looking in any of the cupboards. It's done from memory and as a result of day-in and day-out cooking.

Now suddenly that's all changed. The kitchen had to be transformed into a gluten free kitchen, and the cupboards are going to have to be filled with gluten free products. Before you ever start shopping, you need to do some meal planning. You're going to have to decide what recipes you want to convert to gluten free, find some new recipes and discard others.

Before you ever start shopping, you need to do some meal planning.

Based on the prior discussion, you have two goals.

- Devising a gluten free meal plan that provides balanced nutrition
- Creating a meal plan that's not boring

If you plan your meals ahead of time, you won't be tempted to overspend at the grocery store and you also won't spend unnecessary time shopping. Without planning, you could spend the whole day at the supermarket trying to make substitutions in your mind as you walk the aisles.

Converting to a gluten free diet actually involves two kinds of substitutions. Of course, you're going to substitute gluten free items for gluten. But you are also going to be substituting some new recipes for old ones you should no longer eat. You may love donuts for breakfast, but they contain wheat flour and must be eliminated. You could make gluten free donuts, but that's a lot of effort to make a fried carbohydrate meal you shouldn't be eating except on special occasions.

Meal planning takes some dedication and sense of purpose. You may discover that you spend more on some gluten free foods. You may also end up spending more because you'll be purchasing more fresh food rather than pre-packaged and processed

MEAL PLANNING

food. But really, when you think about it, spending more to stay healthy is a good expense.

MAKING A PLAN

The purpose of day to day meal planning is making sure:

- You don't buy food you should not be eating
- Simplify a more focused menu

Meal planning for gluten free cooking is not complicated, but it's geared towards choosing meals suitable for ingredient substitution or that only use gluten free ingredients. Meal planning takes a willingness to spend the time needed to get the job done.

A healthy gluten free daily diet requires the following nutrients.

- 3 Servings (cup of liquid or ounce of solid) of dairy
- Up to 9 servings (tablespoons) of fat
- 3 to 6 servings of fruit
- 4 or more servings of vegetables
- 6 servings of protein
- 6 servings of gluten free starch

When you are planning your meals, there are food items you want to *avoid* all together or strictly limit.

- No foods containing gluten (of course) including wheat, rye and barley grains and cereals
- High fat meats
- Processed meats

- Milk
- Hydrogenated foods like butter and margarine
- Sugary drinks with low amounts of fruit juice
- Deep fried foods
- Canned foods with high amounts of sodium
- Sugary desserts (Sorry, desserts are off limits on any balanced diet so don't feel sorry for yourself! You can eat a dessert on special occasions.)

So you know what not to include in your meal planning. The next question is what kinds of food should you *include*?

- Lean meats and skinless poultry
- Fish except for shell fish high in iodine
- Sandwich meats not injected with fillers or processed with other high fat meats
- Fat free milk or soy milk if lactose intolerant
- Yogurt
- Vegetable oils
- Unsalted nuts
- Fresh fruit
- Fresh vegetables
- Gluten free breads and grains

Now see – that wasn't so bad? But do you notice what's missing? What are missing are sugar, fats and processed foods. When you do your meal planning, you're going to use the fresh and gluten free ingredients and cook meals that are nutritionally sound and gluten free!

MEAL PLANNING

If the whole family has decided to go gluten free, which we'll assume they have for this discussion, meal planning is simplified. Those in your family who can eat gluten can do so when they eat snacks, or meals where you're not present, or when eating at a restaurant. But if you're the cook and the gluten intolerant person, staying on track is much easier if you're not cooking foods with gluten.

When meal planning, many cooks plan a week at a time because they go to the grocery store once a week. You can use the same time-saving steps you have always used. Plan to cook foods that can be used in multiple meals such as chicken. You can also cook several meals at once and freeze them. But what about those favorite recipes? Are they now banned from your table? Not on your life!!

CONVERTING OLD FAVORITE RECIPES

There are plenty of gluten free cookbooks on the market today, but not everyone wants to give up the recipes they've been using for years. Most cookbooks are dog-eared and fall open to the favorite recipes cooked over and over again. They're the ones the kids ask for and look forward to eating, or the meals your spouse thinks are your best. Then of course, you have a box of recipes that include your great-grandmother's chicken and dumplings recipe and your mother's apple pie.

When you first begin to realize what it means to be gluten free, it's easy to think you'll have to give up all your favorite foods. That's simply not true. You can substitute gluten ingredients with gluten free ingredients in almost every recipe. Some of the gluten free flours take a little practice to get the consistency and flavor the way you want it, but being able to continue enjoying your favorite foods is worth the effort. Once you get the substitutions set to your liking, the new-old recipe can go into your gluten free recipe card box or into your recipe card box to be used over and over again.

GOURMET COOKING TIPS AND TREASURES

Cooking gluten free meals does not have to be a boring, mundane affair. In fact, because of the ability to substitute gluten free ingredients in foods, almost any recipe is adaptable. That means you can cook exotic, gourmet foods as much as you can cook mom's chicken pot pie recipe.

We live in a world that has grown very small. People frequently travel to other countries, watch cooking shows with foreign chefs and buy cook books with gourmet recipes. Home cooked fried chicken and apple pie are no longer the standard fare in the American household. There's just as likely to be tofu and quiche on the table.

Cooking gourmet foods can go a long way towards keeping your meals interesting. This kind of cooking can also make great fare for dinner parties, holidays and special celebrations. The point is you don't have to eat just plain and traditional food on a gluten free eating plan. In fact, unless that's the only kind of food you like, you need to have some fun cooking more interesting foods.

You don't want your gluten free meal planning to be ho-hum, tedious and tasteless. If you fall into that trap, it won't take long before you're tempted to cheat. Binge eating is one of the biggest threats to staying gluten free. Everyone needs variety in their diet. It's human nature.

To prove that exotic foods are completely possible on a gluten free nutritional plan, several exotic recipes follow. These are not normally the typical kinds of recipes you find first in a gluten free cookbook, but they add a lively air to the discussion of cooking gluten free. It's hoped they put you in the right frame of mind in preparation for discussing ingredient substitutions, reading labels and cooking every day meals.

Let the party begin!

Elegant Cheese Soufflé

A soufflé is a baked dish with egg yolks and white and other ingredients cooked to a light and fluffy consistency. The dish is French and elegant and can be used for a special family dinner or a party entrée or even a buffet dish. They will think you've cooked a special recipe that took hours of preparation and a special chef touch.

- (8) eight ounce ramekins
- (4) tablespoons butter
- (2) cups half-and-half
- (3) tablespoons potato starch
- (1) cup grated Gruyère cheese
- (2) egg yolks
- (5) egg whites

You will also need some melted butter to brush on the ramekins, some gluten free flour for dusting the insides of the ramekins and some fresh thyme or any other kind of seasoning you enjoy on eggs and cheese.

Directions

MEAL PLANNING

First get the ramekins ready by brushing with the melted butter and then dusting with gluten free flour. This prevents the cheese and eggs from sticking during baking.

Next, using low heat, melt the butter, add potato starch and mix until completely blended. Then add the 2 cups of half-and-half and blend again. Increase the heat and keep blending with a whisk until it thickens. You can season to taste with salt and pepper. If it has lumps, run the sauce through a strainer.

Let the sauce cool. Once it's cool, add the egg yolks, thyme or favorite egg seasoning and cheese, whisking all the while to blend.

Next mix the egg whites until they form peaks. This is one of the more difficult stages, because the peaks must be firm. Fold the firm egg whites into the sauce and cheese mixture. Use a rubber spatula and BE GENTLE. You want to use a gentle hand for mixing soufflés. Fold the egg whites and sauce together until mixed but don't mix so hard you lose all the egg white fluffiness you worked so hard to form.

Now spoon the mixture into the ramekins. Sprinkle the top with cheese. Bake in preheated 375 degree oven for approximately 20 minutes. Voilà! C'est Manifique! This does not sound like a dish for a boring gluten free meal, does it? It is gourmet food that is safe to eat and tingles the taste buds.

Here is another recipe that shows how you can enjoy Chinese food even though you can't eat soy sauce or noodles.

Chinese Chicken

Sauce

(8) Chicken thighs or breasts that have been boned and skinned and cut into 1-inch pieces

(1) Tablespoon cornstarch

(2) Tablespoons gluten free soy sauce

(2) Tablespoons water

(2) Tablespoons rice vinegar

(1) Garlic clove or (1) teaspoon minced garlic

Fresh ginger

Red pepper flakes

Gluten free cooking oil

Directions

First make a marinade by mixing 1 beaten egg and 1 tablespoon of cornstarch in a bowl

Add the chicken pieces and make sure they are well coated. Let the chicken stand in the marinade for 15 minutes.

While the chicken is in the marinade, make the sauce by mixing all the ingredients together.

Heat (3) tablespoons of gluten free oil in a skillet or wok. When the oil begins to smoke (very hot), add the chicken pieces and cook until light brown. Remove chicken as it is done. Discard unused oil.

Add the chicken back to the skillet. Add the sauce and stir. You can then serve it over rice and add fresh vegetables to the plate. It's a delicious dish that's healthy, gluten free and a real treat for anyone who enjoys the flavors of Chinese cooking.

These are just two recipes to show you that gluten free cooking does not have to be dull and boring. You can plan meals you cook in a crockpot, meals you can serve the whole family, dishes that will impress friends and entrées that prove you're still a great cook even using gluten free ingredients.

You'll notice the two sample recipes don't require a lot of special ingredients. As you will learn in the following sections, once you get your pantry set up for gluten free cooking, you'll have what you need to do everyday cooking.

So now that you have an idea of how to go about meal planning, and the understanding that gluten free cooking doesn't mean taste-free cooking, it's time to discuss how to make actual substitutions for recipes. This will be followed by suggestions for making shopping for gluten free ingredients a breeze.

5 SUBSTITUTIONS

The word "substitution" unfortunately often implies something negative. For example, when you order something from a catalogue and you get a substituted product, the feeling is a letdown you didn't get what you really wanted. But substituting one ingredient for another in cooking can actually make a recipe taste better even if different.

Gluten free cooking involves a lot of substituting, but you need to keep an open mind and realize that flavor does not have to be sacrificed. Following is a discussion about the different kinds of substitutions most commonly used and how to accommodate gluten free flours.

MAGICAL SUBSTITUTIONS

There are lots of ingredients that can be substituted using gluten free products. The goals are to be able to continue using those favorite family recipes, learn how to cook gourmet food when you want, and to try new gluten free recipes that add variety to your meals. Ingredient substitutions sometimes result in magical foods that your taste buds don't suspect are gluten free. As the old saying goes, variety is the spice of life!

Gluten Free Grains

Wheat, barley and rye represent poor health to someone with gluten intolerance. It's hard to imagine that such basic grains can cause so many problems in your life, but they sure can. You will have to learn to "talk the talk" so you know which grains are taboo and which grains are gluten free.

The safe and unsafe grains and food groups were discussed earlier. You need to learn the terminology first, and then you can learn how to substitute safe grains for unsafe grains.

Wheat can also be called spelt, durum, farina, matzah, einkorn and durum to name a few.

Anything that is wheat is unsafe. That includes wheat germ and wheat starch. Triticale is a lab produced wheat and rye hybrid. Wheat can also be called spelt, durum, farina, matzah, einkorn and durum to name a few. Wheat derivatives like malt are also not allowed on a gluten free diet.

There are plenty of alternative grains even though most people are unfamiliar with many of them. If you recall the discussion about grasses, there are lines of plants that are separate from the wheat, barley, and rye line. These other lines are grasses and they are safe for a gluten intolerant to eat. In fact, many of them contain more nutrients than wheat, barley or rye and make welcome additions to the diet of a person lacking essential nutrients.

First, let's review the grains (grasses) you can use as substitute grains in your recipes.

- Teff is a grain that consists of almost 12% protein. It also contains potassium, iron and calcium in amounts exceeding other grains by almost a multiple of 5.
- Millet is a grain that has a lot of iron, magnesium and potassium. Magnesium plays an important role in calcium absorption and is critical for those with celiac disease to maintain bone density. Millet also has plenty of vitamins.
- Buckwheat sounds like it should be a forbidden food, but it's a safe grain. It's too bad it has the name it does. Buckwheat isn't wheat. It contains amino acids in abundance and lots of vitamins and minerals.
- Amaranth is actually flower seed. Its claim to fame is as a staple food source from the ancient Aztec culture. They appreciated its wonderful health benefits even if they didn't know why they experienced them. Amaranth is full of calcium, iron and fiber, amino acids and protein. That's a lot of nutrition in a small seed.
- Arrowroot is used like cornstarch as a thickener. It is believed to have soothing intestinal benefits including preventing diarrhea.
- Other gluten free grains and grasses including Montina, Quinoa and sorghum. All have fiber, vitamins and protein.

All of these grains and grasses and flower seeds are ground into flour and used for baking. Many of the flours are mixed together to form hybrid gluten free flour for baking. Because they don't have gluten that makes bread dough rise, you will learn there are other ingredients to add to the flours that make your gluten free baking as wonderful as it has always been over the years.

Many of the flours are mixed together to form hybrid gluten free flour for baking.

There are a couple of terms related to grains you should understand just to make shopping easier.

SUBSTITUTIONS

- Whole grain is the entire seed including the outer layer (bran), the concentration of vitamins and minerals (germ) and the kernel (endosperm)
- Refined grain contains only the kernel and has very little nutritional value until they are enriched with the lost nutrients

Baking Ingredients

Your pantry should be stocked with the gluten free foods and ingredients you need to make your gluten free recipes. When you do your meal planning, use the recipe ingredient list to check against what's stocked in the pantry. Some of the gluten free baking ingredients you can use as substitutes in recipes include the following.

- Cornstarch is naturally gluten free
- Baking flours including arrowroot flour, corn flour, soy flour, brown rice flour, sorghum flour and blends of flours using teff, millet, quinoa and montina
- Gelatin powder
- Xanthan gum or guar gum to add the "stickiness" you get naturally with gluten
- Lecithin for texture in baked goods
- Potato starch flour for thickener
- Tapioca starch for the stretch you get naturally with gluten
- Fresh yeast
- Sweet rice flour for thickener

You can even make some of your own gluten free baking ingredients such as baking powder so you always have them on hand. The following recipe is just one of many you can find that are ingenious and perfect for your needs.

Gluten Free Baking Powder

2/3 cup Cream of Tartar
1/3 cup Baking Soda
2/3 cup Potato Starch

Directions

Mix together and store in an airtight container.
1-½ teaspoon of this mixture = 1-teaspoon of regular baking powder

If you keep these baking ingredients on hand along with other baking ingredients such as soda and sugar, you can bake a wealth of recipes including bread, biscuits, cakes and pie crusts that are all gluten free.

Simple Ingredient Substitutions

For other foods that aren't bread loaves or crusts, you can make simple substitutions. Many of them you can make yourself and others you buy at the grocery store or health food store.

- Bread crumbs for casserole toppings can be made from your baked gluten free bread
- Croutons for salads can be made by cubing gluten free bread and toasting them
- For coatings you can use the gluten free flours or the gluten free bread crumbs you make
- For Mexican food, use corn tortillas you make or buy
- Soups and stews can be thickened with gluten free flour or gelatin
- Ground Flaxseed mixed (1 tablespoon) with water (2 tablespoons) can be substituted for an egg.

It's easy to see how you can substitute the gluten free flour in a number of ways. You will also learn in the following sections about shopping for other gluten free products.

SUBSTITUTIONS

Substitutions for Dairy for the Lactose Intolerant

There are several ways to limit or avoid dairy products and still cook your favorite foods.

Many people who are gluten intolerant are lactose intolerant, or they must avoid dairy until their intestines heal on a gluten free diet. There are several ways to limit or avoid dairy products and still cook your favorite foods.

- Soy milk fortified with calcium can be used in place of whole milk
- Kefir is a gluten free product that is similar to yogurt
- Palm oil shortening can be used in place of butter
- Gluten free rice milk is another substitute for cow's milk
- Goat's milk doesn't have cow milk casein
- You can make your own milk substitute such as potato milk
- Add a souring agent like lemon juice to soy or rice milk to make a buttermilk substitute
- Blended tofu can be used in place of sour cream

By now you should be getting a clear picture of the world of opportunity you have for ingredient substitution. You can substitute almost any gluten containing ingredient with a gluten free alternative and cook or bake whatever you want.

THE SECRETS TO CONVERTING RECIPES

When you are ready to tackle gluten free cooking, choose your recipes and then list the substitutions. There are a few tips to make it easier to know how much to use and how to get as close as possible to the same results as you would expect with the traditional recipe.

First, most substitutions are measurement for measurement. If the recipe calls for a cup of wheat flour, you would use a cup of amaranth flour. If it calls for a tablespoon of butter, you would use a tablespoon of palm oil shortening. There are some

exceptions but you will have to experiment to get your mom's recipe tasting as close to the original as possible.

Each of the gluten free flours produces a different consistency in baked items. Potato, arrowroot and tapioca flours can result in "sticky" bread which means less should be used next time. Cooking is an art form, and like any art, the first picture may not be perfect. Heck....you may have to throw it away and start with a new canvas. Don't be discouraged though, because a little practice will last you a life time.

Here's another cooking tip for making your gluten free bread baking successful. Gluten free flours don't have the same elasticity as wheat flour, because it's the gluten that creates that elasticity. Gluten is what makes bread rise too by trapping the yeast released byproducts. So when there's no gluten, you have to add something to create the same consistency.

Gluten is what makes bread rise too by trapping the yeast released byproducts.

Xanthan gum has been used most successfully in gluten free cooking. It puts the elasticity back into the dough. It also is used in cakes and pizza dough. You add the Xanthan gum to the flour, and it doesn't take very much to get the job done either.

Other cooking tips include the following.

- You can make your own flour mixtures of multiple gluten free flours and store them for use another day to save time
- Yeast will work better in gluten free baking if you add protein such as an egg
- Cook gluten free grains just like you would regular grains
- For those willing to pay the price, purchase gluten free mixes for the pantry
- Double gluten free recipes so you have plenty for leftovers for another meal or to freeze
- Rice syrup can be used as an substitute sweetener
- Make sure you use gluten free beer when a recipe calls for beer as one of the sauce ingredients

A lot of cooking for gluten free living is experimentation. You may have some failures when first transitioning to your new meal plans, but remember that a good attitude is

SUBSTITUTIONS

the key. You have to understand it will take some practice to get your recipes balanced to your satisfaction.

If you are under the impression that having a good attitude is the first step towards success in anything you do to implement gluten free living....you're right! It's all about attitude and being patient with yourself while learning. Unless you're a cooking genius, when you first learned to cook you made plenty of mistakes. Think about the casseroles you burned and the inedible cookies that were hard as rocks or the cake that seemed to weigh a ton. Aahhhh..... those were the days....

Well, those days may be back, but once again they're temporary. As you experiment with gluten free flours and convert your favorite recipes to gluten free versions, it gets easier and easier.

6 STRATEGIC SHOPPING

You have completed your menu planning, made your substitution lists and have the right attitude. Now it's time to tackle the brave new world of gluten free shopping. First it's important to understand the labeling laws and the terminology, because gluten hides in the least expected places.

LABELING LAWS – TELLING IT LIKE IT IS

There are two sets of labeling laws you should understand, because as you will see, your food purchases can be made both at the local grocery store and online from stores around the world. It's important to be able to read the labels and know what you are reading.

For example, if you read the words "Codex Alimentarius" would they mean anything to you? Codex Alimentarius, or Codex for short, is the name of the food standards code established by the World Health Organization. This is the labeling standard used in Europe. Europe has recognized the need for gluten free labeling for years and has utilized the Codex definitions.

Codex Alimentarius, or Codex for short, is the name of the food standards code established by the World Health Organization.

The Codex standard for gluten free requires that gluten not be present in food in amounts greater than .05 grams per 100 grams of dry grains. The label on gluten free food in Europe means the cereal containing products have been made gluten free, and that gluten ingredients have been substituted with gluten free ingredients.

The Codex standard for gluten free has been in existence since 1976, as opposed to the United States FDA labeling standards implemented January 2006. This came about as a result of the 2004 Food Allergen Labeling and Consumer Protection Act. This Act requires food labels to list any of eight major foods known to cause allergies. These food groups are the following.

- Wheat
- Tree nuts
- Peanuts
- Soybeans

STRATEGIC SHOPPING

- Crustacean shellfish
- Fish
- Eggs
- Milk

Notice that there are several food items on the list that can cause a person with gluten intolerance a lot of problems. Of course, the offending wheat food is absolutely taboo in your diet. But shellfish can aggravate skin rashes due to iodine. Milk should be avoided if you are temporarily or permanently lactose intolerant. Nuts are only safe if you are sure there's been no cross contamination during harvesting and packaging.

In the USA, the labeling laws for "gluten free" are voluntary until a final rule is published by August 2008. So gluten free standards are still not codified like they are in Europe, but at least the work is in progress.

One other caution relates to the fact that food on shelves before 2006 are not required to be relabeled or removed. So there is still plenty of food in the grocery stores that contain allergens including gluten that may be listed on labels as additives or mysterious unrecognizable ingredient names.

Labels that list ingredients for any product, food and non-food, are required to be listed in descending order based on amounts. So the largest quantity of ingredient is listed first. When you read labels, you have to be prepared to understand some of the terminology because chemical names, derivative names and invented names can hide what's really gluten.

As manufacturers get more savvy about celiac disease and gluten intolerance, many are already voluntarily adopting Codex standards and USA voluntary labeling standards until the USA makes a definitive ruling. Another caveat to label reading is that some products are gluten free and won't even mention it. The foods are safe to eat but you would only know that if you know how to read the labels.

When label reading, don't ever assume you know for a fact a food is gluten free now because it was a month ago. Manufacturers change their formulas all the time. Additives and fillers are especially prone to be modified on a regular basis. You have to always be on alert for product ingredient changes.

Obviously, the more cooking you do with fresh foods, the easier it will be to stay gluten free.

GLUTEN BY ANY OTHER NAME IS STILL GLUTEN

Shakespeare had it right hundreds of years ago. A rose by any other name smells just as sweet, just like gluten by any other name is just as dangerous to someone who is gluten intolerant. The first thing you'll learn is there are lots of foods that contain gluten in the forms of additives and extracts. You have to become familiar with the terms so you know what words to look for on the label.

An important thing to remember when you are reading labels is the fact you will have to call some manufacturers to get definitive answers as to whether some products contain gluten. Don't be surprised though if you discover some manufacturers don't answer your questions to your satisfaction. When in doubt, or not satisfied a food is safe to eat, then don't buy or eat it. Don't try a product to see if it makes you sick!

It may seem overwhelming at first, but after a while you'll recognize the terms with no problem. When in doubt, DON'T buy the product or eat the food. There is no reason to take a chance on eating gluten, when your goal is to eat as gluten free as possible. For some people with high levels of gluten sensitivity, even a small amount of gluten can cause serious problems in the intestines.

Earlier, you learned about foods that may contain gluten. Now you will learn the specific label ingredient terms that indicate gluten is present in the food. Following is a partial list of *unsafe* ingredients that are not easily recognized as containing gluten.

- Amino peptide complex that is derived from barley
- Hydrolyzed wheat protein
- Brewer's yeast
- Filler flour (unless specifically identified as non-wheat)
- Graham flour
- Hordeum vulgare extract (that pesky barley again!)
- Hydrolyzed vegetable wheat protein and hydrolyzed wheat

STRATEGIC SHOPPING

- Wheat, wheat gluten, wheat starch, wheat bran, wheat germ, wheat protein and triticum vulgare which is wheat again
- Anything marked as vegetable starch unless it specifically tells you what the vegetables are
- Dextrimaltose
- Tabbouleh
- Lipids
- Germ Oil
- Groats
- Wheat bran extract
- Wild einkorn
- Whey sodium caseinate
- Dextrin
- Monosodium glutamate
- Monoglycerides or diglycerides
- Malt

This is not intended to be a complete list by any means, but only to point out the more common food ingredients in processed food that contains gluten. You should review the list of ingredients that are unsafe for people with gluten intolerance or celiac disease on the celiac.com site at

http://www.celiac.com/st_prod.html?p_prodid=185&p_catid=12&sid=91hH9H1kVJhf7Et-16107310160.7f . There is also a fairly comprehensive list of safe foods and ingredients also.

Now that you understand how to approach the potentially treacherous path for reading labels, it's time to learn the kinds of foods containing these gluten filled ingredients. This is another area where it's not obvious by the name that the product

contains wheat, barley or rye, or has gluten. For example, did you know barbeque sauce probably has gluten in it?

WHOLE FOODS THAT SPELL DANGER!

As you begin to shop for foods, you should recognize that almost any food that has been blended, mixed, combined, shaped or cooked is a potential source of gluten. Think in terms of baked breads, sauces, gravies and all processed food as being potentially unsafe.

- Bread, bagels, pretzels, muffins, biscuits, toast, waffles
- Broth, stock
- Desserts including pies, cakes, cupcakes, cookies, tortes and pudding
- Ice cream (yes, unfortunately ice cream what a tragedy)
- Pasta, macaroni, spaghetti, noodles

Some foods or ingredients may or may not contain gluten. The only way to know for sure is to read the list of ingredients on the label.

- Canned foods (must check ingredients)
- Processed food including meats and cheese spreads (look for specific terms indicating contains gluten)
- Caramel color
- Cheese (veined cheeses may have mold started with bread crumbs)
- Cereals (check grains)
- Hydrolyzed plant proteins (establish what plant the product uses)
- Seasonings (not regulated for ingredients)
- Flavorings

STRATEGIC SHOPPING

- Soy sauce
- Tomato sauce or paste

- Bastings

- Salad dressings

- Flavored drinks including flavored coffees

Let's see..... you can't eat many canned foods, no processed meats, no bread, no sauces, no gravies, and no desserts. You're supposed to avoid dairy and beans while transitioning to a gluten free diet. Hmm.... doesn't seem to leave much on the plate (pun intended), does it? It must seem at this point all you will get to eat is rabbit food like lettuce and maybe a lone cup of unbuttered popcorn for a treat.

Take heart because it's not like that at all. You can eat interesting and healthy meals that taste good. It's all in the planning. So far you have learned how to make your kitchen gluten free, what kinds of foods to eat, which foods contain gluten, which foods to avoid or question, how to choose recipes and understanding the principles of ingredient substitution. The next step is.....

SHOPPING MADE EASY

When you're ready to go shopping for gluten free foods and ingredients, the best plan of action initially is to have a list of foods and terms that indicate "unsafe". After a while you won't need a list or won't have to check it all the time. When you're transitioning to a gluten free diet it's best to not rely on memory to: 1) avoid wasting money on foods you can't eat, and 2) save time.

Spending the time to find foods you can eat is well worth the effort. As discussed, one of the threats to staying on a gluten free diet is boredom. If you eat the same food every day with no variation, it won't take long before you are tempted to slip and eat something more interesting – like that donut your husband didn't eat for breakfast.

You can print a list of unsafe foods and ingredients from the internet, or you can make your own list. Either way, make sure you have your cheat sheet in hand and get ready to face the grocery store shelves with a whole new outlook on life. You now know which foods were making you sick and can ferret out those foods that will keep you healthy. It's all about attitude!

When you first begin your trip down the food aisles, you'll initially find yourself thinking all foods are processed. It may seem that way, but it's not true. Sure, the cans and bottles contain additives, stabilizers and mixtures that probably contain fillers. But there are also fresh vegetables and fruits one or two aisles over.

The rule of thumb is the closer the food is to its natural state, the better the chances you can eat it. The other foods you can focus on are those that are clearly labeled gluten free. But remember that gluten free doesn't mean it's automatically healthy for you. As discussed earlier, gluten free food can still be filled with carbohydrates and sugar so you must make careful food choices. You don't want to substitute one health problem for another.

The rule of thumb is the closer the food is to its natural state, the better the chances you can eat it.

Shopping at the Grocery Store

Start your shopping by walking the outside aisles in a square. That's where you'll find your healthiest foods you can eat. Then begin strolling the aisles on your treasure hunt for gluten free food items.

- Fresh fruits don't have gluten and you can eat all of them you want. They can be used for snacks, to make toppings and in desserts.
- Fresh vegetables don't have any gluten either. You can eat all of them you want except for the very starchy ones like potatoes. You should eat lots of green and/or leafy vegetables like broccoli, cauliflower and Brussels sprouts. Lettuce is also gluten free and contains many minerals and vitamins.
- If you are not lactose intolerant, you can buy milk and natural non-veined cheeses and yogurt that are gluten free. If you cannot use dairy products, then buy milk substitutes like soy or rice milk.
- Eggs are gluten free though people with cholesterol problems should not eat too many during the week.
- Canned foods may or may not be gluten free. Most canned vegetables are safe because they're packed in water. Buy the low-sodium or low salt canned vegetables. Canned vegetables like baked beans and chilies often have gluten thickeners in the sauce.

STRATEGIC SHOPPING

- Frozen vegetables are safe to eat as long as they have not been frozen in a sauce. If there's a separate sauce packet you should discard it because it probably contains a gluten thickener.
- Many canned meats and fish are gluten free. Tuna fish, canned salmon and real crab meat are usually gluten free. Do not buy imitation seafood because it contains gluten.
- Your baking needs must be met. The list provided in the previous section is a good start for supplying your pantry. Buy gluten free flours, baking powder and maybe chocolate (if you're a chocoholic which is a good thing to be!)
- Buy wild and brown rice which are loaded with vitamins and minerals. Be careful about eating too much white rice, because like potatoes, it's full of carbohydrates that will affect your blood sugar.
- Meat and chicken is gluten free if it has not been processed. If the meat has been injected, canned, ground or preserved in any way, you must proceed with caution. Buying fresh unprocessed meat from the meat case is the safest way to shop. Don't buy hotdogs or sausage unless specifically marked as gluten free. Don't buy any meats that have additives.
- Fresh fish is an excellent food selection. It is gluten free and loaded with omega-3 fatty acids which provide cell protection.
- Condiments are trickier to buy. They may not be as obviously safe or unsafe because they're made in a variety of ways. Some brands are gluten free and others aren't safe to eat. You'll have to spend some time reading labels and becoming familiar with the ones that are gluten free. You can find gluten free mayonnaise, ketchup, mustard, salad dressings, barbeque sauce, salsa and jelly that are naturally gluten free or made as a gluten free variety.
- Cereals are not safe to eat unless specifically labeled gluten free. Even the ones that are naturally gluten free, like oats, are subject to a high likelihood of cross contamination. So unless the food producer wants to document the fact its gluten free, cereal is not to be trusted when bought from the grocery store shelves.
- Snack food is a necessity also. Every human being likes to snack and you want to make sure you have your gluten free snacks ready. You can eat popcorn with no gluten flavorings. Plain potato chips, nuts, some corn tortilla chips are

gluten free. The best snacks, of course, are fresh fruits and vegetables with a homemade dip.

When you shop for food at the grocery stores, be careful about buying foods that have potentially been exposed to gluten through cross contamination. For example, open bins of grain where you can measure the amount you want to purchase should be avoided.

If you have done your homework and preplanning thoroughly, shopping at the grocery store should not be difficult.

Shopping at the Health Food Store

The health food store is another great place to find gluten free foods. But you must be careful you do not mistake the descriptions on the food products. "Whole grain" does not mean gluten free. "No additives" doesn't mean gluten isn't present. You are still looking for labels that say "gluten free".

Speaking of labels, the same rules apply in that area also. You must make sure you read the labels and look for the terms that indicate gluten is present in the product. Just because a store claims to sell only healthy food alternatives doesn't mean you can eat everything they sell.

Just because a store claims to sell only healthy food alternatives doesn't mean you can eat everything they sell.

The health food store can be a great place to find a larger variety of gluten free products though. If your grocery store selection is poor or you're not happy with the choices, then try the local health food store.

Shopping Online

Today we live in a cyber world which means you can do your gluten free shopping online. The online stores are particularly wonderful places to find special flours that are gluten free. Online suppliers have actually bake tested their products and received customer feedback you can understand. They supply recipes and tips on how to cook gluten free.

Online gluten free shopping also makes it easy to find all your gluten free products in one location. Instead of spending hours grocery shopping and reading labels, you can find gluten free products that are labeled appropriately. It takes a lot of the worry out of gluten free shopping.

STRATEGIC SHOPPING

If you approach gluten free food shopping methodically, it's not difficult. But you should be aware that gluten free foods tend to be higher priced. That's another good reason to eat a lot of fresh fruit and vegetables. It also makes assembling and cooking your own meals a sensible cost control tactic.

Popular Gluten Free Sites and Products

Just like the grocery shopping you have been doing for years, you will discover products you'll buy over and over again. There will also be brands you will swear work the best for your gluten free cooking. There are several sites that carry multiple brands and their own unique products which encourage you to experiment before you settle on particular products as your favorites.

- www.glutenfreemall.com
- www.glutensolutions.com
- www.glutenfreemarket.com
- www.glutenfreebakery.com
- www.glutenfreeflour.com

The products and brands that become your favorites is mostly a matter of personal preference. You can even order from online gluten free stores around the world. For example, gluten free flour can be purchased from www.dovesfarm-glutenfree.co.uk/gluten-free-products.htm which is located in the United Kingdom. These gluten free vendors are constantly offering new products to make your gluten free cooking easier and more reliable in terms of results.

There are also specialty gluten free food companies that sell gourmet and unusual food items. There's gourmet pizza dough, snack bars, some of the best desserts you'll ever taste, pasta, corn snacks, nuts, pies, specialty flours, soups and candy. Actually, almost anything you used to eat that contained gluten is now made gluten free. You may not find them in the grocery store, but you'll have no trouble finding them online.

Now if you are nervous about spending money on brands or products you've never tried before, then you have another option. You can sign up or join a gluten free food blog and read what other people have to say about products. You can ask questions,

get practical advice and find out which products provide the best results in gluten free kitchens around the world.

HANDLING THE HOLIDAYS

You can't discuss gluten free eating and cooking issues and ignore the holidays and special events. Special events include birthdays, celebrations, dinner parties and all the other occasions in people's lives that are marked with food. The holidays can present special problems because every family has traditional recipes that are *always* cooked for the holiday.

The first holidays after you're diagnosed with gluten intolerance can be difficult. Your family may have a hard adjusting to the fact you can't eat Aunt Mabel's turkey dressing this year. That's unfortunate and you have to work your way through the issues one at a time with patience. The important point though is you can cook gluten free for the holidays. Once your family and friends taste your delicious gluten free cooking, it won't make any difference you had to make some ingredient substitutions.

If you are serving dinner on the holiday or having a dinner party, you can cook all the gluten free foods you want. If you have practiced before the big day, and have narrowed your product choices to those that work best for your cooking style, chances are no one will even notice you have made ingredient substitutions.

It's more complicated if you are going to someone else's house for dinner. But if you have called ahead, then hopefully 1) you have brought your own foods to replace the ones you can't eat, or 2) your family and friends have cooked some gluten free options for you. (Of course, the third option is you go hungry because all you can eat is the green beans, but hopefully your family and friends treat you better than that!)

Thanksgiving is probably one of the most tempting "cheat meals". There's so much gluten in traditional Thanksgiving foods.

- Turkeys are often injected with flavorings made with gluten
- Turkey dressings use bread crumbs
- Vegetables are cooked in broths containing gluten
- Sweet potatoes sometimes start with canned vegetables and you have no idea if they have gluten fillers or not

STRATEGIC SHOPPING

- Sweet potato pie has marshmallows on top you can't eat
- Desserts are made with wheat flour crusts
- Casseroles have bread toppings
- Gravy and sauces were thickened using flour

Christmas is just as difficult though. There are flavored injected hams, lots of gluten filled desserts and rolls made with wheat.

The same rules apply to holiday cooking as they do to everyday cooking. You can substitute ingredients and create gluten free foods that anyone can eat. Following are a couple of holiday recipes you can use that are safe to eat and just as tasty as the original recipes.

Gluten Free Turkey Dressing

You can start this recipe by making or buying your gluten bread. Make the dry bread crumbs by cutting up the bread into cubes and then toasting.

- (4) cups gluten free bread cubes
- (6) tablespoons unsalted butter
- (1) cup diced celery
- (1) cup diced onion
- 16 fresh sage leaves
- 1/8 teaspoon fresh grated nutmeg
- (1) pinch of other seasonings you enjoy such as basil or thyme leaves
- 1/2 teaspoon salt
- Black pepper
- (1) cup gluten free chicken broth

Directions

Melt (4) tablespoons of butter in a skillet and then sauté the celery and onion until soft. Mix the bread crumbs and skillet mixture in a bowl.

Melt remaining (2) tablespoons of butter in skillet and add sage leaves. Cook sage leaves until crisp and then drain on a paper towel.

Pour skillet butter over bread and vegetable mixture. Crumble sage leaves and mix into bread and vegetable mixture. Season.

Moisten stuffing with the broth. It's recommended you cook the dressing in a separate baking dish instead of stuffing the turkey.

Bake the dressing at 350 degrees until the top is browned.

That's how easy it is to make gluten free dressing. Gluten free gravy can be made with cornstarch and gluten free chicken broth. You can make a sweet potato casserole by topping it with butter and brown sugar and chopped nuts.

For Christmas, desserts always abound. You can even make a gluten free fruit cake, but since fruitcake is a hideous food, the following recipe is for gluten free sponge cake instead.

Gluten Free Sponge Cake

(6) separated eggs
1 ½ cups sugar
½ teaspoon tartar
½ cups water
1 ½ cups gluten free flour mixture (recommend rice/potato starch/tapioca flour)
(1) teaspoon gluten free vanilla
Salt pinch

Directions

Preheat oven to 325 degrees. Then butter a baking pan that's 9 x 13.
Using the cream of tartar, beat the egg whites until stiff peaks form.
Add sugar and water to saucepan and cook over medium heat until it threads. This doesn't take very long so pay attention.
Pour the cooked sugar water over the egg peaks while continually mixing.
In another small bowl, beat egg yolks until thick and then add vanilla.
Add the egg yolk/vanilla mixture to the egg white mixture.
Pour the whole mixture into the buttered pan.
Bake for 40 minutes.
You can pour a sugar glaze over the top and enjoy!

STRATEGIC SHOPPING

The holidays don't have to be something to fear. The keys to a happy holiday eating experience include the following.

- Purchase gluten free beer or distilled liquors for drinks
- Plan ahead to make gluten free substitutions in family recipes
- Take your own gluten free casserole to a dinner party buffet so you know there's something you can eat
- Practice the recipes before the holidays to avoid problems
- Use the same gluten free cooking principles during the holidays you use throughout the year

OUTDOOR COOKING

Remember that barbeque sauces, marinades, soy sauces and salad dressings often contain gluten emulsifiers or additives.

Grilling is the perfectly adaptable to gluten free cooking as long as you make sure you use gluten free basting sauces. Remember that barbeque sauces, marinades, soy sauces and salad dressings often contain gluten emulsifiers or additives.

For outdoor cooking, grilled chicken with a lemon juice, garlic and gluten free oil marinade is delicious. Grilled chicken can also be used in a summer salad with lettuce and fresh fruits like oranges. You can also cook fish in foil with butter and onions. Meat lovers can throw a steak on the grill, bake a potato and toss a salad. Just make sure your steak sauce is gluten free.

Following is a great recipe for gluten free outdoor cooking on the deck grill or even while camping.

Outdoor Grilled Chicken Packets

- (4) Boneless chicken breast halves (skinned)
- (3-4) Peeled potatoes sliced ¼ inch thick
- (2) Green bell peppers cut into strips
- (3) Onions sliced ¼ inch thick
- (2) Cups sliced mushrooms
- (½) Cup vegetable oil
- (¼) Cup of distilled cider vinegar

- (½) Teaspoon salt
- (½) Teaspoon dried thyme
- (½) Teaspoon dried rosemary
- (½) Teaspoon dried basil
- (1) Tablespoon garlic powder
- (1) Teaspoon pepper

Directions

(Note: if you want to double the amount, just double all the ingredients)

Mix the vegetable oil, vinegar, pepper, salt, salt, basil, garlic powder, rosemary and thyme in a bowl. This makes a sauce you will use later.

Tear off four pieces of aluminum foil approximately 12 x 12 in length and width.

Set 1 chicken breast on each piece of foil. Top each chicken breast with the potatoes, mushrooms, bell peppers and onions.

Spoon the sauce in even amounts over each piece of chicken.

Make a sealed packet by folding the foil around the ingredients making sure it's closed tight so the sauce and cooking juices can't escape.

Place the packets on a grill preheated on medium for 40 minutes. Make sure the chicken internal temperature 170 degrees F for safety reasons.

The whole dinner steams in the packets and creates a gluten free feast. I have seen this recipe called Hunter's Stew also. You can add baby carrots to the packets for additional vegetables.

Cooking gluten free is not a mysterious event that is difficult to master. It's just another method of cooking that requires some special ingredients for substitution. I don't say that to minimize the thought and planning that must be put into the process. You just need to be aware that your life, as you know it, is not ending just because you have to eat gluten free recipes.

Actually, your healthy life is just beginning!

7 TYPICAL MEAL PLANNING

A typical day of gluten free eating should include foods from the basic food groups as described in an earlier section. It's important to make sure you include vitamin and mineral loaded fruits and vegetables, and foods that provide balanced proteins and carbohydrates. Remember you are healing your body from years of poor health due to gluten. Once healed, you are eating to keep your immune system healthy and your intestines free from damage. You must supply the important nutrients every day.

- Breakfast should include (1) fruit, a gluten free bagel or gluten free toast, or a bowl of cream of rice or gluten free cereal, and a glass of low fat milk or soy milk if lactose intolerant.
- Lunch can include (1) piece of fruit, sandwich made with gluten free bread, mayonnaise, meat that's not processed, and a salad with shredded vegetables, and a glass of low fat milk or soy milk if lactose intolerant.
- Dinner can include a piece of chicken or meat, 2 vegetables, (1) piece of fruit, rice or gluten free grain and low fat milk or soy milk if lactose intolerant. If you have to have a dessert, eat sorbet or a gluten free baked item you've made or purchased.

Your snacks should be fresh fruits and vegetables. You do not want to eat a lot of fat and sugar which is hard to digest and will cause weight gain. The truth is that a gluten free meal plan is simply a healthy meal plan without gluten. It's a meal plan that anyone can, and probably should, follow.

- You should always eat breakfast within 3 hours of getting up in the morning to kick start the metabolism which helps the body function properly and assists with weight management.
- Be aware protein is more filling than carbohydrates and will prevent hunger pains.
- Gluten free soups and stews make great nutritional meals in a single pot.
- Add vegetables and fruits to your salads to insure you eat the recommended daily amounts and to liven up your salads.

- Buy skinless chicken pieces and low fat meat. This is a great time to be daring and try low fat cuts of non-traditional meats like buffalo and elk.
- When you are tempted to binge eat food that has gluten in it because it's your favorite food (think pizza), run for the gluten free cookbook and gluten free substitution ingredients. Make yourself a gluten free pizza before you cave in to temptation. Better yet, have pre-made gluten free pizza crusts and gluten free pizza sauce in your freezer.
- Buy inexpensive appliances that can make it easier for you to cook bigger quantities of gluten free food for freezing. These appliances include a large bread maker and a rice cooker.
- Always have gluten free desserts frozen for those times you just have to have sugar (admit it – we all have them!)

You now have all the basic information you need to cook gluten free. Following are some recipes to get you started. Don't forget to add some pizzazz to your diet! Life is too short to eat boring foods. You are about to embark on a great gluten free and healthy life!

8 RECIPES, RECIPES, RECIPES

BREAKFAST PIZZAZZ

Easy Gluten Free Buttermilk Pancakes

- (1) egg
- (3/4) cup gluten free pancake mix
- (1 ½) teaspoons baking soda
- (1) tablespoon corn oil
- (1) teaspoon gluten free baking powder
- (1) cup buttermilk
- (1/4) cup tapioca flour

Directions

Using a fork, beat the egg in the bowl.
Sift the baking powder, baking soda and tapioca flour together.
Mix everything together real well.
Pour ½ cup batter in skillet and cook until done, flipping one time.

Gluten Free Smoothie

- (½) cup milk (soy or rice milk if lactose intolerant)
- (2) bananas
- (1) cup yogurt (any flavor you choose)
- (1) teaspoon honey
- (1/4) cup ice cubes

Directions

Blend all ingredients in a blender. You can use any fruit or yogurt flavor you want in this smoothie.

Gluten Free Coffee Cake

- ¼ cup gluten free oil
- (2) beaten eggs
- (1/2) cup of milk (regular, soy or rice)
- (1 ½) cups gluten free flour
- (1 ½) teaspoons xanthan gum
- (1) cup sugar
- (2) teaspoons baking powder
- (1/2) cup brown sugar
- (2) tablespoons gluten-free flour
- (2) teaspoons cinnamon
- (3) tablespoons melted butter

Directions

Preheat the oven to 325 degrees.
Mix oil, eggs and milk together in a bowl.
Sift the 1 ½ cups flour, xanthan gum, baking powder and sugar. Then combine this mixture with the egg mixture and butter and cinnamon.
Using nonstick pan or pan sprayed with nonstick spray, pour batter into pan.
Make the streusel by mixing the brown sugar, 2 tablespoons of the flour mixture, cinnamon and butter. Sprinkle the mixture over the batter.
Bake in preheated oven for 25 minutes.

Gluten Free Eggs and Rice

- (1/4) cup chopped onion
- (1/4) cup butter or gluten free margarine
- (6) whole eggs
- (2/3) cup cooked white or brown rice
- (1/2) cup half & half
- (1/2) cup grated American cheese (don't use processed cheese)

Directions

Cook onion in margarine until tender. Beat the eggs and half and half until foamy. Then add the cheese, rice and any seasonings you desire. Pour the egg mixture over cooked onion. Stir frequently until eggs are set.

LUNCH WITH A PUNCH

Healthy Gluten Free Roast Beef Sandwich

Avocado slices
Cold roast beef
Red pepper slices
Pickled banana pepper slices
Baby spinach leaves
Gluten free bread

Assemble sandwich and never know you're eating gluten free food!

Lunch Ideas for Home or Work

- Heat corn tortillas with cheese in microwave and sprinkle with diced fresh vegetables such as tomatoes, onions, mushrooms etc.
- Rice cakes slathered with gluten free peanut butter and flavored yogurt
- tuna salad with red pepper, on bed of lettuce or in gluten free sandwich
- Deli style veggie sandwich on gluten-free rolls heated in microwave with gluten free sauce
- Baked potato with gluten free chili
- Gluten free pasta salad

As you can see, there's plenty of ways to make a filling and healthy gluten free lunch. You can assemble delicious deli sandwiches on gluten free bread and get the nutrition and energy you need for a busy lifestyle.

DINNER WITH STYLE

Mexican Chicken Dinner

(4 to 6) Chicken breasts (preferably thin cut)
Gluten free cornstarch
Spicy salsa
Diced onion
Shredded cheddar cheese
Butter

Directions

Dredge the chicken breasts with cornstarch.
Melt butter in skillet, and add diced onion. Cook onion until tender.
Add chicken to skillet and brown on one side. Then flip and cook until done (juices run clear).
Lay on cookie sheet. Cover with salsa and cooked onion then sprinkle cheese on top.
Broiler until cheese melts
If serving for company, cook chicken on stove top, then hold. Preheat oven to 400, add salsa and cheese, and cook until warmed through. If you want cheese brown, put under broiler for a minute.

Rice with Beef

(1 ½ cups) Gluten free coconut milk
(2 ¾) cups brown rice
3 tablespoons gluten free soy sauce
2 tablespoons olive oil
4 handfuls of spinach leaves

Beef or chicken strips

Directions

Cook beef or chicken strips in skillet with enough oil to cover bottom of skillet. Drain and keep warm.

RECIPES, RECIPES, RECIPES

Boil the rice in the coconut milk and enough water to meet package directions. Drain the rice and fluff.

Stir in spinach, soy sauce and olive oil.

Add beef or chicken strips on top.

You can actually add any cooked vegetable you want to this dish including diced tomatoes, peas or squash. It's versatile and delicious!

Gluten Free Beef Stroganoff

- (2) tablespoons butter
- (2) pounds of thin sliced chuck roast
- (1/2) diced small onion
- (1/2) teaspoon garlic salt
- (1) can gluten free cream of mushroom soup
- (1) tablespoon Worcestershire sauce
- (1) gluten free beef bouillon cube
- (1/4) cup rice flour
- (1/2) cup water
- (1) cup sour cream

Directions

Melt butter in saucepan and then sauté sliced beef, onion, and garlic salt. Sauté until beef is medium cooked.

Add the cream of mushroom soup, Worcestershire sauce, and beef bouillon cube.

Cover the skillet and simmer over medium low heat for 15 minutes.

In separate container with lid, mix rice flour and water for gravy thickener. Shake until thoroughly mixed.

Slowly add flour and water mixture to the beef mixture. Replace lid and simmer another 15 minutes.

Stir sour cream into beef mixture and season.

Serve over rice or gluten free pasta.

Baked White Fish

- (8) boneless white fish fillets
- (4) tablespoons of lemon juice
- (3) tablespoons of melted butter
- (1/4) cup chopped cilantro
- (20) ounce can of crushed pineapple

(8) orange slices
(1) minced garlic clove
Seasonings to taste including ginger, pepper and paprika

Directions

Preheat the oven to 375 degrees. Also spray 1 large or 2 small baking dishes.
Lay the fish fillets in the baking dishes.
Mix the lemon juice, butter, seasonings and cilantro in a bowl. Drizzle the mixture over the fish in the baking dishes.
Lay 1 orange slice on fish fillet.
Drain all but ¼ of the pineapple juice from the can and pour pineapple and juice left in can over fish fillets.
Bake for 30 minutes.

Gluten Free Pizza!

No recipe selection is complete with a gluten free pizza dish. This is the food most people with gluten intolerance say they miss the greatest. With this recipe you don't have to feel left out. It's easy and delicious.

Make crusts ahead of time and freeze.

First make the yeast. Sprinkle 2 teaspoons of sugar, and (1/4) cup plus 3 tablespoons of warm water over 1 package of rapid rise dry yeast (remember to use gluten free yeast). Mix yeast, sugar and water together and set the bowl aside.

(1 ¾) cup gluten free flour
(1) teaspoon Italian seasoning
(½) teaspoon salt
(2) tablespoons dry low fat powdered milk
(1½) teaspoon gluten free baking powder

Blend dry ingredients in big bowl

(2) tablespoons olive oil
(½) cup Egg Beaters
(1) teaspoon distilled vinegar

Blend wet ingredients and then add yeast preparation and mix well

RECIPES, RECIPES, RECIPES

Pour wet ingredients over dry ingredients mixing the whole time. Blend until well mixed and dough is sticky. Add liquid if necessary because gluten free flour is dryer than wheat flour.

Set dough on pizza sheet and press out to ¼ inch. If dough is too sticky to press out, place plastic wrap over and press under the plastic wrap and then remove wrap.

Let the dough stand for 10 minutes and then top with sauce and other ingredients as desired.

Bake in preheated oven at 450 degrees for 15 to 20 minutes.

SAVORY SOUPS

Gluten Free Vegetable Soup

- (6) garlic cloves
- (2) medium diced onions
- (4) diced carrots
- (4) diced celery stalks
- (2) cups dry lentils
- (1/4) cup olive oil
- (1 ½) tablespoons fresh minced rosemary
- (9) cups water
- (3) gluten free bouillon cubes
- (4) bay leaves
- (2) teaspoons black pepper
- (1) teaspoon thyme
- (1) teaspoon oregano
- (2) cups frozen spinach

Directions

Heat oil in large pot on stove. When oil is hot, sauté the onions until tender.

Add the fresh rosemary and minced garlic and sauté for 2 minutes.

Add all the remaining ingredients, except for spinach.

Bring to a boil and then cover. Lower the heat and simmer for 45 minutes. Stir every now and then.

Add the spinach and cook for another 5 more minutes. Add salt as desired.

This soup is even better after it sits overnight because the flavors permeate the broth. Make plenty to eat and freeze!

Simple Potato Soup

- (9) diced potatoes
- (3) diced onions
- (2) diced carrots

Directions

Place vegetables in pot and cover with water. Boil the mixture until the vegetables are tender

Drain some of the water but not all.

- Add 9 teaspoon of butter
- Add 2 ½ cups of milk (cow, soy or rice milk)
- Add salt & pepper to taste
- Warm again but do not boil

You can serve this soup with a fresh salad and gluten free rolls. Make a big batch of soup and freeze for additional meals. It's filling and delicious!

Gluten Free Mushroom Soup

- (2) cups fresh cut mushrooms
- (4) tablespoons rice flour
- (1/2) teaspoon white pepper
- (4) cups chicken broth
- (1) teaspoon onion powder
- (1/2) teaspoon garlic powder
- (1) 12-ounce can rice milk

Directions

Blend mushroom pieces in a blender and place in pan.
Stir in flour, pepper (and salt if you think you need it).
Stir in chicken broth and add the onion and garlic powder.

RECIPES, RECIPES, RECIPES

Cook for 10 minutes and then add the rice milk. Cook and stir continuously over medium heat until thickened to cream soup texture.

Add a salad and gluten free bread, or match with a vegetable salad, and you have a great lunch or dinner.

FAVORITE BREADS

Cornbread

- (2) cups cornmeal
- (1) cup gluten free flour mix
- (1/2) cup butter
- (1) teaspoon salt
- (2) teaspoons baking powder
- (1) tablespoon dry yeast
- (1/2) teaspoon baking soda
- (3) tablespoons sugar
- (1 1/2) cups buttermilk that's not chilled

Directions

Preheat the oven to 350 degrees.

Heat a cast iron skillet with butter in bottom in the oven until the butter melts.

Combine all the dry ingredients. Then add buttermilk. Blend together until mixed well.

Pour batter into skillet, cover with foil and allow to rise for 30 minutes.

Take off foil and bake for 30 minutes.

Banana Nut Bread

- (1) cup sugar
- (1/2) cup butter
- (2) eggs
- (3) tablespoons milk mixed with a bit of lemon juice to make sour
- (1) teaspoon soda
- (1) teaspoon vanilla
- (2) cups corn starch
- Salt (just a pinch)
- (3) ripe bananas (mashed)
- (1) cup crushed pecans

Mix all the ingredients together except for the bananas.
Beat the bananas with a mixer until smooth in a different bowl.
Combine the two bowl mixtures and mix thoroughly.
Pour into loaf pan and bake at 325 degrees for 70 minutes.

Bread Recipe for Your Bread Maker

(3) eggs
(1 2/3) cup water
(3) tablespoons vegetable oil (no gluten)
(1) teaspoon vinegar

Add the ingredients to the bread maker in the order given.

(1/4) cup white rice flour
(1) cup tapioca flour
(1 1/2) cup corn flour
(1/2) cup tapioca flour
(1/2) cup skim milk powder
(3) tablespoons sugar
(1 1/2) teaspoons salt
(2 1/2) teaspoons xanthan gum

Mix the dry ingredients together in a bowl.
Add dry mixed ingredients to wet ingredients in bread maker. Mix until well blended.
Make a finger indentation in middle of mixture and add 2 1/4 teaspoons gluten free yeast. Cook on light setting.

As you can see, any kind of bread product can be made gluten free. You can experiment with your favorite or family recipes just by substituting. With bread, the xanthan gum is important because it adds the elasticity to the dough you'd normally get with gluten.

DELIGHTFUL DESSERTS

Gluten Free Sugar Cookies

RECIPES, RECIPES, RECIPES

- (3) cups gluten free flour mix
- (2) eggs
- (1) teaspoon soda
- (1) cup sugar
- (1) teaspoon cream of tartar
- (1) teaspoon flavoring of your choice like almond or vanilla
- (1) cup butter or gluten free margarine

First, sift the flour, soda and cream of tartar together.
Cut in margarine or butter until size of small peas.
Beat the eggs. Add the sugar & flavoring. Mix well.
Pour the egg mixture into the flour mixture and mix well by hand.
Chill for 15 minutes and then roll out on floured surface.
Bake at 350 degrees for 9 minutes. Frost after cooled.

Peanut Butter Fudge

- (18) ounces of peanut butter chips
- (2) teaspoons vanilla
- (14) ounce can sweetened condensed milk
- Pinch of salt

Directions

Add peanut butter chips to glass bowl. Add the condensed milk.
Microwave the mixture for 3 minutes.
Stir to finish melting the chips. Add the vanilla and salt, and then mix.
Line a 10 inch square pan with wax paper and pour in the peanut butter fudge mixture.
Refrigerate for 2 hours.

Just As Good Chocolate Cake

- (7) oz semisweet chocolate
- (1) stick butter or margarine
- (2/3) cup sugar
- (6) separated eggs

Directions

Preheat oven to 325 degrees.

Melt the chocolate over hot water in a double broiler.

Cream the butter or margarine with 1/3 cup of sugar in a bowl. Add the egg yolks.

Beat at high speed until light.

Add the melted chocolate and mix well again.

In a different bowl, beat the egg whites stiff while adding the last 1/3 cup of sugar.

Fold the stiffly beaten egg whites into the chocolate batter.

Pour the batter into an 8-inch spring-form pan that has not been greased. Bake for 30 minutes. After cake cools, loosen cake from edge by running a knife between cake and pan. Frost with desired icing. As you can see by these recipes, any dessert can be cooked gluten free. You can substitute gluten free ingredients or try one of the hundreds of recipes available online.

IN- BETWEEN SNACKS

When you want to snack, the best ones are fresh fruits and vegetables. But let's face it. Sometimes that just doesn't hit the spot. There are many gluten free snacks you can buy or make that aren't quite so healthy, but they sure can be fun to eat.

- Gluten free crackers with gluten free vegetable spread
- Whole corn kernels with soy oil
- Granola bars
- Popcorn (watch the salt)
- Muffins
- Nuts and gluten free cracker mix

You can jazz up the classic stand-bys for more exciting flavor. You don't have to eat plain old popcorn when you can have pizza popcorn!

Gluten Free Pizza Popcorn Snack

(12) cups freshly popped popcorn

(1/2) teaspoon leaf basil

RECIPES, RECIPES, RECIPES

- (1/2) cup butter
- (1/8) teaspoon red pepper flakes
- (1/2) teaspoon leaf oregano
- (2) tablespoons grated Parmesan cheese
- (1/2) teaspoon garlic salt

Directions

Melt the butter in a small pan. Stir in the listed seasonings or any others you enjoy. Heat the mixture one minute.

Put popcorn in a large bowl. Pour the butter mixture over the popcorn and then sprinkle with Parmesan cheese.

Toss until the popcorn is evenly coated. You can store in an air-tight plastic bag.

Gluten Free Ham Deviled Eggs

- (6) hard boiled eggs cut in half
- (1/4) cup gluten free mayonnaise
- (1/2) teaspoon dry mustard
- (1/4) teaspoon dill weed, dried
- Well shredded fresh ham meat
- Pimento strips for garnish or paprika, if desired

Directions

Remove yolks from egg halves.

Mash the yolks and then mix yolks and mayonnaise. Add the rest of the ingredients.

Mix well. Fill egg halves with egg yolk mixture.

Trim with thin pimento strips or sprinkle with paprika.

PERFECT PARTY DISHES

Having a party when you must eat gluten free foods doesn't have to be something to dread. It can be something to look forward to as you fool your friends with your great tasting gluten free buffet foods. They probably will never know you're serving gluten free foods unless you can't keep a secret!

Sweet Potato Salad

- (6) pounds of peeled sweet potatoes
- (9) tablespoons of chopped green chilies
- (6) tablespoons chopped cilantro
- (1 1/2) cup chopped red pepper
- (1) cup mayonnaise

Directions

Peel the sweet potatoes and then cook for approximately 20 minutes. Only cook until done. Don't overcook until mushy.

Dice the potatoes after they cool. Mix the potatoes and the remaining ingredients.

Serve cold.

Gluten Free Macaroni Dish

- (3) lb ground beef
- (6) cups water
- (3) medium onions diced
- (6) cups gluten free elbow macaroni
- (2) green peppers diced
- (3) cups gluten free barbecue sauce
- (3/4) cup grated Parmesan cheese

Directions

Brown the meat in a large skillet. Then add the diced onion and green pepper.

Cook the mixture until tender. Stir in water. Add macaroni and barbecue sauce.

Cook on simmer until macaroni is tender. Pour mixture into buffet serving dish.

Sprinkle Parmesan cheese on top.

Gluten Free Pasta Salad

- (16) ounces gluten free pasta
- (2) diced tomatoes
- (2) cubed cucumbers
- (4) chicken breasts
- (1) cup parmesan cheese
- Italian dressing to taste
- Tuna or pepperoni if desired

Directions

RECIPES, RECIPES, RECIPES

Cook pasta according to package directions. Drain and set aside.

Bake chicken breasts until cooked all the way through.

Mix pasta with vegetables and tuna or pepperoni. Toss mixture with Italian dressing.

Sprinkle parmesan cheese and toss last.

9 CONCLUSION

It can be frightening when you're first diagnosed with gluten intolerance. After all, food is a major component of life. So many homes and social occasions' center on meal time, making the changes you have to make in your diet all the more important. Even the simple dinner hour is often a time for family to visit and catch up on the day's activities. When you're diagnosed as gluten intolerant, it adds an element that didn't exist before – concern the very food you're eating is making you sick.

Learning to live gluten free means learning to cook within a gluten free diet. Like most things in life, it's never as hard as it may appear in the beginning. The key to cooking gluten free is first learning what foods don't contain gluten and then using those ingredients as substitutions in your favorite recipes.

The first step is making your kitchen gluten-free. Instead of spring cleaning, you will "gluten clean". Keep a healthy attitude towards the cleaning exercise by reminding yourself this will keep you healthy. You must learn to read labels, understand your particular nutritional requirements, and do regular meal planning. The more you plan ahead, the easier the entire shopping and cooking experience will be.

Fortunately, we live in age of alternatives. There are gluten free versions of almost every food type. They can be purchased at grocery stores, health food stores and online. By utilizing support groups, food forums and online celiac sites, you have access to a wealth of information about cooking gluten free.

Gluten free cooking encompasses every meal and every social occasion from birthday parties to eating lunch alone. Almost every recipe can be adapted simply by substituting gluten free ingredients. If the whole family goes gluten free, cooking and meal planning is greatly simplified.

Almost every recipe can be adapted simply by substituting gluten free ingredients.

There are distinct advantages to sticking with your gluten free diet. You will improve your health after what has probably been years of a mysterious illness. You will be preventing any further intestinal damage and loss of nutrients due to malabsorption. You will regain control of your diet.

Learning to cook gluten free is the most critical step in the transition to gluten free living. Not eating gluten is the only "treatment" available to people with gluten intolerance. So take the time to learn the ins and outs of cooking gluten free, and get

CONCLUSION

ready to feel better than you have for a very long time. Gluten free cooking will be as interesting and exciting as you make it!

Enjoy your gluten free life! Enjoy your gluten free cooking!