

What is the Gluten-Free Diet?



Gluten-Free Dietary Handout Created For



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What is it?

Gluten is a name for proteins found in wheat, rye, and barley. They act like the glue to help foods hold their shape.



Where is it Found?

Since gluten is found in wheat, barley, and rye foods containing these three should be avoided.

Wheat is commonly found in foods such as breads, baked goods, pasta, cereals, sauces, salad dressings, and soups.

Barley is commonly found in malt (malted milk, milkshakes, malt syrup, malt flavoring, etc), food coloring, soups, beer, and brewer's yeast.

Rye is commonly found in rye breads, rye beers, and some cereals.

Although oats naturally don't contain any gluten, only gluten-free labeled oats should be eaten when on a gluten free diet as oats may come in contact with wheat, barley, and rye during the growing process.¹

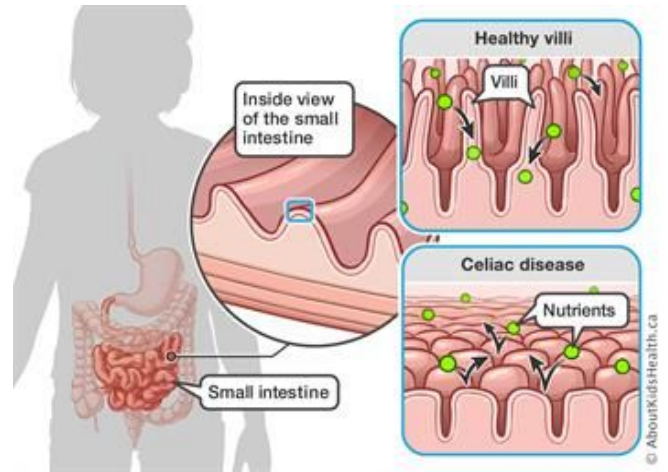
COMMON GLUTEN-CONTAINING FOODS

WHEAT		BARLEY	RYE
Durum	Bulgur	Barley malt	Rye flour
Einkorn	Couscous	Barley extract	Rye extract and flavoring
Spelt	Farina	Malt extract, syrup, flavoring	Rye berries
Farro	Wheat berries	Malt vinegar	
Kamut®	Wheat starch	Brewer's yeast	
Triticale	Wheat flour	Malt beverages, ale,	
Graham flour	Wheat bran	lager and beer	
Matzoh meal/flour	Wheat germ		
Semolina			

Why Go On a Gluten-Free Diet?

Celiac Disease

Celiac disease, sometimes called celiac sprue, is an autoimmune condition affecting the small intestine. In genetically predisposed people eating gluten causes their body to start an immune response that attacks the small intestine. This attack causes damage to villi, small projections in the small intestine, that help with nutrient absorption. Celiac disease can be screened for in the blood by looking for certain antibodies, most commonly the Tissue Transglutaminase Antibody (tTG-IgA), and can be confirmed with an endoscopic biopsy. Currently the only treatment for celiac disease is a lifelong gluten-free diet to promote intestinal healing and nutrient absorption.²



Gluten Sensitivity

Individuals with gluten sensitivities experience symptoms when they have gluten in their diet. These symptoms can range from bloating, diarrhea, constipation, or abdominal pain to headaches and bone or joint pain. However, these individuals don't develop the intestinal damage or develop the antibodies that are found in celiac disease. Currently there is no tests for gluten sensitivity, most individuals will undergo the screening and diagnostic tests for celiac disease and the sensitivity will be confirmed with a negative celiac test and a reduction of symptoms when gluten is eliminated. There is no cure for gluten sensitivity and individuals should follow a gluten-free diet.

Wheat Allergy

Individuals with a wheat allergy experience an allergic reaction after consuming any type of wheat protein, including gluten. These symptoms range from itching and swelling to difficulty breathing. An important distinction though is that these individuals will not experience intestinal damage. The treatment for this is a wheat-free diet.³



So what can I eat?

It can be overwhelming but there are a lot of gluten-free alternatives and other naturally occurring gluten-free grains that you can enjoy! It is also important to remember that fruits, vegetables, meat, fish, dairy, beans, legumes, and nuts are all naturally gluten-free!



Rice, quinoa, corn, soy, potatoe, tapioca, sorghum, buckwheat, millet, flax, and chia are just some of the many gluten-free grains! There are also many commercial gluten-free products available. Gluten-free flours can be used in many traditional recipes and gluten free-breads, pastas, crackers, cereals, and baked goods can be found in many grocery stores.

NOTE: Wheat-free doesn't mean gluten-free! Always keep this in mind and be sure to read ingredient labels before consuming.⁴

Sample Meal Options

Breakfast:

- Gluten-free waffle with pure maple syrup
- Scrambled eggs with gluten-free toast
- Gluten-free oatmeal with sliced banana, nuts, and brown sugar
- Gluten-free cereal with milk
- Gluten-free muffins



Lunch:

- Lettuce salad with assorted vegetables, chicken, and balsamic dressing
- Gluten free pasta with chicken, vegetables, and pesto
- Turkey and swiss cheese sandwich on gluten-free bread
- Cheddar cheese quesadilla on corn tortilla
- Southwestern chicken wrap on a gluten-free wrap



Dinner:

- Grilled chicken with steamed carrots
- Baked fish with roasted zucchini and sweet potatoes
- Gluten-free pasta with peppers, meatballs, & tomato sauce
- Quinoa and ground turkey stuffed peppers
- Zucchini Noodles and meatballs in marinara sauce

Snacks:

- Gluten-free pretzels
- Rice cakes with nut butter and bananas
- Gluten-free Snack Bars
- Gluten-free crackers and vegetables with hummus



Gluten-Free Brands

Udi's breads, pizza crusts, muffins, etc.
Canyon Bakehouse Breads, Muffins, Bagels
Bob's Red Mill Gluten-free bread and pizza mixes
Blue Diamond Nut Thin Crackers
Kellogg's Corn Flakes and Gluten-Free Special K
Chex Corn and Rice Cereals
San-J Gluten-Free Tamari Soy Sauce
Glutino Pretzels
King Arthur Flour Gluten-Free
Betty Crocker Gluten-Free flours and baking mix
Barilla Gluten-Free Pasta
Van's Gluten-Free waffles and pancakes
Lara, Kind, OR Enjoy Life Chewy Bars
Amy's Gluten-Free Frozen Entrees

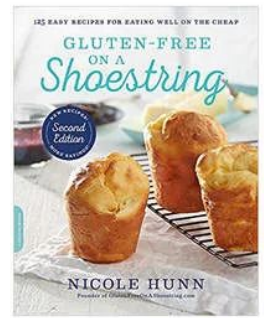


This is not an exhaustive list! New GF products are emerging on the market everyday! Check out the gluten-free or whole foods selection at your grocery store for even more options.

Gluten-Free Blogs

There are so many Gluten-Free blogs, books, websites, restaurant guides to help you on this journey! Some great blogs to start with are:

- Elana's Pantry (She has great recipes and three Gluten-Free books)
- Gluten-Free Goddess (Karina has great recipes and meal ideas)
- Gluten-Free Mom (lots of kid-friendly recipes)
- Gluten-Free on a Shoestring (recipes that are gluten-free and affordable)



There are also lots of gluten-free cookbooks, magazines, and other resources to check out!

Apps

The Gluten-Free Scanner

Scan barcodes to find out whether or not products contain gluten
Cost: FREE

Allergy & Gluten Free Diet Tracker by Fooducate

Scan barcodes or search for products that contain common allergens, including gluten
Cost: \$4.99

Find Me Gluten Free

Search for gluten-free dining options based on location
Cost: Free

Dine Gluten Free

Find "gluten-free friendly" business around the world in this peer reviewed database
Cost: FREE

Tips

Have Support

Starting on this journey can be stressful so make sure you have support! Talk with your friends and family, having their support goes a long way towards sticking with a gluten-free diet. Also be sure to talk with your physician about any concerns or questions you have!



Be Ready

Get the best, up to date resources to help you on this journey. There are so many grocery lists, apps, recipes, and blogs that have great information to help identify gluten-free foods.

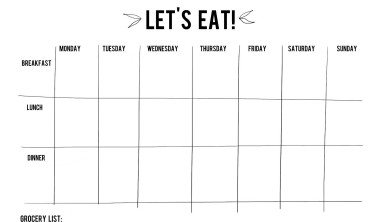
READ LABELS!

There are so many ways companies sneak additives into food. It is important to make sure you are reading all labels to look for ingredients that are hiding gluten. You can also look for GF certified foods, these companies have to maintain very strict standards to ensure compliance so they are free from cross-contamination.



Meal Plan

Making changes to your diet seem overwhelming and time consuming. Taking time at the beginning of the week to meal plan and write out a grocery list can save time later in the week and ensure you have all ingredients you need.



Have Some Alternatives

Transitioning to a gluten-free diet can be easier if you have some alternatives to swap in normal recipes!

When using gluten-free flour for baking, make sure the mix has xanthan gum added or add it separately. This helps baked goods stick together and have some texture in the absence of gluten. Two of the easiest gluten-free flour mixes are Bob's Red Mill Gluten-Free 1 to 1 Baking Flour (make sure to get the BLUE bag) or King Arthur Gluten-Free Measure for Measure Flour. These both contain xanthan gum so can be swapped in recipes 1 to 1 for normal flour.



References:

1. What is Gluten? Celiac Disease Foundation. <https://celiac.org/live-gluten-free/glutenfreediet/what-is-gluten/>. Accessed August 20, 2018
2. What is Celiac Disease? Celiac Disease Foundation. <https://celiac.org/ceciac-disease/understanding-ceciac-disease-2/what-is-ceciac-disease/>. Accessed August 20, 2018.
3. Non-Celiac Wheat Sensitivity. Celiac Disease Foundation. <https://celiac.org/ceciac-disease/understanding-ceciac-disease-2/non-ceciac-gluten-sensitivity-2/>. Accessed August 20, 2018.
4. What Can I Eat? Celiac Disease Foundation. <https://celiac.org/live-gluten-free/glutenfreediet/food-options/>. Accessed August 20, 2018.

Gluten-Free RECIPE

Creole Black Beans & Sausage



Ready in **6 hours 25 minutes**

Serves **10**

Ingredients

- 2 pounds Johnsonville Fully Cooked Smoked Sausage Rope, cut into 1 inch slices
- 3 cans black beans, rinsed and drained
- 1 ½ cups chopped onion
- 1 ½ cups celery
- 1 ½ cups chopped green pepper
- 1 cup water
- 1 can tomato sauce
- 4 garlic cloves minced
- 2 tsp dried thyme
- 1 tsp chicken bouillon
- 1 tsp ground pepper
- ¼ tsp cayenne pepper
- 2 bay leaves
- Cooked rice

Preparation

1. Brown sausage over medium heat in a large skillet; drain. Transfer to a 5-quart slow cooker.
2. Stir in remaining ingredients except rice. Cook covered on low until vegetables are tender, about 6-8 hours. Discard bay leaves.
3. Cook rice according to package.
4. Serve both warm and enjoy this gluten free version of a classic!

Tips

Make sure that all canned ingredients, bouillon, and sausage that you purchase are gluten free!

Recipe from Taste of Home

Gluten-Free RECIPE

Almond Flour Lemon Cake



Ready in **45 minutes**

Serves **8**

Ingredients

For the Cake:

- 4 eggs, yolks and whites separated
- ¼ cup honey
- 2 tbsp lemon zest
- 1 tsp vanilla
- ½ tsp cream of tartar
- Pinch of salt
- 1 ½ cups finely ground almond flour
- 1 tsp baking powder
- For the Lemon-Honey Glaze:
 - 1 tbsp honey
 - 2 tbsp lemon juice

Optional:

- Homemade whipped cream
- Fresh berries to garnish

Preparation

5. Heat Oven to 325 degrees. Line a 9-inch springform pan with parchment paper and spray with nonstick spray.
6. Combine egg yolks with honey, lemon zest, and vanilla. Stir until smooth and then set aside.
7. In a separate bowl, whisk together almond flour and baking powder. Stir into egg yolk mixture.
8. Using a hand mixture, whip egg whites on medium speed until just frothy in a metal or glass bowl. Add salt and cream of tartar. Continue to whip on high speed until soft peaks form.
9. Gently fold whipped egg white mixture into cake batter in 3-4 batches.
10. Pour batter into prepared pan and use spatula to even top.
11. Bake for 25-30 minutes or until toothpick inserted in the center comes out clean.
12. While the cake is baking, make the lemon-honey glaze by whisking together until smooth and well blended.
13. When cake is done, remove from oven and place on cooling rack. Remove springform and brush with lemon-honey glaze.
14. Allow cake to cool completely and top with whipped cream and berries.

Tips

Can use whipped coconut cream for a healthier alternative!

Recipe from One Lovely Life

Gluten-Free RECIPE

Macaroni & Cheese



Ready in **1 hour 15 minutes**

Serves **8**

Ingredients

- 8 tbsp butter
- 1 tsp salt
- ¾ tsp ground black pepper
- 4 cups milk
- ½ cup cornstarch
- 4 cups shredded cheese, divided
- 16 ounces gluten-free elbow macaroni

For the Topping:

- 2 slices gluten-free bread
- 1 tsp butter
- ½ tsp paprika

Preparation

15. Preheat oven to 375 degrees and grease a 9x13 casserole dish.
16. Cook macaroni according to package directions but reduce cooking time so pasta is still firm.
17. Drain macaroni and set aside.
18. Melt butter in a medium saucepan. Stir in salt and pepper. Remove from heat and set aside.
19. In a large mixing bowl, whisk corn starch into milk until smooth. Stir milk into butter mixture until well-blended.
20. Cook over medium heat until thickened, stirring constantly (about 5 minutes) and then remove from heat.
21. Stir in 3 cups of shredded cheese until melted.
22. Combine cheese mixture with macaroni noodles and pour into casserole dish.
23. Pulse topping ingredients in a food processor until course.
24. Top noodles with crunchy topping and 1 cup shredded cheese.
25. Bake uncovered for 25-30 minutes or until topping is lightly browned.

Tips

Serve with steamed vegetables or a side salad for a balanced meal.

Recipe from Genius Kitchen

Gluten-Free RECIPE

Banana Bread



Ready in **50 minutes**

Serves **8**

Ingredients

- 2 cups Bob's Red Mill Gluten-Free 1 to 1 Baking Flour
- 4-5 very ripe bananas mashed
- ½ cup sugar
- ½ cup butter softened
- 2 eggs
- 2 tbsp milk
- ½ tsp vanilla
- 1 tsp baking powder
- 1 tsp baking soda
- ¼ tsp salt
- 1 cup chocolate chips

Preparation

1. Preheat oven to 350 degrees. Lightly grease 9x5 inch loaf pan, set aside.
2. In a large bowl, cream together butter and sugar. Stir in eggs, milk, vanilla, and mashed bananas until well combined.
3. Add flour, baking soda, baking powder, and salt. Mix until blended.
4. Stir in chocolate chips.
5. Pour batter into prepared loaf pan.
6. Bake for 50 to 55 minutes or until toothpick inserted into center of loaf comes out clean.
7. Let cool in pan for a couple minutes and then turn out onto wire rack.

Tips

Slice and serve warm! Can also be frozen and eaten later.

Recipe from Gimme Delicious

Gluten-Free RECIPE

Rosemary and Garlic Flatbread



Ready in **30 minutes**

Serves **6**

Ingredients

- 2 ½ cups gluten-free all-purpose flour
- 1 tsp xanthan gum (don't add this if the flour already has it)
- 1 ½ tsp baking powder
- 1 tsp salt
- 1 tbsp olive oil
- 1 large egg
- 1 egg white
- ¼ cup warm milk
- ½ cup warm water
- 1 tbsp finely chopped rosemary
- 2 cloves minced garlic

Preparation

1. Preheat oven to 425 degrees.
2. Place flour, xanthan gum, baking powder, and salt in a large bowl. Mix using a paddle attachment for 3 minutes on the lowest speed.
3. Add olive oil, egg, egg white, rosemary, garlic, and milk and mix until combined.
4. Slowly beat in ½ cup of the warm water on medium speed for 2-3 minutes. If the dough isn't wet and sticky add a little more water.
5. Divide dough into 6 balls. Place evenly on 2 cookie sheets lined with parchment paper. Flatten into a 5-inch circle leaving the edges a little thicker than the middle.
6. Bake for 8 minutes. Then remove from oven and brush with olive oil and flip them over.
7. Bake for another 8 minutes or until golden brown.
8. Remove from oven and cool on a wire rack.

Tips

Can be used for sandwich thins or sliced like pita pockets!

Recipe from Recipes Worth Repeating

Gluten-Free RECIPE

Quinoa Chicken Parmesan



Ready in **45 minutes**

Serves **4**

Ingredients

- 1 cup quinoa
- 1 ½ cups water
- 1 tbsp Italian seasoning
- 2 boneless, skinless chicken breasts, cut crosswise in half
- Salt and ground black pepper to taste
- ½ cup gluten-free all-purpose flour
- 2 large eggs, beaten
- ½ cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- 1 cup marinara sauce
- ¼ cup basil leaves chopped

Preparation

1. Preheat oven to 400 degrees. Lightly oil a baking sheet or coat with nonstick spray.
2. In a large saucepan combine quinoa and water. Cook according to package instructions. Stir in Italian seasoning.
3. Season chicken with salt and pepper to taste.
4. Working in batches, dip chicken in flour, then eggs, then quinoa mixture, pressing to coat.
5. Place covered chicken pieces on prepared baking sheet.
6. Bake for 20-25 minutes or until golden brown.
7. Remove from oven and top with cheeses and marinara. Bake for another 5 minutes.
8. Garnish with basil and serve immediately.

Tips

Gluten-free breadcrumbs can also be used but the quinoa gives a nice crispy texture.

Recipe from [DamnDelicious](#)

Gluten-Free RECIPE

Garlic Herb Breadsticks



Ready in **45 minutes**

Serves **12**

Ingredients

- ½ cup all-purpose gluten-free flour
- ½ tsp xanthan gum
- ½ tsp dried rosemary
- ¼ tsp salt
- ½ cup water
- ¼ cup butter
- 1 clove minced garlic
- 2 eggs

Preparation

1. Preheat oven to 400 degrees.
2. In a small bowl, stir together flour, xanthan gum, rosemary, and salt; set aside.
3. In a 2-quart saucepan, heat water, butter, and garlic to a boil. Stir in flour blend mixture. Reduce heat to low, stir for one minute or until mixture forms into a ball.
4. Remove from heat and cool 5 minutes.
5. Beat in 1 egg at a time, mixing until smooth.
6. Place dough in ziploc bag, clip ½ inch from one corner.
7. Pipe into thin 8-inch strips onto ungreased cookie sheet.
8. Bake 20-25 minutes or until puffed, bottoms are golden and tops are dry.
9. Remove from pan to cooling rack.
10. Serve warm and enjoy!

Tips

Serve with gluten free spaghetti and meatballs for a gluten-free take on a traditional meal!

Recipe from Betty Crocker

Gluten-Free RECIPE

Ham and Hash Brown Frittata



© Jane Bonacci; The Heritage Cook

Ready in **1 hour 15 minutes**

Serves **6**

Ingredients

- 6 large eggs
- ½ cup half-and-half
- Salt and ground black pepper, to taste
- 2 cups cubed ham
- ½ cup chopped green onion
- 1 red bell pepper finely chopped
- 3 cups frozen hash browns (make sure they are gluten-free)
- 1 ½ cups grated Monterey Jack cheese, divided

Preparation

1. Preheat oven to 350 degrees. Grease a square baking pan or 9-inch pie plate with nonstick cooking spray.
2. In a large bowl, whisk eggs, half-and-half, salt, and pepper. Add the ham, onions, peppers, potatoes, and half of the cheese. Pour into the greased baking dish.
3. Sprinkle with the remaining cheese and place dish on a baking sheet.
4. Bake until eggs are set, about 1 hour.
5. Remove from oven, turn on broiler and once hot return dish to oven. Cook until top is lightly browned.
6. Let cool about 10 minutes before serving.

Tips

This is a great meal for weekend breakfasts but also reheats well during the week!

Recipe from The Heritage Cook

Gluten-Free RECIPE

Zucchini Banana Muffins



Ready in **30 minutes**

Serves **12**

Ingredients

- 1 ½ cups gluten-free rolled oats
- 2 tbsp ground flaxseed
- ½ tsp ground cinnamon
- 2 tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 2 large eggs
- 6 tbsp almond or peanut butter
- 6 tbsp honey
- 2 tsp vanilla extract
- 2 medium-size ripe bananas, mashed
- 1 cup shredded zucchini, squeezed to remove excess liquid
- 1 cup mini chocolate chips

Preparation

1. Preheat oven to 350 degrees. Line a muffin pan with disposable liners and set aside.
2. Add the gluten-free oats, ground flaxseed, cinnamon, baking powder, baking soda, and salt to high-speed blender or food processor and process on high until oats are the consistency of fine flour (about 10 seconds).
3. Add the remaining ingredients except for bananas and zucchini, process on high about 30 seconds.
4. Transfer batter to a medium mixing bowl and fold in bananas and zucchini.
5. Spoon batter into prepared muffin pan, filling each one $\frac{3}{4}$ full.
6. Bake for 18-20 minutes, until tops are golden brown and a toothpick inserted into the center comes out clean. Allow the muffins to cool in the pan for 10 minutes then transfer to a wire rack to cool completely.

Tips

Store at room temperature in an airtight container for up to 5 days or freeze for up to 3 months.

Recipe from Running With Spoons

Gluten-Free RECIPE

Country Fried Steak



Ready in **20 minutes**

Serves **4**

Ingredients

For the Steaks:

- 4 cubed steaks
- 1 ½ cups of gluten-free all-purpose flour
- 1 tbsp ground black pepper
- 1 large egg
- ½ cup milk

For the Gravy:

- 4 tbsp oil drippings with brown bits from frying pan
- 4 tbsp gluten-free all-purpose flour
- 1 ½ cups milk

Preparation

1. Heat oil in a frying pan over medium-high heat.
2. Combine flour and ground black pepper in a shallow bowl. Whisk milk and eggs together in a separate shallow bowl.
3. Dip steaks in flour mixture and coat completely. Then dip in egg mixture. Dredge again in flour mixture, coating completely.
4. Fry steaks about 4 minutes per side or until golden brown.
5. For the Gravy: Over medium heat, add flour to oil drippings and cook for 3-4 minutes, whisking constantly. Add milk slowly while still whisking. Cook to desired consistency then reduce heat to low.

Tips

Serve with mashed potatoes or gluten-free fried okra!

Recipe from Rays of Bliss