

GLUTEN-FREE SURVIVAL GUIDE!



It is possible to enjoy the things you thought you would have to live without because you are G-F!

Below are my tips and suggestions to get you started on a gluten-free diet without restrictions. I provide my recommendations for G-F products as well as simple basics for experimenting at home.

What is Gluten?

Gluten is the protein in wheat, it is what gives wheat elasticity and viscosity, helping baked goods retain their shape.

Where is Gluten Found?

- Wheat (including kamut and spelt)
- Rye
- Barley
- Food additives
- “Modified Food Starch” (could be corn or wheat)
- Gluten Peptides
- “Natural Flavor” could be gluten
- Malt (could be made from corn or barley)
- “Caramel Color” (possible wheat)
- Alcohol (some types)
- MSG
- Lecithin’s (could be soy, barley, etc)
- Oats (this is not 100%, some people can tolerate them and others cannot)
- Canned/boxed broths (some)

G-F Products I recommend:

PRETZELS - Ener-G G-F Pretzel rounds OR Glutino pretzels (comes in a large bag) but contains soy.

FLOURS - Bob’s Red Mill (I find that they achieve the best consistency for baking.)

PASTA - Tinkyada Pasta Joy Ready it is made purely of rice bran and water and comes in shells, penne, lasagna noodles, spaghetti, spinach, etc.

CRACKERS - Glutino’s are great, buttery flavored and flakey, there are also a variety of rice crackers, but watch out for soy in the flavored variety if you have a sensitivity to soy as well.

MUFFINS - Bob’s Red Mill mixes are good as well as Gluten-Free pantry, but I think the best are the ones you make yourself! Try mine at www.nourishthis.com

BREAD - I use Ener-G brown rice/light brown rice. It is bland but crispy and great for open



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Why Choose G-F?

Eating G-F gives you a wider variety of grains to choose from and thus a greater diversity of nutrients.

Some healthy G-F grains are:

- Quinoa
- Buckwheat (flour or whole grain)
- Brown Rice
- Bean/Nut flours (high protein/fiber)
- Corn



(sample recipe)

Fluffy Pancakes

- 1/3 cup** White Rice Flour
- 1/3 cup** Brown Rice Flour
- 1/3 cup** Tapioca Flour
- 2 tsp.** Baking Soda
- 1/2 tsp.** Xanthan Gum
- 1/2 tsp.** Sea Salt
- 1** Whole Egg
- 1** Egg White
- 1/2 TBS** vegetable oil
- 1 cup** Milk (rice, almond, cows, goats)

How To:

In a medium bowl, combine all dry ingredients, stirring with a whisk to combine.

In a small bowl, whisk together wet ingredients (egg through milk). Add wet ingredients to dry and stir with a fork until combined and consistency is smoothie.

Heat your skillet to medium and pour batter out cooking 1-2 min/side.
*Store in fridge for great leftovers!

Eating Out?

- Watch out for soups, wheat is often used as a thickening agent in soups and can be found in many canned or boxed broths.
- Some salad dressings also contain gluten as a thickener, I usually ask for oil and vinegar on the side. (unless you are familiar with the restaurant and can ask specifics about the dressing... Usually house made dressings are a safer bet).
- Of course avoid anything breaded or fried to avoid gluten or cross contamination.
- Many sauces are also thickened with wheat, if you get fish or chicken with a sauce, the best bet is if it is a glaze (usually they are sweet and do not contain gluten).
- I typically order fresh salads with fish or meat on it, grilled is best. You can also order rice, potatoes, fish, chicken, meat, veggies (as long as they do not have added sauce), g-f deserts are tricky, fruit or sorbet is usually a good way to go.
- Alcohol: stay away from beer, bourbon and whiskey as they are derived from gluten. However, wine, rum, tequila and vermouth are all fine. Be careful with mixed drinks because some mixes contain gluten.

How Do I Bake at Home?

Gluten-Free baking is usually thought of as a daunting task, but with a few easy tips, you will be on your way to delicious homemade goodies in no time!

- ALWAYS combine flours when baking G-F, each G-F flour reacts differently in the baking process, but none do well on their own. I usually use a combo of Brown Rice Flour, Sorghum and Tapioca for muffins, White Rice Flour, Brown Rice Flour and Tapioca OR buckwheat and brown rice flour for pancakes, etc.
- Xanthan Gum is a G-F baker's best friend. It adds the missing elasticity and lightness that gluten-free is usually lacking. You only need a small amount for a big difference.
- Aluminum/Gluten-Free Baking Powder is another necessity.
- Because G-F flours can easily come out dry and grainy, adding a pureed fruit like banana, apples or even sweet potatoes not only sweeten things up but also add a tender moisture to the baked good.
- G-F flours absorb liquid like a sponge, so in most cases you will need to add more eggs or milk if you are basing it on a Gluten-FULL recipe!

For Gluten-Free recipes (for breakfast, lunch and dinner), visit my website:

www.NOURISHThis.com

Recipes are also categorized by health condition (i.e. Diabetes, ADD, Women's Health, etc) and allergies the recipe is free of. If you do not have a health condition, simply click "General Health" for all recipes.