

# Savoring Gluten Free: Tips from Colleen

Eliminating any specific food or ingredient from your diet can feel daunting and depressing. If you are just starting out gluten-free, know that you are fortunate to be surrounded by an abundance of information and products to make the transition easier! “Gluten Free” has become prevalent and popular in the last few years, giving rise to an amazing number of websites, cookbooks, magazines, and delicious products. Your options are plentiful!

As helpful as this is, you may have noticed a variety of studies and articles that dispute the benefits of a gluten-free diet for anyone that does not have celiac disease (a chronic autoimmune intestinal disorder). We encourage patients to be their own best advocate and investigator. If this path has been recommended to you, we suggest you give it at least a 3 month consistent trial to see if you notice a benefit from removing gluten. The improvements you find in your health may surprise you – whether in intestinal/gut challenges, joint and muscle pain, mental clarity, or other issues.

The intention here is to offer you a broad overview of how to begin the process: basics on what to avoid, what’s ok, where to look for information and foods. I had to limit this to quick hits...a variety to start you on a path of exploration while giving you immediate tools and foods.

## ***What is gluten?***

Basically, gluten is a generic name for certain types of proteins in specific grains (gluten gives dough its elasticity).

## ***What do I have to stop eating?***

The grains you need to avoid include Wheat (berries, bran, germ), Barley (malt, flour), Bulgur, Couscous, Durum, Einkorn, Faro, Graham, Kamut, Malt, Rye, Semolina, Spelt, Tempura, and Triticale.

Though oats are not on some gluten grains lists, they are questionable both for containing a protein similar to gluten, and for problems with cross contamination. It is recommended to remove oats from your diet for now. If you do add them back in the future, choose gluten-free oats.

Some of the books and websites listed here will give you details on both explicit and hidden ingredients to avoid. Because you are likely someone who already pays attention to your health, you are now just adding a little different awareness to your label reading as you incorporate this change into your lifestyle.

## ***What CAN I eat then? . . . .***

A broad variety of other grains and/or flours some of which include Amaranth, Buckwheat, Corn, Garfava (combination of Garbanzo bean and fava bean flours), Lentil, Manioc, Millet, Montina, Peas, Potato, Quinoa, Rice (brown or white), Sorghum, Soy, Tapioca, Taro, and Teff. Even non-grain bread component or flour options like Almond, Arrowroot, Banana, Cassava, Chestnut, Chia, Coconut, Hazelnut, Hemp, Flax, Plantain, Tapioca, and Water Chestnut.

Alcohols - distilled beverages, as well as wines, are generally considered gluten free – there is still some debate on this so experiment and use your best judgment.

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Most beer, lager, ale is not gluten free, however, there are several gluten free beers (better than you may expect!) available, and the list is growing....

And, of course you can eat a variety of meats, cheeses, (watch for purity, additional ingredients), vegetables, fruits, eggs, ... clean, whole food eating is always a healthy bet.

Once you focus on the variety of foods on your “YES” list, eating is still FUN!

*A Cautionary Note:* With so many ready-made, processed, gluten free foods available, watch out for the “white flour” trap (using mostly tapioca flour, potato starch, white rice flour). Opt for combinations with richer, healthier grains - most of the time. You will find there are a variety of approaches and preferences for baking with alternative flours as well. Take your time, experiment, and aim most often for nutritious healthy grains, or minimizing them overall.

*As you begin*, try to reduce overwhelm by replacing some of your favorite basics...Do you love spaghetti? Find pasta you like and you’re back on stable ground. Are sandwiches a staple in your household? Test some bread options, and get one you (and the family) can enjoy. Take it one step at a time... you’ll become more comfortable, and more informed. You will find new foods and dishes you treasure as your palate expands and shifts.

Start to be a detective. Look at ingredients lists. Pay attention to your body and how you respond to your foods. Remember that “wheat free” is not “gluten free”. Ask restaurants for clarification and details about foods. Contact companies, if you have questions. Be patient, persistent, kind and clear – with your self and others.

Wait ‘til you see the yummy options in store for you! You have an opportunity to reevaluate the quality of your food choices. Make sure you not only look for “gluten free”, but quality ingredients and staples in your foods – good food is truly good. Eat well and LOVE IT.

... and of course, always celebrate chocolate...☺

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### The lists below will give you some options for research, support, and foods.

#### *Websites*

[www.gluten.org](http://www.gluten.org)

The Gluten Intolerance Group (GIG) website. Tips on getting started, nutrition/nutrients, recipes ... great variety of information gathering for the newbie or those who have already done some reading.

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

Site for celiac information with interesting articles and information. Details on what to avoid and what to eat.

[www.living-gluten-free.com](http://www.living-gluten-free.com)

Personalized site by woman with gluten intolerance. Includes a variety of eating plans – paleo, primal, ketogenic (all of which are gluten free), as well as general gluten free information.

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

Website/blog with healthy, yummy recipes. Written by the authors of several cookbooks (the Whole Life Nutrition Cookbook and Nourishing Meals- note that I am a cookbook junkie). They have a variety of info and recipes to support you as you explore gluten-free eating.

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

Friendly blog/website of a gluten-free mom and family. Good info, tips, and recipes!

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

As you may well imagine, if once you begin looking for “gluten-free” you will be led through a lengthy winding path of fascinating cookbooks, individual experiences, and health/science oriented books.

The number of blogs and websites discussing experiences and recipes for gluten-free/ceciac is mind boggling. Once you start to play, you will have a whole new internet addiction. Here are a few more fun or informative sites to get you started: [www.glutenfreegoddess.blogspot.com](http://www.glutenfreegoddess.blogspot.com) ; [www.gluten-free-around-the-world.com](http://www.gluten-free-around-the-world.com) ; [www.triumphdining.com](http://www.triumphdining.com) ; [gluten-dairy-sugarfree.com](http://gluten-dairy-sugarfree.com) ; [www.gflinks.com](http://www.gflinks.com) ; [www.the-gluten-free-chef.com](http://www.the-gluten-free-chef.com) ; [glutenfreegirl.com](http://glutenfreegirl.com) (from the authors of Gluten-Free Girl and the Chef)

## *What about eating out?*

**Here are a couple of websites listing restaurants with gluten free options:**

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

Cute site! Users rate restaurants on their accommodation for food allergy issues. There is a limited selection, but a good place for ideas; though it is always wise to do your own follow up for verification.

<http://austin.eater.com/maps/austins-best-gluten-free-restaurants-pizza-sandwiches-burgers>

This is a list from 2015 with a generous selection of local restaurants with gluten free options. (a couple of these are also in the list below)

**... and several restaurants with gluten free options – either substitutions, items, or menus**

Better Bites Bakery – Austin. You can find their yummys also in Peoples Pharmacy and Whole Foods market.

Blackbird Bakery – Gluten free bakery. Highly praised!

Brick Oven Pizza – gluten-free crust: highly praised by many!

Chipotle – Mexican. Clean product focus.

Galaxy Café – variety, casual (great fish taco and burgers)

The Grove– any pizza can be made gluten free, plus several pasta options.

Jack Allen’s Kitchen – local eatery, delicious food, has a gluten free menu

Kirby Lane – high praises from many for their gluten free pancakes. ‘nuf said.

Maudies –\_Mexican food. Generous gluten free menu! Yum...

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Mother's Café & Garden – vegetarian/vegan, with gluten free selections. A yummy Austin staple.

My Fit Foods – you can filter the menu by food type (gluten free, tree nut free, dairy free, etc...), protein type, and meal type. A variety of healthy to go selections.

Mr. Natural – vegetarian (some gluten free), yummy desserts dairy-free, some gluten-free, usually honey sweetened.

Panera – familiar large chain. Gluten conscious options.

P.Terry's – very casual burger joint (they will make the burger bunless and wrapped in lettuce)

Pei Wei – Asian (various influences)

People's Pharmacy – high quality, gluten free breakfast, lunch, and sweets!

Snap Kitchen – another to-go option. The menu breaks down calories and the food options (gluten free/ paleo/ carb conscious/ non-dairy/ sodium conscious)

TacoDeli – local/organic Mexican food. All gluten free. Organic corn tortillas!

Tarka – Indian food. Gluten free options

Thai Fresh – amazing and unusual gluten free desserts; many gluten free dishes with local and organic ingredients

Thundercloud – gluten free bun option!

Wildwood Bakehouse – variety of lunch type items, breads, and desserts. Gluten free and some dairy free.

Zen – Japanese inspired; gluten free options

## ***Stores with a larger gluten free selection***

Austin Farmers Markets – sometimes have local businesses with gluten free items

Central Market or HEB

Natural Grocers

Sprouts – Excellent gluten free labeling, great gluten free sales.

Wheatsville Co-op

Whole Foods

## ***Magazines***

Gluten Free Living – more specific to gluten free only. Primarily produced and written by those with celiac disease.

Gluten Free and More (originally called Living Without) – includes suggestions for several food allergies. Advertisements can be helpful as well; good way to find new products.

Simply Gluten Free – also features dairy free, sugar free, nut free, vegetarian, vegan and paleo diets.

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## *Idea Books (not just about gluten free)*

Celiac Disease: a Hidden Epidemic (Green and Jones – updated in May 2016) - Highly recommended by several patients.

Grain Brain (Dr. David Perlmutter) – Info about grains and their impact on the brain.

Brain Maker (Dr. David Perlmutter) – The gut and how it affects the brain.

Retraining Your Tongue (Lindsey Berkson) – Humorous (and sometimes silly), informative look at nutrition and eating; helps you think outside the box!

Green's Glorious Greens (Albi and Walthers) - Wonderful information on simple, healthy, and tasty ways to incorporate a variety of greens into your diet.

Nourishing Traditions (Sally Fallon) – Playing with traditional foods... a more popular idea recently.

## *\*Gluten Free Cookbooks\**

Gluten Free on a Shoestring (Nicole Hunn), Simply Sugar and Gluten Free (Amy Green) The Gluten Free Asian Kitchen (Laura Russell), The Gluten Free Italian Cookbook (Mary Capone), Artisanal Gluten Free Cooking (Bronski), Silk Road Vegetarian: Vegan, Vegetarian, and Gluten Free Recipes for the Mindful Cook (Abraham-Klein), and more showing up all the time!

## *\*Paleo Cookbooks\**

Paleo is a focus on eating high quality, clean, organic, unprocessed, grain free foods. With the popularity of Paleo; grain-free cookbooks, websites and blogs are storming the internet. These are great for meat eaters looking for quality, unprocessed, tasty dishes. You can always choose to add your own gluten free bread or grain option. These books are a few of many fun choices!

Against All Grain (Danielle Walker), Practical Paleo (Diane Sanfilippo), Make It Paleo (Stanley & Mason), The Paleo Approach (Sarah Ballantyne), Well Fed and Well Fed 2 (Melissa Joulwan).

## *\*Raw Food "Cookbooks"\**

For example: Living Cuisine (Renee Loux Underkoffler); Ani's Raw Food (Ani Phyo)  
I eat a variety of foods not just "raw", but I do like incorporating raw foods in more interesting ways than just cut up on salad. Raw books can have great suggestions on using vegetables as pasta, reducing processed ingredients - more thinking outside the box!

## *\* A few of the many books primarily for baking, if you have the urge!\**

The Spunky Coconut Cookbook (Kelly Brozyna), The Gluten Free Almond Flour Cookbook (Elana Amsterdam), Gluten Free Baking Classics: The Heirloom Collection (Annalise Roberts), Everyday Grain-Free Baking (Kelly Smith), Paleo Patisserie (Jenni Hulet).

## *Breads & Pizza Crusts*

There are some good ones! Often frozen or refrigerated and usually toasting is a benefit

Against the Grain Gourmet – variety of breads. Nancy is a fan of the baguettes ☺

French Meadows breads - nice light grain, good size slices

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Guiltless Superfoods – local: grain free breads, pizza crusts, pizzas, tortillas

Julian Bakery – variety of paleo breads

Schar – lovely gluten free white bread. Yummy treat! Great Baguettes, and Ciabattas.

Smart Flour – Nancy and I really like their pizza crusts and pizza!

Udi's – breads- nice white and whole/multi-grain, pizza crusts, good bagels

## ***Grain Options***

Amaranth  
Brown Rice  
Buckwheat  
Corn and quinoa pasta (Ancient Harvest is popular)  
Millet  
Potato Starch  
Quinoa  
Rice pasta (Tinkyada is my favorite)  
Sorghum  
Teff

## ***Non Flour... seed/nut options***

Almond  
Arrowroot  
Banana  
Chia  
Coconut  
Cassava  
Chestnut  
Hazelnut  
Hemp  
Plantain  
Tapioca  
Water chestnut

## ***Baking (mixes)***

Authentic Foods – variety of g-f flours. Their Multi Blend Flour is a nice 1-to-1 or ¾ to 1 substitute in many traditional recipes.

Betty Crocker - yes, it's true, they now have gluten free. I generally prefer other mixes, but it's helpful if you have children and need a quick "regular tasting" baked good.

Cherrybrook Kitchen – variety of cake, muffin, icing, pancake mixes.

Namaste – flour blends, cakes and mixes.

Pamela's – options of mixes and prepared cookies. Yum! Chocolate chip cookie mix will be loved by any cookie lover!

Bob's Red Mill – mixes, and good individual g-f flours too

King Arthur – gluten free flours and mixes. Good recipes on their website!

We want to see you thrive ... and move forward with the idea of embracing what truly makes you feel good in your body and your life. Keep returning your focus to finding balance, minimizing processed foods, and focusing primarily on delicious clean eating (mostly ;-). If you have questions, or want to read or explore further, please let us know.

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☺ Colleen