

ENER-G'S ALLERGY-FREE FOOD GUIDE:

**THE ULTIMATE GUIDE
TO TURNING
DIETARY RESTRICTIONS
INTO DIETARY FREEDOM!**

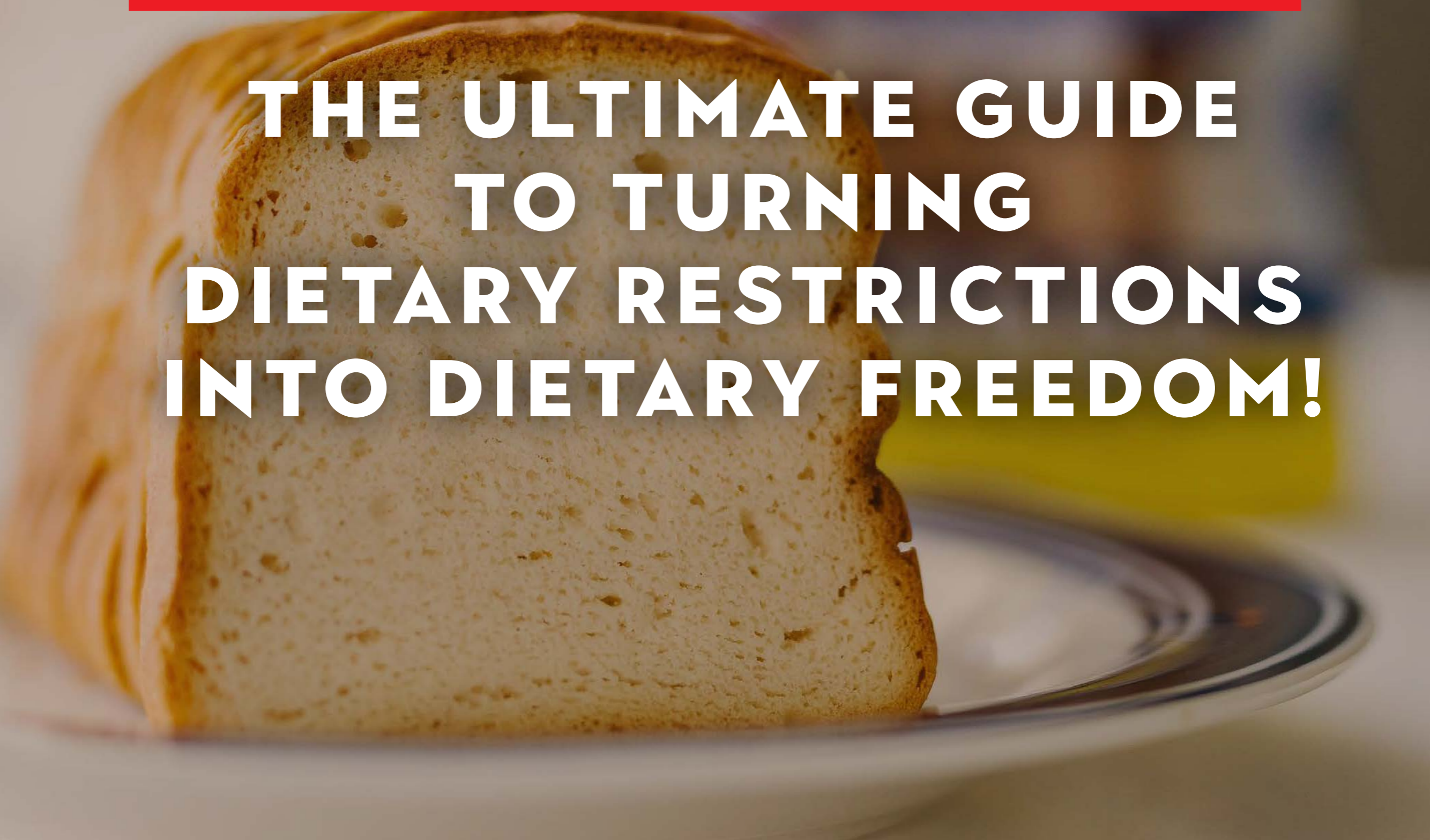


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SECTION 1

Where to Start When Going Gluten-Free

You're going gluten-free! You may think you'll never enjoy food again. But, with a little education and paying attention to your food intake, dietary freedom can be yours again.

Being exposed to gluten over and over can lead to symptoms and persistent and sustained inflammation. Basically, if you cheat on your gluten-free diet, you could prevent your intestine from fully recovering.

Eliminating gluten-containing foods from your diet can seem difficult, but with a little extra effort in the kitchen, you can eat delicious food that tastes just as good as the gluten-containing counterparts, you are used to.

WHERE TO BEGIN

1. Lean into your new lifestyle.

The first step to managing a successful gluten-free diet is accepting that this is a necessity for you to live a long and healthy life. Having a positive attitude will make maintaining the diet much more comfortable!

2. Make a plan.

If you are diagnosed with celiac disease, you should ask your doctor to refer to a registered dietitian skilled in the gluten-free diet. Professional dietitians can teach you the basics of a gluten-free diet and make suggestions to get your body healthy. As a bonus, dietitians receive hundreds of samples from food vendors, so they may have gluten-free items for you to try!

3. Educate yourself.

Gluten is a protein found in the grains wheat, barley, and rye, which means that most breads, pastas, breakfast cereals, baked goods and sweet and savory snacks found on the grocery store shelves are off-limits.

4. Read labels.

It is essential always to read the labels of prepared, canned and packaged foods to be sure that they do not include any gluten-containing ingredients. If a meal is not labeled gluten-free, look for the words or ingredients "wheat," "barley," "rye," "oats," "malt" and "brewer's yeast" to indicate that the food is not safe to eat. Plain meat, poultry, fish, fruit, vegetables, eggs, milk, nuts, seeds, and beans are all naturally gluten-free. There are many naturally gluten-free grains and flours, including those made from corn, rice, millet, sorghum, teff, quinoa, buckwheat, and amaranth. Whenever possible, it is vital to buy grains and flours that are labeled gluten-free.

5. Identify your go-to brands.

The gluten-free marketplace continues to expand with more products available in grocery stores, natural food stores, and online. There are lots of gluten-free products available, so you won't go hungry! Find your go-to brands and keep them close!

6. Stock your library.

There are tons of cookbooks available that offer tasty gluten-free recipes. Head to your local bookstore and browse through the cookbook section or go online. If you are new to cooking, you can spend some time watching cooking shows on the Food Network or check out an essential cookbook from the library that talks about the various principles of cooking.

7. Prevent cross-contact at home.

Teach your family about the gluten-free diet. Learning to prevent cross-contact is vital. This requires your organizing your pantry to keep gluten-free products separate, and remember to wash all cooking surfaces before preparing gluten-free foods. Remind family members not to share utensils, pots and pans, toasters and toaster racks, or other kitchen items and to wash them thoroughly before and after use. For example, do not not to dip a knife into peanut butter that has already touched a piece of bread.

“My daughter is gluten free and bread can be really hit or miss. She is 12 and pretty picky. We tried this bread for the first time and she loved it.”



SECTION 2

Gluten-Free Baking 101

Replacing wheat flour in gluten-free recipes, but be sure to use the right substitute or your baked goods may come out of the oven flat. Here are some of the most useful gluten-free flours that can be used when substituting for wheat flour.

Almond Meal Flour

Almond meal flour is made from whole almonds. It is used in cookies, cakes, and other desserts, but make sure to store almond meal flour in the freezer.

Brown Rice Flour

Brown rice flour packs a bit more of a nutritional punch than white rice flour. Use this flour in muffins and bread when a heartier product is desired. Be sure to buy brown rice flour that is labeled gluten-free.

Buckwheat Flour

Although buckwheat is a grain-like ingredient, it has no relation to wheat and is, in fact, gluten-free. It is a fantastic alternative for gluten-free cooking. Make sure that any products you buy containing buckwheat are labeled gluten-free.

Coconut Flour

Coconut flour is a healthy alternative flour that has a high fiber content. It provides a natural sweetness and adds moisture to baked goods.

Corn Flour

Compared to cornmeal, corn flour has a blander taste, as well as a lighter and more delicate texture. If possible, buy corn flour that is labeled gluten-free.

Cornstarch

Cornstarch is made from the ground up starchy portion of corn grain. Cornstarch is typically used as a thickening agent, for soups, sauces, and stews.

Garbanzo Bean Flour (Chickpea Flour)

Garbanzo bean flour is like all bean flours in that it is high in protein and fiber content. The advantage of this flour, though is it closely mimics the texture of white wheat flour when baking.



Millet Flour

Millet flour looks and tastes a lot like cornflour or cornmeal and is an excellent source of fiber. Use this flour in muffins and cornbreads. Be sure to buy millet flour that is labeled gluten-free.

Potato Flour

Potato flour is made by grinding potato roots. Potato flour is used to thicken sauces and is generally included in gluten-free flour blends.

Quinoa Flour

Quinoa is one of the more nutritionally packed gluten-free substitutes. It is loaded with protein and a host of other vitamins and minerals. Be sure to buy quinoa flour that is labeled gluten-free.

Sorghum Flour

Sorghum is a millet-like grain and adds a robust flavor to gluten-free baked goods. Be sure to buy sorghum flour that is labeled gluten-free.

Tapioca Flour

Tapioca flour can add chewiness to baked goods and is known for being one of the more flavorless gluten-free flours so that it won't affect the taste of your dish.

Teff Flour

Teff flour is a nutritional powerhouse with a mild nutty flavor and a very soft, delicate texture. It works well in cookies and pie crusts. Be sure to buy teff flour that is labeled gluten-free.

White Rice Flour

White rice flour is most often used as a replacement for wheat flour in gluten-free breads. Be sure to buy white rice flour that is labeled gluten-free.

Xanthan Gum

Xanthan gum adds volume or fluffiness to gluten-free bread and other baked goods. It is made from the fermentation of sugar by the organism *Xanthomonas campestris*.

BAKING WITH GLUTEN-FREE FLOURS

Gluten-free baked goods will generally turn out better if a combination of gluten-free flours and starches is used. Gluten-free flours have different tastes and textures. Gluten-free cooking and baking is all about experimenting! In general, you do not want to substitute a single gluten-free flour for the wheat flour called for in a recipe. You may want to try substituting $\frac{3}{4}$ cup of gluten-free flour and $\frac{1}{4}$ cup of a gluten-free starch (carbohydrate portion of grain) for 1 cup of wheat flour. It may be easiest to buy an all-purpose baking mix when you are first getting started (see next page under "All-Purpose Gluten-Free Flour.") The gluten-free marketplace continues to expand with replacement options that can be substituted one-for-one with wheat flour. (Be sure to read intended use and instructions.)

When you are first learning to bake gluten-free, it may be helpful (and far less frustrating) to use a cookbook. Following tried, and authentic recipes at first will help you learn about the various flours, including their tastes and textures.

“I have allergies so no wheat, dairy, or corn. This bread tastes good, works in all of my recipes, doesn't fall apart when making sandwiches, and is reasonably priced.”



SECTION 3

9 Tips for Grocery Store Shopping While Gluten-Free

GLUTEN-FREE FOOD LABELING

The gluten-free marketplace is booming and new gluten-free products are filling grocery store shelves regularly. Just as more gluten-free products have increasingly become available over time, so too has it become easier to identify gluten-free products from gluten-containing ones.

The key to gluten-free food safety is not only learning how to identify gluten-containing ingredients by reading food labels, but also understanding which food products have a high-risk for cross-contact with gluten.



As you begin your gluten-free journey, here are some simple tips for navigating the grocery store:

1 Stick to packaged and processed foods that have only a few simple ingredients—their labels are more natural to read!

2 When in doubt, purchase products that are labeled gluten-free.



3 Look out for less-obvious sources of barley, specifically malt and brewer's yeast.

4 Whenever possible, purchase naturally gluten-free grains, flours and starches that are labeled or (preferably) certified gluten-free by a third party.

5

When foods containing "smoke flavor" aren't labeled gluten-free, verify their status with the food manufacturer.

6

Avoid poultry and meat products that do not list the source of dextrin or starch on the product label.

7

Products labeled "wheat-free" are NOT necessarily gluten-free – remember to read all ingredients.

8

Avoid purchasing from bulk bins—cross-contact can quickly occur with scoops and gluten-containing items.

9

Opting for fresh, whole foods that are naturally gluten-free instead of gluten-free packaged and processed foods is not only safer, but can also be more nutritious.



"We buy this bread for my 6 yrs old daughter. She enjoys it lightly toasted and it is really good to make sandwiches because of the texture. So far it's one of the best gluten free bread that we have tried."

"This was a keeper. The best I have found, so far. Light and airy. Can make peanut butter & jelly sandwiches.. doesn't NEED to be toasted like the others... Makes a "mean" french toast... My daughter (who is pretty picky) eats this bread a lot."

SECTION 4

11 Tips for Dining Out While Gluten-Free

Just because you have celiac disease or gluten sensitivity doesn't mean you have to forgo dining out with your friends and family! Here are some suggestions to help streamline the process and minimize the chance of gluten exposure.



1. Make reservations in person.

Try talking with the chef and restaurant manager ahead of time to discuss your dietary restrictions. You might consider stopping in during off-peak times to chat.

2. Review menus online.

Many restaurants post their menus online. Whether you have time to meet with a chef ahead of time, look over the online menu before eating out. An increasing number of restaurants include gluten-free options among their offerings. Most restaurants do not mind if you choose different items from various menu options to create your own meal.

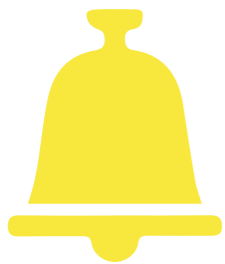
3. Ask about cross-contact.

Explain what cross-contact is and ask what precautions are taken to prevent it. When preparing your meal, make sure the kitchen staff uses clean utensils, cutting boards, pots, pans, etc. If a grill is used, request that they place a barrier like aluminum foil between your food and the grill surface, or ask that your food be pan-grilled. If condiments are included, like mayo on a gluten-free sandwich, ask if the staff uses squeeze bottles or has a dedicated set of gluten-free condiments.

4. Ask about how food is prepared.

Items to be especially wary of include:

- ▶ Soups and broths
- ▶ Grilled foods
- ▶ Anything with a sauce
- ▶ Items that may be breaded or include breadcrumbs
- ▶ Soy sauce
- ▶ Marinated meats
- ▶ Rice made with stock
- ▶ French fries or other foods that may be cooked in a shared fryer



Remember to make sure croutons are not included with your salad, and don't forget to avoid malt vinegar. Also, confirm that vegetables are cooked in a separate pot. Some restaurants cook them in the same water as used for pasta.

5. Build relationships with local chefs.

They appreciate your patronage and genuinely want to please you, just as you value the security and comfort of a delicious, gluten-free meal!

6. Bring resources and information for chefs and restaurant staff if needed.

While gluten-free dining is becoming more popular, providing information about celiac disease and the gluten-free diet can be another helpful way to educate and raise awareness, but never let this replace a personal conversation with any chef or restaurant manager.

7. Communication, compliments, and kudos!

Follow up with a quick "thank you" before leaving the restaurant to let the chef know you appreciate the extra efforts. You might consider doing a positive review on Yelp or another local review guide. If you had an unpleasant meal, politely inform the manager and consider following up with a letter to explain why.

8. Consider showing your gratitude with a tip.

You can even budget this into your expected costs of dining out. Money speaks volumes and by getting to know the chefs and tipping well, you will help set the tone for the future.

9. Be polite and informative.

Even though celiac disease has become more common, many are still unfamiliar with specifics. Be patient as you explain your needs. Most restaurants want you to return again and again and will try to meet your needs as they are able.

10. Ask questions.

If you do not understand how something is prepared, ask. If your plate doesn't look like you expected, it is fine to double-check (or even triple check).

11. BYOB - Bring Your Own Backup!

Call and ask the restaurant if you are permitted to bring your own bread, pasta, crackers, etc. When providing your own additions to a meal, give the kitchen enough time and advanced notice to make it possible and convenient. Include cooking information, so your meal is timed appropriately. Just in case, pack a small emergency gluten-free snack stash (prepackaged nuts, crackers, or cookies).

