

## Going Gluten Free: Resources for more information

There are a lot of resources available, many of which are online. Here are some good places to start:

### For general information....

[BeyondCeliac.org](#) – Excellent site for lots of information on living with celiac disease. It has links to a number of sources for information, current research and gluten free products.

[Celiac.org](#) – The website for the Celiac Disease Foundation, it has lots of articles, meal plans, informational videos and a marketplace.

[Celiac.com](#) – Many articles and blogs about gluten free living, this site also has a store where you can purchase gluten free products.

[Gluten.org](#) – Good site with lots of free information, including downloadable restaurant card to give to servers.

[Glutenfreewatchdog.org](#) – Independent testing of products to ensure they are gluten free. This site charges a small monthly fee for full access to product reports.

[The Gluten Detective](#) – an app developed by the Academy of Nutrition and Dietetics with information on label reading, ingredients, and guidelines for going gluten free.

[Gluten Free Registry](#) – A large database of gluten free restaurants, supermarkets, bistros, caterers and other businesses. It also has reviews and menus available.

[Is That Gluten Free?](#) – A useful database of over 500 food brands to help take the anxiety out of food shopping.

[Gluten Freedom](#) by Alessio Fasano, M.D. with Susie Flaherty; Wiley General Trade, 2014. Excellent explanation of what happens to the gastrointestinal tract in celiac disease presented in an easily digestible way (yes, we went there) along with some recipes for good measure.

[Gluten Free Diet: A Comprehensive Resource Guide](#) by Shelley Case, RD; Case Nutrition Consulting, 2010. Another excellent reference book for your library.

### For travelers...

[Celiactravel.com](#) – Print free celiac dining cards with 63 languages to choose from.

[Gluten Free and Allergy Free Travel Checklist](#) (\$1.99) – App with checklists to guide you through avoiding gluten as you travel domestically and abroad, it gives information on navigating airlines, cruises, and hotels.

[Glutenfreepassport.com](#) – Offers free “allergy cards” for dining out. The cards list foods which must be avoided due to gluten content. It also has allergy cards for lactose, shellfish, and offers allergy card “bundles” for different countries for purchase. It has tips for ordering

gluten free meals on planes and cruises, as well as general guidelines for gluten free diets. This is a good site if you travel.

### For recipes...

[Petiteallergytreats.com](#) – recipes for cookies, cupcakes, and other “treats” which are modified for gluten, as well as other allergens like dairy.

[Minimalistbaker.com](#) – An excellent site for recipes, both sweet and savory, that are plant based, quick and not heavy on ingredients. The majority, although not all, are gluten free.

[Glutenfreeonashoestring.com](#) – Another good site for recipes for gluten free foods, this was started by a former lawyer who was laid off in 2009. She began making gluten free foods for her son with celiac disease rather than bust her budget on premade gluten free items.

### For eating out...

[Find Me Gluten Free](#) – A free app which locates restaurants with gluten free menu offerings within a certain radius of a specified zip code.

[Allergy Eats](#) – A free app with a large database of restaurants which are “celiac friendly”.

[iEat Out Gluten Free and Allergen Free](#) – An iPhone app that finds restaurants that serve gluten free menu items. Users can also screen for additional allergens.

# Enjoying a Gluten Free Life



## Going Gluten Free: Answers to Frequently Asked Questions

### “I need to be on a gluten free diet. What’s going on?”

Gluten is a protein found in certain grain products. It is made of two smaller proteins, glutenin and gliadin. It is found in all forms of wheat (including wheatberries, durum, semolina, farro, einkorn, and farina), rye, barley (malt), triticale (a wheat/rye hybrid grain), kamut, and spelt. It is also found in Brewer’s yeast. Oats are often contaminated with gluten due to processing although they are naturally gluten free.

Many studies link gluten to a condition called intestinal permeability, also known as Leaky Gut Syndrome. Many doctors feel this causes increased inflammation in the body, and in more advanced circumstances, may contribute to the development or worsening of certain auto-immune conditions where the body is actually making an immune reaction, or fighting, against itself). Many doctors feel that by correcting this intestinal permeability, people can significantly improve many medical conditions, particularly those which are “auto-immune”.

The condition called Celiac Disease is a lifelong severe auto immune reaction to gluten. The only known cure is complete avoidance of gluten. A related condition, referred to as Non-Celiac Gluten Sensitivity is now being studied to see how common it is and what can be done to help patients who are sensitive to gluten, but do not actually have Celiac Disease.

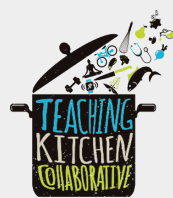
### “What foods have gluten?”

Gluten is found in seven grains - wheat, rye, barley, triticale, kamut and spelt. Gluten is only found in grains. No other naturally occurring food has gluten. Fresh whole fruits, fresh vegetables, plain beans, plain nuts, plain seeds, whole fish, poultry, meat, eggs, and plain dairy do not contain gluten. When these items are processed, however, food manufacturers may add flours of gluten grains as thickeners, stabilizers, flavoring or fermenting agents.

For example, spinach does not have gluten, but creamed spinach may contain gluten because flour may be used to thicken the sauce. Soybeans do not contain gluten, but wheat is often used as a fermenting agent to make soy sauce. Potatoes do not contain gluten, but wheat starch may be sprayed on potato chips and French fries to crisp and brown them.

There are comprehensive lists of gluten free and gluten full foods online. See the resources listed at the end of this handout.

*Continued*



Member of the Teaching Kitchen Collaborative, whose mission is to advance person and public health through culinary literacy and integrative lifestyle transformation.



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### “So, I can’t eat any of the grains listed above. What can I eat?”

There are plenty of gluten free options to choose from. First, remember that all fruits and vegetables, meats and dairy products are gluten free. Unprocessed versions of these foods are usually safe to eat. A quick look at the label is always a good idea however. Products that are labeled certified gluten free are safe to eat.

The following grains and seeds have no gluten: rice, wild rice, tapioca, corn, quinoa, amaranth, buckwheat, millet, sorghum, oats and teff. Other gluten free starches are potato, cassava, arrowroot, flax, and yucca. You can find gluten free flour blends to use in baking made from combinations of these starches.

### “So, I guess eating out is no longer an option?”

Not true, but you need to be careful when choosing where and what to eat. One thing to keep in mind is the risk of cross contact. This happens when gluten containing products are prepared on the same workspace or appliance as gluten free foods. For example, using the same toaster to prepare gluten free toast as regular bread, or grilling the chicken breast on the same flattop immediately after grilling focaccia. Fryers are also a potential problem area, especially if used to fry battered foods like fish or chicken.

Most restaurant workers are familiar with basic gluten free restriction guidelines, but you need to be proactive by asking questions about preparation and ingredients. One way is to ask the servers how they make sure a food is gluten free. Sometimes they think gluten can be “cooked out” of foods, the way dangerous bacteria can be. They are wrong. You can always ask to speak directly to the chef about suggestions for safe menu items.

Most restaurants with gluten free options list them on their websites. There are also apps available which identify gluten free choices at various restaurants. Resources are included in this handout. There are many restaurants where food intolerances and allergies are taken very seriously. If you feel uncomfortable, you have options.

### “Anything else?”

Cross contamination is a risk both at home and when eating out. A crumb of gluten containing food can be enough to cause a reaction. Some places like gluten free bakeries which market themselves as such have dedicated gluten free preparation space, so there is little chance of cross contamination. Other places have gluten free options which are prepared in the same space as gluten containing foods. Obviously this is more risky.

## Other things to consider when going on a gluten free diet

- Spreads like butter or mayonnaise, which are commonly put onto bread, can cause problems. There may be some crumbs attached to the knife or spreader used, so use separate condiments, tools, and appliances. Crumbs can also get into the containers of the spreads. Squeeze bottles for condiments like mustard and mayonnaise can be very useful.
- If you re-use plastic bags, be mindful of what was originally stored in them. Don’t put your gluten free food in a bag that previously had bagels in it.
- Be careful of cutting boards, knives, and other appliances like bread machines, waffle makers, griddles or slow cookers. Also, the pots and colanders used to cook gluten containing foods like pasta need to be thoroughly cleaned or use separate items solely for gluten free preparation. Using different colored pots, utensils and colanders can make the gluten free tools easily identifiable.
- Wooden spoons and cutting boards can hold onto gluten, even after washing. Metal or plastic is easier to clean.
- When barbecuing, cover the grill top with foil. Gluten can remain on the grill and contaminate food items. For example, marinades made with soy sauce (usually made with wheat) can leave residual gluten on the grill for unsuspecting people.
- It’s a good idea to store gluten free products on a separate shelf or cabinet to minimize the risk of accidental cross contamination.
- Not all countries have the same standards for gluten free labeling. Be sure to check out imported products to make sure their criteria are adequate.
- Dishtowels and countertops can harbor crumbs which contain gluten.
- Avoid purchasing foods which come in bulk bins in food stores. The scoops used can become contaminated if stored near gluten containing items.

