



How to be gluten-free healthily

A gluten-free diet excludes all types of food that include grains that contain the protein called gluten.

If you have coeliac disease, an immune reaction in the mucus lining of the small intestine damages the absorptive villi, which impairs the body's ability to absorb nutrients. This leads to malnutrition due to nutrient deficiencies and various gastrointestinal problems. A gluten-free diet is a lifetime requirement to avoid intestinal damage.

If you have non-coeliac-gluten sensitivity (NCGS), you may not have the coeliac disease symptoms, but still have a permeable intestine ("leaky gut") that allows undigested proteins to pass into your bloodstream and cause many forms of ill-health elsewhere in the body. Symptoms associated with NCGS include

- disturbed digestion
- hormonal imbalances
- respiratory problems
- skin disorders
- headaches
- attention and behavioural problems
- mood disorders, including depression

Improvements can begin within days of starting the gluten free diet and the small intestine is often completely healed within 3 to 6 months in those on a strict diet¹.

The goal of this gluten-free diet and lifestyle advice is help you be *healthy* by avoiding exposure to gluten and eating a nutritious variety of wholesome foods that you can enjoy.

Meal planning and nutrition strategies

Plan your weekly menu and shopping list before you go shopping.

See Food Guide on page 2, Useful Resources on page 3 and Sample menu plan on page 4.

Focus on simple, freshly prepared meals from unprocessed food most of the time.

Eat protein rich foods with plenty of vegetables and fruit, both raw and cooked.

Use gluten free whole grains like brown rice and quinoa to provide valuable minerals and protein.

Use gluten free flours occasionally for thickening and baking

Use healthy fats in butter, coconut oil, extra virgin olive oil and nut oils.

Beware: Gluten-free food choices can be unhealthy when they are highly processed, low in fibre, high in sugar, high in vegetable oils.

Commercial products will also be expensive.

A healthy, budget-wise diet *is* possible with fresh, whole food choices.

Shopping strategies

Don't shop on an empty stomach if you don't know what options you'll have for a feed if you are hungry.

While shopping, look for products endorsed by Coeliac Australia with their Crossed Grain logo. This verifies a gluten content <20ppm, which is deemed suitable for a G/F diet².

Check food packaging for gluten free claims. Legally these must contain no detectable gluten.

Check product labels for ingredients that may contain "hidden" gluten. See page 3.

You may like to check a food item or get help finding an alternative with a mobile phone app such as "FoodSwitch"





Food guide³

Choose from:	Avoid these foods:		
<p>Products made with</p> <ul style="list-style-type: none"> • Amaranth • Arrowroot • Buckwheat • Corn • Legumes • Millet • Potato • Quinoa • Rice • Sago • Soy • Tapioca <p>Gluten-free flours made with above ingredients</p> <p>Pastas made with above ingredients</p> <p>Your healthy diet can include</p> <ul style="list-style-type: none"> • All fruit and vegetables • Dairy products or non-dairy alternatives • Protein rich foods: lean meats, fish and seafood (see note below) • Legumes • Poultry and eggs <p>As well as</p> <ul style="list-style-type: none"> • Olives • Pickles • Jelly • Jam • Wine, balsamic, rice, rice wine and apple cider vinegars • Pure spices and herbs • Tamari sauce • Herbal teas • Filtered water 	<p>All of the following products, made with any of wheat, barley, rye, oats or spelt, including semolina, couscous and kamut:</p> <ul style="list-style-type: none"> • Bread and breadcrumbs • Pasta and noodles • Crackers • Breakfast cereals • Cakes, muffins, pancakes • Packet cake mixes • Batters e.g. on fish • Biscuits, waffles, ice cream cones • Pizza • Breaded foods 		
	<p>Foods containing wheat or barley derived ingredients:</p> <table border="1"> <tr> <td data-bbox="592 667 1018 1279"> <ul style="list-style-type: none"> • Breakfast cereals • Sauces • Soups • Stock powders • Marinades/soy sauces • Seasoning mixes • Food coatings • Baking powder • Roasted nuts • Modified food starch • Caramel color • Custard powders • Some ice creams • Liquorice • Prepared cake frosting </td> <td data-bbox="1021 667 1455 1279"> <ul style="list-style-type: none"> • Dextrin • Maltodextrin • Hydrolysed vegetable protein • Malt vinegars • Distilled white vinegar • Sausages • Processed meat • Meat pies and pastry products • Stuffings in meat and poultry • emulsifiers • modified food starch • glucose syrup • malt (flavoring and extract) • Malted beverages • Coffee substitutes </td> </tr> </table>	<ul style="list-style-type: none"> • Breakfast cereals • Sauces • Soups • Stock powders • Marinades/soy sauces • Seasoning mixes • Food coatings • Baking powder • Roasted nuts • Modified food starch • Caramel color • Custard powders • Some ice creams • Liquorice • Prepared cake frosting 	<ul style="list-style-type: none"> • Dextrin • Maltodextrin • Hydrolysed vegetable protein • Malt vinegars • Distilled white vinegar • Sausages • Processed meat • Meat pies and pastry products • Stuffings in meat and poultry • emulsifiers • modified food starch • glucose syrup • malt (flavoring and extract) • Malted beverages • Coffee substitutes
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	<p>Be aware that animal foods may be gluten contaminated if the animal feed contained gluten.</p> <p>NON-FOOD SOURCES OF GLUTEN</p> <p>Beware too of non-food sources of gluten, including:</p> <ul style="list-style-type: none"> • Baking spray • Medications • Herbal supplements • Personal care products including make up, shampoos, lotions, etc See page 3. 		
<p>Mushrooms grown on wheat-based growing medium</p>			



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Hidden gluten in wheat or barley derived ingredients in personal care products⁴

- Triticum vulgare (wheat)
- Hordeum vulgare (barley)
- Secale cereale (rye)
- Avena sativa (oats)
- Wheat germ oil
- Hydrolyzed wheat protein
- Stearyl dimonium hydroxypropyl (hydrolyzed wheat protein)
- Laurdimonium hydroxypropyl (hydrolyzed wheat protein)
- Colloidal oatmeal
- Hydrolyzed vegetable protein (may contain wheat)
- Dextrin palmitate (starch, possibly gluten-based)
- Vitamin E (frequently derived from wheat)
- Malt extract (usually barley)
- Beta glucan (frequently derived from wheat)
- Vegetable protein (may contain wheat, barley, rye and/or oats)

Useful resources:

www.coeliac.org.au

Provides support and information to help with a G/F diet, including identifying G/F ingredients, where to buy G/F food, recipes and cooking tips, eating out, overseas travel and research.

www.glutenfreeeatingdirectory.com.au

Provides a 'one-stop gluten free search site' with information on products and services

iPhone/Android app

"Gluten free eating directory"

iPhone apps

"FoodSwitch"

Websites for delicious recipes, for omnivores and vegans

www.healthychef.com.au

www.mydaringlemonthyme.com

www.wildhealthfood.com

Books

"4 Ingredients Gluten Free" by Kim McCosker and Rachael Bermingham has some easy, delicious recipes, provided you avoid the high sugar ones.

"Gluten Free Cooking" by Sue Shephard

Recipe for home made gluten free flour that can substitute in many recipes⁵

½ cup maize flour + 1 cup brown rice flour + ½ cup chickpea flour + ½ cup organic soy flour + 1 cup potato flour + 1 cup arrowroot flour, mixed together well = 1 kg gluten free flour



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Sample menu for a week

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Every morning, when you first wake up, drink 1 or 2 glasses of water to flush out toxins and clear your digestive system.						
Breakfast	Nutty mix* with almond milk or yoghurt	Quinoa porridge with almond milk or yoghurt	Omelette or scrambled eggs with GF toast	Fruit with some yoghurt and LSA	Quinoa porridge* with almond milk or yoghurt	Poached eggs or lentils on GF toast	Zucchini pancakes* with gluten-free flour
Lunch	Sun-dried tomato and quinoa salad*	Tuna or salmon salad*	Brown rice salad*	Chicken and avocado with salad dressing	Rice noodles with stir-fried veg* Mixed green salad	Sardine or salmon or vegetable patties with mixed green salad	Salad of baby potatoes, boiled eggs and humus with spinach salad
Dinner	Frittata* of choice with mixed green salads with dressing	G/F pasta with pesto* Mixed green salad	Roast chicken* OR oven baked chicken fillets* with sweet potato wedges* Mixed green salad with dressing OR steamed cruciferous vegetables	Baked potato with sautéed mushrooms* Or cottage cheese AND steamed or stir fried green vegetables	Lamb or beef strips, stir fried with choice of veg and noodles OR savoury lamb or beef mince with rice AND mixed green salad with dressing	Baked, grilled or steamed white fish* fillet with steamed mixed veg with some melted butter and sesame seeds or sautéed mixed veg*	Beef or lamb burger* with sliced tomato and ½ avocado Mashed sweet potato Mixed green salads with dressing
Snack options	A piece of fresh fruit; 2 rice cakes with pesto/avocado/humus/other vegetable spread/nut butter; handful of nuts; smoothie; crudités with dips						
Dessert or sweet treat options:	G/F yogurts, ice cream, jellies, food made with G/F ingredients, dark chocolate						
Food prep	Soak brown rice overnight Snacks: Make roasted tamari almonds Make pesto* Make humus	Prepare brown rice salad* for next day lunch		Make chicken stock* from bones; Slice veggie sticks for next day	Prepare and cook sardine or salmon patties* or left-over veg pancakes* for next day lunch	Boil some potatoes and eggs for next day lunch	Cook some quinoa for weekday meals