

Jesabe Warner Naturopathy

PERSONALISED AND SPECIALISED FUNCTIONAL MEDICINE

A GLUTEN-FREE GUIDE

A gluten-free diet is commonly prescribed to alleviate health complaints and improve general wellbeing. By reducing inflammation, a well planned gluten-free diet can improve energy, regulate bowel patterns, encourage gut healing and help you regain balance and vitality.



WHAT IS GLUTEN?

Gluten is a protein that is found in wheat, rye and barley. For some individuals, it can cause intestinal damage often resulting in gastrointestinal upset, nutrient deficiencies, skin complaints or unexplained weight loss. Common signs and symptoms of gluten intolerance may include diarrhoea, abdominal pain, bloating, fatigue, poor energy, poor focus and irritability.

Removing gluten from the diet can result in reduced inflammation and encourage necessary healing of the gut's intestinal lining. This can help to improve symptoms associated with gluten intolerance or "leaky gut".

WHAT IS INVOLVED IN A GLUTEN-FREE DIET?

If following a gluten-free diet, you'll want to avoid all consumption of gluten-containing foods and swap with gluten-free grains such as rice, quinoa and buckwheat. To ensure you're consuming a variety of nutrients, it's important to maintain a varied diet of whole foods and that you carefully read all labels on packaged or pre-prepared foods.

HOW DO I KNOW IF THE FOOD CONTAINS GLUTEN?

Learning how to read food labels is important when following a gluten-free diet as many packaged foods contain gluten. Food products change frequently, so check the label carefully before consuming. Avoid products with any of the following ingredients:

- Wheat** Includes any items that are made or processed with flour, parts of the wheat kernel (such as bran, germ, endosperm) and species derived from grain such as triticale.
- Barley** Includes all parts of barley grain and ingredients that are produced from barley including malt flavourings, brown rice syrup, brewer's yeast and beer.
- Rye** Includes all parts of rye grain such as rye flour and rye bread.
- Oats** Oats do not naturally contain gluten but they are often contaminated with wheat or other grains. Unless labelled 'gluten-free' they are best avoided along with all oat-containing products including oat flour, oat bran and oat gums.

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GLUTEN-FREE DIET: FOODS TO INCLUDE & AVOID



GRAINS TO INCLUDE IN A GLUTEN-FREE DIET

Swap wheat, barley, rye and oats with:

- Almond meal
- Amaranth
- Arrowroot
- Buckwheat
- Cassava
- Coconut flour
- Corn
- Flaxseed
- Gluten-free oats
- Millet
- Nut flours
- Quinoa
- Rice-brown, white + wild
- Sorghum
- Sago
- Tapioca

These flours, seeds and grains can be purchased from most supermarkets, healthy food shops or bulk wholefood stores such as The Source or The Wholefood Collective.

COMMON PROCESSED FOODS THAT CONTAIN GLUTEN

Gluten can be found in many of these processed foods:

- Sweeteners
- Lollies and baked goods
- Cereals - including rice and soy varieties
- Deli meats
- Sausages
- Gravy, dressings, stock
- French fries
- Imitation meats
- Seasoned rice mixes
- Soy sauce, teriyaki sauce and marinades
- Potato and tortilla chips
- Soups
- Trial mixes
- Panko crumbs
- Energy bars
- Flavoured drinks

SIMPLE SWAPS:

White pasta Lentil pasta, buckwheat pasta, veggie spirals or soba noodles

Bread Rice bread, homemade GF bread or corn tortillas

Crackers Brown rice cakes, corn thins

Pizza GF pizza dough, cauliflower bases, GF wraps

GF DIET TIPS

- Focus on what you can eat, not what you can't.
- Swap gluten containing grains with GF grains.
- Opt for whole foods over GF packaged foods.
- Make vegetables the main part of your plate.
- Consume the rainbow.
- Drink water over other beverages.
- Get cooking!
- Read food labels.



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GLUTEN-FREE DIET IDEAS

BREAKFAST

Try a porridge or overnight bircher using certified gluten-free oats, buckwheat grouts or quinoa in place of cereal. You can get GF puffed cereals at wholefoods stores, such as The Source. Eggs also make a great breakfast alternative or try almond meal pancakes or a veggie-based smoothie.

LUNCH

Corn thins are GF and a good substitute for sandwiches. Opt for plain to avoid added flavours. GF bread is typically more dense and heavy than "normal" bread but there are plenty of great homemade recipes or GF-friendly options. If buying bread, look for one that has few ingredients. You will also find GF pizza bases and wraps too.

DINNER

There are some great lentil pasta options now available from the supermarket that are GF and a very similar taste/texture to flour-based pasta. Just avoid overcooking otherwise it will turn into mush. Keep your dinners simple, relying mainly on a protein source (poultry, meat, fish) and vegetables. Mexican food with rice flour tortillas is a great family-style meal option or most Asian foods are GF friendly.

If making meals that require breadcrumbs such as meatballs, you can sub for almond meal. Likewise, a crumb can be made of almond meal and quinoa flakes.

SIDES

Rice, polenta and quinoa are all suitable GF friendly sides. You can also use white potatoes, sweet potatoes, carrots and parsnips to add substance to a dish.

SNACKS

There are plenty of convenient GF friendly snacks including popcorn, corn chips, seed crackers, nut clusters and corn thins. Alternatively, there are a plethora of GF recipes to play with which are often a better alternative for packaged baked goods as many GF products are heavily processed.

BAKING

You'll find plenty of inspiration and recipes online that are GF or offer variations. You can also find pre-made GF flours available, however, making your own can save you money and often improve the taste. Here is an all-purpose gluten-free flour blend that can be helpful when baking:



ALL-PURPOSE GLUTEN-FREE FLOUR BLEND

INGREDIENTS

500g white rice flour
200g potato starch
90g tapioca starch
125g brown rice flour
85g sorghum flour

METHOD

Whisk together the flours in a large mixing bowl.
Store in an airtight container in the fridge or freezer for up to 6mths..