



# GLUTEN FREE SOCIETY

Presents...

Gluten Free Society

Educating Patients and Doctors About Gluten

# CLEANING OUT YOUR REFRIGERATOR

Keeping Stock in healthy, TRUE gluten free foods

# Perspective helps...

“Refrigerators are designed to keep healthy foods preserved, not to keep preserved foods cold.”

Dr. Peter Osborne

# Where to begin...

- Know the difference between a healthy food and an unhealthy food.
- Label reading and understanding is critical
- Some general guidelines
  - Food should be pronounceable
  - Organic
  - 5 ingredients or less
- You will most likely need a garbage bag (maybe 2 or 3)

# The Removal

## BAD LIST

- Processed condiments with added starches and sugars:
  - Ketchup, Mayo, and Ranch dressing
- Marinades and sauces with added starches and sugars:
  - Salad dressings, soy sauce, and meat marinades

## GOOD LIST

- Versions of ketchup, mayo, salad dressings, and sauces derived from natural ingredients without additives (sugar, starches, and other chemically derived compounds)

# Beverages...

## BAD LIST

- Obvious Beverages
  - Soda
  - Grain based milk
  - Drink mixes or additives (syrops, powdered mixes)
- Not as obvious:
  - Hydration drinks
  - Pasteurized juices
  - Juice knock offs (cocktails)

## GOOD LIST

- Water
- Freshly squeezed or home made juices

# General Items

## BAD LIST

- Wilted produce
- Pudding cups
- Yogurts with added sugars
- Processed cheeses made with hormone enriched dairy
- Processed meats with nitrates and other chemical additives (real meat will go bad in a day or two)

## GOOD LIST

- Fresh Produce
- Eggs
- Dairy
  - Cheese, butter, and yogurt from grass fed cattle
- Fresh meats from a healthy source

# The Freezer

## BAD LIST

- Non organic produce
- Instant meal makers (i.e. stir fry)
- Frozen juice concentrates
- Store bought ice cream
- Popsicles

## GOOD LIST

- Organic frozen fruits or vegetables
- Frozen meats from appropriately fed and cared for animals
- Organic coffee

Let's look at a common  
refrigerator...



All the wrong stuff!

**Processed  
Junk food**

# This is what it should look like!

