



# GLUTEN FREE SOCIETY

Presents...

Gluten Free Society

Educating Patients and Doctors About Gluten

# WHAT TO EAT TO REGAIN YOUR HEALTH

Healthy food substitutions and ideas

# First things first...

- **Going gluten free is about improving your health...**
- Gluten free substitution should not refer to trying to find a new bread, new cereal, new pasta, etc.
  - These products are unhealthy – highly processed, not organic, typically contain excessive sugar, contain genetically modified soy, and often times have other grain glutens
- **Think healthy first, gluten free second.**

# A Note on Macronutrients

- Traditional dietary advice is to eat 60-30-10 (carbs, protein, and fat)
  - Traditional advice has led to an increase in chronic degenerative diseases as well as record numbers of autoimmune disease.
- Think of your body like a highly specialized machine requiring and highly specialized fuel
  - Those with gluten sensitivity tend to respond better on a 33-33-33 fuel ratio

# Healthy Staples

- Always consider the following...
- Food should be organic.
- The less packaging the better.
- Avoid chemicals, words you can't pronounce, and labels with more than a few ingredients.
- You cannot achieve health eating things that are not healthy!

# Healthy Staples

**Meat** – any variety is ok. You must consider the source of the animal. In the case of animal based foods you are not what you eat, you're what you eat eats!

- Beef – should come from grass fed animals.
- Fish – Should be wild caught not farm raised.
- Poultry and eggs – should be free range organic
- Wild game (if you are or know a hunter)

## Dairy

- Only from grass fed (grazing animals). Raw dairy from a reputable farm is recommended.

## Fruits and Vegetables

- Any organic variety that you are not allergic or reactive to.

## Nuts, non grain seeds, and beans

- Any organic variety that you are not allergic or reactive to.

## Processed food

- including processed food labeled “gluten free” are better left avoided.

# Vegetable Options

- Shallots
- Garlic
- Tomatoes (technically a fruit)
- Bell peppers
- Cabbage
- Kale
- Swiss Chard
- Spinach
- Collard Greens
- Turnips
- Rutabaga
- Beets
- Eggplants
- Scallions





# Vegetable Options

- Peas
- Squash (yellow, butternut, spaghetti, acorn, pumpkin, etc)
- Lettuce (green leaf, romaine, iceberg, etc)
- Broccoli
- Cauliflower
- Potato
- Yam
- Brussel Sprouts
- Bean Sprouts
- Kohlrabi
- Green Beans
- Okra

# Vegetable Options

- Carrots
- Cucumber
- Mushrooms
- Celery
- Onion
- Water Chestnuts
- Bamboo
- Bok Choy

# Fruit Options

- Apples (multiple varieties)
- Bananas
- Oranges
- Peaches
- Pears
- Lemons
- Limes
- Strawberries
- Blueberries
- Raspberries



# Fruit Options

- Cranberries
- Blackberries
- Boysenberries
- Gojhi Berries
- Acai Berries
- Pineapple
- Plums
- Nectarines
- Watermelon
- Cantaloupe



# Fruit Options

- Honey dew melon
- Cherries
- Avocado
- Figs
- Pomegranate
- Apricots
- Passion fruit
- Mango
- Kiwi
- Kumquat
- Guava
- Papaya



# Beans, Nuts, Legumes, & Seeds

As a general rule, uncooked or undercooked beans, nuts, and seeds can contain phytohemagglutinin (a toxic lectin) and other toxins that may create digestive problems.

Sprouting or fermenting these items is recommended to improve overall digestion and remove toxins. An excellent source on preparation is the book *Nourishing Traditions* by Sally Fallon. Common varieties used in the U.S. include:

- Navy beans
- Red beans
- Black beans

# More Beans...

- Kidney beans
- Lentils (multiple varieties)
- Pinto beans
- White beans
- Lima beans
- Mung beans
- Chickpeas
- Black eyed peas
- Vanilla beans
- Coffee beans
- Cocoa beans



# Legumes and Nuts...

- Almonds
- Walnuts
- Pistachios
- Cashew
- Pecans
- Brazil nuts
- Hazel nuts
- Chestnuts
- Macadamia nuts
- Pine nuts
- Peanuts
- Coconuts





# Seeds

- Sunflower seeds
- Pumpkin seeds
- Chia seeds
- Flax seeds

# Gluten Free Flour Substitutes

**As a general rule, flour substitutes are not recommended as a staple food. However; the following can be used in safely.**

- Bean flours
- Almond flour
- Potato starch
- Tapioca starch
- Coconut flour

# Gluten Free Food Ideas

**Below are some starter ideas for gluten free food preparation:**

- Use wild rice(not a grain but a grass) instead of grain rice.
- Use spaghetti squash to make spaghetti
- Use lettuce wraps instead of bread
- Use cabbage or mashed cauliflower, mashed yams, or mashed potatoes and egg to hold meatloaf together.
- Mung bean noodles are commonly in Asian food stores.

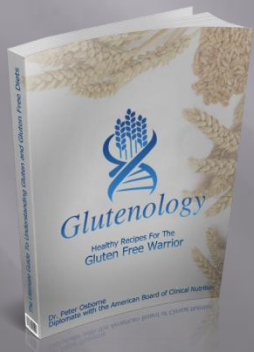
# Gluten Free Food Ideas

- Cereal substitute – 1 cup of organic almond milk with 3 tbsp of organic flax seed.
- Desert – Make fruit sorbet from frozen organic fruits and water. You can use grapes or banana to sweeten.
- Acquire a metal thermos to carry hot food for lunches.

# Must Have Resources

[www.GlutenFreeSociety.org](http://www.GlutenFreeSociety.org)

Excellent  
Recipes



Awesome, healthy,  
organic food sources

