

The No-Time Guide  
To Getting Off  
**Gluten**

Drs. George and Jeannette Birnbach

## **Disclaimer**

The information and recommendations contained in this document are not intended as a substitute for personalized medical advice and should not be construed as a claim or representation that any advice mentioned constitutes a specific cure. The information is not intended to diagnose, treat, cure or prevent disease. It is purely educational.

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## Why a “No-Time” Guide?

After more than 10 years of helping people remove gluten from their diets for the sake of their health, I can tell you that the most common objection to making this change is “**I don’t have any time!**” Removing gluten from the diet becomes one more thing in a long list of things we have to do everyday. Since most of us are already running near overwhelm, even the *idea* of making a diet change can be very stressful.

Is there a way to make the process of removing gluten from the diet any easier? I have a few suggestions based on observing hundreds of people who are successful versus those who have a more difficult time. I’d like to share some observations with you so you can benefit from the experience of other people.

### 1. “I have to” language removes choice; learn to stop using it.

The language that we use is a manifestation of our thoughts, and in turn informs our thoughts and emotions. All negativity starts with your thoughts, and unfortunately those thoughts can go on unchecked in the background and mount up. If you are prone to negative thoughts or language, you can learn to empower yourself instead. Start with observing your thoughts with a sense of curiosity rather than judgment; listen to how you speak to yourself.

When you feel ready, start to make small changes. If you hear yourself saying: “I can’t do this!” simply reply internally with “I hear what you’re saying, but I actually choose to change my diet ...” Taking the time to acknowledge the unconscious mind is very important, and prevents it from fighting the steps you are taking to improve your health.

**"Man acts as though he were the shaper and master of language, while in fact language remains the master of man."**

*~ Martin Heidegger*

**2. Good stress-busters know that it's the interpretation of an event, and not the event itself that matters.**

If you find the idea of removing gluten from your diet stressful, ask yourself is there is a single person in the world who could be asked to do this and not feel stress. Then try to think of the difference between you and that person. Generally lots of sarcastic replies come to mind but in all seriousness the difference is how the work of change is interpreted. Interpretation is the space between cause and effect. If you hit your hand with a brick (cause) you immediately feel pain (effect) but with life changes we have a space between these where we can decide what kind of effect we would like to have.

1. I choose to change my diet for the sake of my health **(cause)**
2. *It won't be easy, but the benefits will be enormous (interpretation)*
3. I'm going to find creative ways to handle this, get my family involved a little, and make it fun **(effect)**

**3. If you fall off the wagon, get back on without beating yourself up too much.**

It's common to feel deprived at times when removing gluten from your diet. It's also common to realize afterward that you've unintentionally eaten gluten at a party or restaurant. These are setbacks, but they are not worthy of being overcritical of yourself. People who successfully change negative habits fall in love with the process of doing so, rather than the end result. Our definition of success is that you are alive now, satisfied with the fact that you are improving your health, and not living for some perfect future.

**“Life is a daring adventure or nothing.”**

**“Self-pity is our worst enemy and if we yield to it, we can never do anything wise in this world.”**

**“While they were saying among themselves it cannot be done, it was done.”**

*~ Helen Keller*

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# Gluten Needs No Introduction

Well, maybe a small one. Most likely gluten has been a major part of your diet for most of your life. Unless you make significant efforts to avoid it, you consume gluten at home, at restaurants and on the run nearly every day.



*The fact that gluten is everywhere makes it difficult to see.*

This guide will help you find gluten and remove it from your diet, with as little stress and effort as possible. If you want to read all the details about gluten and its impact on your health, that's all here too.

The benefits to making this change to your diet will be **enormous**. Gluten sensitivity and celiac disease are two conditions for which we have a very precise mechanism. If you take gluten away, everyone who is sensitive to it eventually becomes a normal individual.

Gluten is the term for the storage proteins of wheat and a few other grains. Gluten is what makes the dough sticky when you make bread. All of the gluten-containing grains, contaminated oats, and frequently uncontaminated oats create inflammation in the small intestine in a dose-dependent fashion.

## ***The following grains contain gluten:***

- ◆ Wheat
- ◆ Barley
- ◆ Rye
- ◆ Spelt
- ◆ Kamut
- ◆ Triticale

In this book, you will find everything you need to know to successfully remove gluten from your diet, starting with a **Quick Start Guide in Section 1** on the next page.

# Section 1: Quick Start Guide



*“Nothing tastes as good as being healthy feels. The more of your health you have lost, the more true this becomes.”*

**Dr. Jeannette Birnbach**

# Simple Steps

In this section we've laid out the quickest route between you and a gluten-free diet. We highly recommend that you check out the other sections of the book when you get the chance. Knowledge is power when it comes to choosing the food with which you will fuel your body.

## **Step 1:** Choose the method by which you will remove gluten from your diet

In most cases, any of these methods is effective in the long run.

- 1. Remove gluten from one meal per day for one to two weeks. Then remove gluten from two meals per day for one to two weeks, and finally remove gluten totally from your diet.*
- 2. Remove gluten from your diet five days per week, and from one meal per day on the other two days. Do this for one to two weeks or more while you learn alternative food choices that contain no gluten and stock your pantry. When you're ready, remove gluten totally from the diet.*
- 3. Remove gluten from the diet altogether. Remember that it's difficult to do this and simply get back on the wagon if you fall off. You may want to stock your pantry and check out some of the resources in this book before making the commitment.*

## **Step 2:** Learn the foods that contain gluten from the list on [page 18](#).

You may want to print this list and carry it with you so it can serve as a shopping list. Also, consider printing one of the grocery store product lists from this link <http://www.celiac.org/lifestyle/grocery.php> at the Celiac Disease Foundation and carrying that as well.

## **Step 3:** Review the gluten-free snacks list on [page 21](#), the gluten-free breakfast list on [page 22](#) and the gluten-free meals suggestions on [page 23](#).

## **Step 4:** Begin to record your diet for review with your clinician using the form on [page 17](#). It's better to record your food as you eat it rather than at the end of the day.

# Section 2: Understanding Gluten



***Gluten:*** a tenacious, elastic protein substance especially of wheat flour that gives cohesiveness to dough

***Tenacious:*** 1a. not easily pulled apart; 1b. tending to adhere or cling especially to another substance

**Merriam-Webster**

# 1

## What is Gluten?

Gluten is the term for the storage proteins of wheat. The term gluten comes from the Latin root “glutin” meaning “like glue”. The part of gluten that causes digestive issues for many people is called gliadin, and it has been the most studied. But other proteins in barley (hordeins) and in rye (secalins) are also toxic to people with gluten sensitivity. Hordeins and secalins are not technically gluten, but are generally included in the term.

### ***The following grains contain gluten:***

- ◆ Wheat, including durum and semolina
- ◆ Barley
- ◆ Rye
- ◆ Spelt
- ◆ Kamut
- ◆ Triticale

Inconclusive information exists regarding whether or not people sensitive to gluten can consume oats. The gluten-like fraction of oats is called avenin, and some studies indicate that persons sensitive to gluten can also react to oats. The larger issue with oats is that they are frequently contaminated with wheat during processing and storage. Therefore caution is advised when considering the use of uncontaminated oats in a gluten-free diet. **1,2,3**

All of the gluten-containing grains, contaminated oats, and frequently uncontaminated oats create inflammation in the small intestine in a dose-dependent fashion. The more of these grains you consume, the more inflammation you create. The inflammatory process results in disturbed intestinal function, especially poor absorption of nutrients but also a long list of

symptoms that are frequently attributed to other causes or lumped together as “Irritable Bowel Syndrome”.

Gluten-sensitive persons may have **no digestive symptoms at all**, and instead manifest their sensitivity with symptoms of the skin or disorders of the nervous system. **10**

Following is the long list of symptoms that gluten sensitivity can produce. **4,5,6**

- Recurring bloating, gas or abdominal pain
- Chronic diarrhea or constipation or both
- Unexplained weight loss or weight gain
- Pale, foul-smelling stool
- Unexplained anemia
- Bone or joint pain
- Behavioral changes/depression/irritability
- Vitamin K deficiency
- Fatigue, weakness or lack of energy
- Delayed growth or onset of puberty
- Missed menstrual periods
- Infertility in females and males
- Canker sores
- Tooth discoloration or loss of enamel

The following groups have been shown to be at higher risk than normal to be gluten sensitive: **4,5,6**

- Type I Diabetes
- Dermatitis Herpetiformis
- Thyroid Disease
- Osteopenia/Osteoporosis
- Irritable bowel syndrome
- Colitis
- Fibromyalgia
- Peripheral neuropathy

- Sjogren's Syndrome
- Eczema
- Hepatitis C
- Asthma
- Iron-deficiency anemia
- Seizures and other neurologic syndromes
- Severe GERD (gastroesophageal reflux disease)
- Depression and other psychiatric syndromes
- Any autoimmune syndrome (ie rheumatoid arthritis, multiple sclerosis, lups, psoriasis etc)
- Autism and possibly the attention deficit disorders are emerging as syndromes that may improve with a gluten-free (and probably casein-free) diet. **7,8,9**

The most severe form of gluten sensitivity is Celiac Disease, but the most current research says that a large percentage of the population, as much as 30%, have a non-celiac gluten sensitivity that will damage their health if they eat the gluten-containing grains. **11,12**

### *Getting Gluten Savvy*

Since the term "gluten" is rarely used on product labels, it is imperative that a person on a gluten-free diet learns the typical places that gluten can hide.

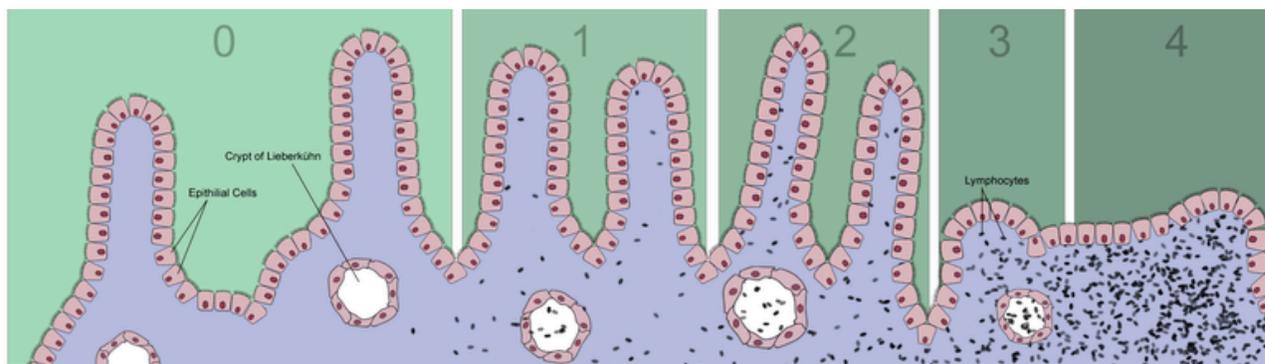
While you would expect to find gluten in places like breads, pastas, cookies and other obvious grain products, gluten is also hidden in many processed foods such as frozen French fries, soy sauce and rice cereal. Even many non-food items like cosmetics contain gluten. Any product that is made with gluten-containing grains or any of their derivatives will contain varying amounts of gluten.

## 2

# How Does Gluten Affect the Body?

### *Types of gluten sensitivities*

Gluten sensitivity includes a wide variety of immune system reactions to gluten. Unfortunately, the only type of gluten sensitivity recognized by conventional medicine is the most severe type -- celiac disease. In persons with celiac disease the body reacts so strongly to gluten that it begins to destroy the lining of the small intestine. This lining is made of finger-like surface projections called villi, and they are extremely important for absorption of nutrients.



**The diagram shows normal intestinal villi on the left, the progression of white blood cells into the lining of the small intestine (shown as black dots) and finally villous atrophy on the right.**

Because the villi are so important to nutrient absorption, one of the hallmarks of celiac disease is lack of adequate nutrients from food, even if the food is of good quality. To be diagnosed with celiac disease, a person has to have high levels of antibodies to gluten in the blood and damage to the intestines detectable on biopsy.

## *Gluten intolerance is more common*

Even though recent research has shown that celiac disease is much more common than previously suspected, affecting 1 in 100-200 Americans and Europeans, past and emerging evidence indicates that it accounts for only a small portion of the broader gluten sensitive clinical spectrum.

Gluten intolerance resulting in symptoms and illness similar to celiac disease without meeting diagnostic criteria for celiac disease is a new and clinically important concept. If you are reading this book, you are most likely in this category -- you don't have diagnosed celiac disease but you develop digestive or other symptoms when you eat gluten. "Gluten intolerance" means the immune system reacts to gluten contained in wheat, barley, rye, and oats. The reaction begins in the intestine because that is where the irritant, gluten, is present (from food).

Before clinical tests were developed, gluten-induced disease was recognized by the symptoms of diarrhea, gas, bloating, nausea, vomiting, fat in the stool, nutrient malabsorption, and even constipation. We now know that gluten sensitivity occurs along a spectrum of mildly sensitive all the way up to celiac disease. Although the small intestine is always the start of the immune response to dietary gluten, it is not always affected in a way that results in a breakdown of intestinal villi as in celiac disease.

It is our considered opinion that whenever an individual's immune system is mounting an abnormal reaction to gluten, with or without symptoms, there is gluten sensitivity. Remember that gluten grains, along with dairy products, are the most common foods in our diet. If your immune system is identifying and abnormally reacting to any of the proteins found in gluten, this food poses a potential threat to your health.

**Dangerous Grains  
by Braley and Hoggan**

Non-celiac gluten sensitivity can provoke ailments such as gastrointestinal complaints, malabsorption, chronic neurological disorders, frequent headaches of unexplained origin, psoriasis, and some cases of a gluten-dependent skin condition called dermatitis herpetiformis.

In non-celiac, gluten sensitive individuals, the brunt of the immune reaction affects the function of the intestine, causing symptoms without structural damage, or it affects other tissues of the body (and virtually all tissues have been affected in different individuals), or both. This is important because the commonly used diagnostic tests (blood tests for certain antibodies and intestinal biopsies) are only positive when villous atrophy of the small intestine is present. But if only a small minority of gluten sensitive individuals actually develop celiac disease, most people will not learn about their problem from these diagnostic methods.

Most physicians don't recommend a gluten-free diet until a diagnosis of celiac disease is made. However, waiting until people have damage to their intestine is "ludicrous from a health perspective," says Kenneth Fine, MD. "That's like saying nothing should be done to protect against heart disease until people have a heart attack."

## Section 3: Getting On Your Feet



*“Religious tradition calls it the ‘Staff of Life.’ Most of us eat it every day. It’s even a phrase from a well-known prayer: ‘Give us this day our daily bread.’ But a growing and undeniable body of research tells us that our daily bread (more specifically, wheat and related cereal grains) may be negatively affecting as many as 90 million Americans and may be a basic cause of illness for up to 10 million.”*

**Dr. Jonathan Wright**  
**Excerpt from the introduction**  
**to “*Dangerous Grains*” by Braly and Hoggan**

# 3

## Methods For Removing Gluten From Your Diet

The first step is to choose the method you will use to remove gluten from your diet. With any of the options below, most people find that if they prepare a little in advance, for example by using the food lists in this book and visiting a couple of the websites listed in Section 4, it goes more smoothly.

In most cases, any of these methods is effective in the long run.

- a. Remove gluten from one meal per day for one to two weeks. Then remove gluten from two meals per day for one to two weeks, and finally remove gluten totally from your diet.
- b. Remove gluten from your diet five days per week, and from one meal per day on the other two days. Do this for one to two weeks or more while you learn alternative food choices that contain no gluten and stock your pantry. When you're ready, remove gluten totally from the diet.
- c. Remove gluten from the diet altogether. Remember that it's difficult to do this and simply get back on the wagon if you fall off. You may want to stock your pantry and check out some of the resources in this book before making the commitment.

It's normal to feel deprived, frustrated by the fact that gluten seems to be everywhere, and even a little hungry sometimes as you learn your way through the gluten-free jungle. Stick with it. Most people find that they make the transition successfully within two to four weeks.

It's important to track your food intake so that you can see your overall diet picture as well as to make sure that you are not consuming gluten. Please print several of the form on the next page, carry it with you and fill it out as during the day. Recalling your food intake at the end of the day is not as accurate.

## *Diet Record*

Date: \_\_\_\_\_

Breakfast

Lunch

Dinner

---

# 4

## Stocking the Pantry

### *The Basic Gluten Free Diet*

	<b>Foods with no Gluten</b>	<b>Foods to Exclude</b>
<b>Grains</b>	Arrowroot, corn, tapioca, potato, rice, soybean, chickpea, soy flour, potato starch, bean flours, white rice, brown rice, wild rice, sorghum; buckwheat (kasha) <sup>***</sup> , millet <sup>***</sup> , quinoa <sup>***</sup> , amaranth <sup>***</sup> , teff <sup>***</sup>	Wheat, wheat germ, wheat starch, bran, bulghur, barley, barley malt, rye, oats <sup>**</sup> , durum, semolina, graham, kamut, spelt, couscous, and flours made from any of these
<b>Beverages</b>	Tea, coffee, milk, fruit juices	Malted milks, Ovaltine, flavored coffees, some commercial chocolate milk, herbal teas with barley or barely malt
<b>Alcoholic Beverages</b>	Wine, rum, sake, vermouth, cognac, tequila, vodka derived from grapes or potatoes	Beverages distilled from cereal grains such as whiskey, vodka, gin, beer, ales, malt liquor
<b>Fruits</b>	Any fresh or frozen pure fruit or fruit juices	Pie fillings made with gluten thickeners; fruits in thickened sauces
<b>Legumes and root vegetables</b>	Any fresh or frozen pure vegetables; tapioca, potato, sweet potato, yams, arrowroot, manioc, cassava	Creamed or breaded vegetables
<b>Meat, fish and eggs</b>	Plain meat, fish or fowl; natural aged cheeses, eggs	Meat, fish and chicken made with bread crumbs, seitan, processed cheese spreads, canned meats, cold cuts unless pure meat, bread stuffings, gravy thickened with flour, any product containing hydrolyzed or texturized vegetable protein; tuna canned in vegetable broth
<b>Dairy</b>	Yogurt, cheeses, butter, cottage cheese	Any cheese containing oat gum, some veined cheeses (bleu, stilton, Roquefort, gorgonzola)
<b>Soups</b>	Broth or bouillon	Any soup containing excluded flours or starches; bouillon cubes made with hydrolyzed vegetable protein
<b>Fats</b>	Butter, cooking oils	Commercial salad dressings (contain gluten stabilizers), wheat germ oil; non-dairy cream substitutes, most commercial gravies and sauces
<b>Miscellaneous</b>	Olives, pickles, vinegar	Curry powder, dry seasonings mixes, gravy extracts, meat sauces, catsup, mustard, horseradish, chip dips, most soy sauces, some distilled white vinegar, instant dry baking yeast, some cinnamon, some alcohol-based flavoring extracts
<b>Sweets and sweeteners</b>	Honey, stevia, agave	Candy made with wheat (licorice, jelly beans); rye, barley and malt sweeteners

<sup>\*\*</sup> The Seattle-based Gluten Intolerance Group reports the recent discover (Jax p 12) but doesn't recommend oats at this time. It's very difficult to find oats that have not been contaminated with gluten-containing grains

<sup>\*\*\*</sup> These grains are gluten-free but likely to be contaminated with gluten during growing, milling or processing.

## *Ordering Gluten Free online*

If you have no health food stores in your area, you may have to get familiar with ordering your gluten free products online.

[www.bobsredmill.com](http://www.bobsredmill.com)

Bob's Red Mill Natural Foods produces more than 400 products, including a full line of certified gluten free products and an extensive line of certified organic products.

[www.cravebakery.com](http://www.cravebakery.com)

"At Crave, our mission is for our products to be so scrumptious that you'll forget your cravings for traditional baked goods made with wheat and butter!"

[www.thecravingsplace.com](http://www.thecravingsplace.com)

The Cravings Place is committed to creating delicious gluten free products to satisfy the cravings of many without sacrificing the taste and appearance of home baked goodness"

[www.ener-g.com](http://www.ener-g.com)

"Our mission at Ener-G Foods, as one of the foremost producers of foods for diet-restricted individuals, is to provide a wide range of ready-made foods and mixes that are wholesome, nutritious, delicious, and risk free. We are constantly responding to the demand for special diets with research, innovative products and convenience foods."

[www.glutenfreemall.com](http://www.glutenfreemall.com)

"The Gluten-Free Mall has the best prices and selection of gluten-free, wheat-free, casein-free and other allergy-related health foods and special dietary products on the Internet!"

[www.glutenfree.com](http://www.glutenfree.com)

Everything for gluten-free cooking and baking

[www.teffco.com](http://www.teffco.com)

"No matter whether your goal is to run a marathon, to avoid common allergens like gluten, or simply to eat good tasting food, teff provides all you need for accomplishing these goals."

[www.wowbaking.com](http://www.wowbaking.com)

"At WOW BAKING we are dedicated to creating the best tasting All Natural Wheat and Gluten-free baked goods found anywhere"

## Know Your Gluten Substitutes

GRAINS	
<b>Millet</b>	Millet is a member of the grass family and is a staple crop in Africa, India and China. It has a high vitamin and mineral content, and nearly as much protein as wheat.
<b>Sorghum</b>	Sorghum originated in Africa and is one of the five top cereal crops in the world, along with wheat, oats, corn and barley. In many parts of the world sorghum has traditionally been used in food products and various food items; porridge, unleavened bread, cookies, cakes, couscous, and malted beverages are made from this versatile grain. This grain is used in gluten-free <a href="http://www.bellaonline.com/articles/art30583.asp">beers</a> ( <a href="http://www.bellaonline.com/articles/art30583.asp">http://www.bellaonline.com/articles/art30583.asp</a> ).
<b>Teff</b>	Teff is grown primarily as a cereal crop in Ethiopia, and is relatively new to the American diet. Teff is five times higher in calcium, iron, and potassium than any other grain and contains high amounts of protein and fiber. To try this grain, consider <a href="http://www.bobsredmill.com">www.bobsredmill.com</a> .
NON-GRAINS	
<b>Buckwheat (groat; kasha)</b>	Despite its name, buckwheat is not related to wheat, and in fact is not even a grain. It is a distant cousin of garden-variety rhubarb and is the seed of a fruit. It contains a high proportion of all the essential amino acids (the ones that your body can't make for itself) which means that buckwheat is closer to being a complete protein than any other plant source. Buckwheat is a good substitute for rice or pasta.
<b>Amaranth</b>	Amaranth, a relative of spinach and chard, is an ancient crop originating in the Americas. It can be used as a high-protein grain or as a leafy vegetable, popped like popcorn or flaked like oatmeal. Amaranth contains 12 to 17% protein, and is high in lysine, an essential amino acid in which cereal crops are low. The grain is high in fiber and low in saturated fats, factors which contribute to its use by the health food market.
<b>Quinoa</b>	Quinoa is not a true grain, but is the seed of the Chenopodium or Goosefoot plant that comes from the Andes Mountains of South America. It was one of the three staple foods, along with corn and potatoes, of the Inca civilization. Some varieties of quinoa are as much as 20% protein. Quinoa is a complete protein source, containing all essential amino acids. You can find recipes and a great deal of information about Quinoa at this link: <a href="http://www.quinoa.net/">http://www.quinoa.net/</a>

## *Gluten Free Snacks*

- ❑ Hard-boiled eggs (with mustard, mayonnaise or sea salt)
- ❑ Apples, pears, or berries with almond butter, sunflower seed butter or goat cheese
- ❑ Many health food stores have pre-packaged foods like tabouleh or brown rice dishes
- ❑ 1 medium baked potato with ½ cup cottage cheese or fresh salsa
- ❑ 2 small corn tortillas, raw cheddar cheese (Organic Pastures), sliced avocado, and tomato
- ❑ Mozzarella and cherry tomatoes
- ❑ 1 cup of organic, plain goat-milk yogurt, ½ cup of blueberries and crushed walnuts
  - ❑ Sardines packed in olive oil with rice crackers
  - ❑ Avocado and brown rice, with sea salt and olive oil
  - ❑ Raw nuts mixed with Goji Berries (look in the bulk food section of health food stores)
  - ❑ Gluten-free bread or crackers with 2 tablespoons of nut butter
  - ❑ ½ cup of blackberries and sunflower seeds
  - ❑ Nitrate-free chicken sausage (cook ahead of time)
  - ❑ 1 medium grapefruit and a hard-boiled egg
  - ❑ 1 slice of rice bread, nitrate-free turkey, lettuce, tomato, mayonnaise (pure-pressed oils)
- ❑ Coconut butter (Artisana is a good brand)
- ❑ Celery ribs filled with almond butter
- ❑ ¼ cup unsweetened applesauce and almonds
- ❑ Raw vegetables (cucumbers, snap peas, peppers) with hummus or tahini
- ❑ Cold chicken with mustard for dipping
- ❑ Lunch meats (try them wrapped in lettuce leaves such as Romaine)
- ❑ Water-packed albacore tuna



## *Gluten Free Breakfast*

- ❑ 1-2 eggs, poached or soft boiled with steamed greens, organic butter and sea salt
- ❑ Omelets with fresh vegetables
- ❑ Sandwich meats (from the Deli, not pre-packaged) with no preservatives, with carrot sticks and a handful of nuts
- ❑ Leftovers (think of them as “planned-overs”) from dinner (it’s good to purposely make more than you can eat for dinner in order to have planned-overs the next day for lunch)
- ❑ Breakfast burrito – scramble some eggs or prepare some brown rice and place it in a tortilla with chopped tomatoes, a little grated cheese, ham or other vegetables, roll up and enjoy
- ❑ Cottage cheese (4 ounces of cottage cheese has 14 grams of protein); add some berries or nuts
- ❑ Breakfast sausages without additives or added sugar with a side of steamed spinach
- ❑ An avocado filled with tuna, chicken salad or turkey salad



## *Gluten Free Meals*

These are must for the average cook, and abundant at book stores and online. Remember to look at the raw “cookbooks” too for great recipes and ideas that are gluten free.

### *On the Plate for Lunch and Dinner*

**Salads** Mixed green salads are great but consider also coleslaws made from vegetables in the cabbage family and using other not-as-common vegetables like bok choy (great simply steamed with some almonds and dried cranberries) and kale. It’s always best to make your own fresh dressings with the best quality cold-pressed oils you can afford

**Vegetables** Try tomatoes or peppers stuffed with wild rice and goat cheese, with lots of fresh herbs; or cucumbers sliced into one-inch blocks and filled with prosciutto and shredded carrots. How about avocados stuffed with tuna or chicken?

**Soups** You can use a blender to make super-healthy raw soups or your stove and stainless steel soup pot to make enough soup (say a great minestrone or bean soup) to last several days

**Exotic Cuisines** Don’t be afraid to try Thai or Indian dishes, Middle Eastern or Mediterranean -- incredible flavors come from these dishes. Homemade sushi is a great option too; if you take the time to learn to make it, it’s addictive

**Gluten-free Pastas** You can try noodles made from rice or buckwheat with your favorite sauces (a pasta sauce is a great way to use up vegetables in the refrigerator)

**Fruit Salads** Not just for summer, and remember that ripe fruits like raspberries can be heated on the stove and drizzled over chicken or fish

**Dips** Fun dips like fresh guacamole, sour cream and chives or peanut sauces for dipping vegetables give a party atmosphere to lunch or dinner. They can be made up ahead of time and kept in the frig. Don’t forget hummus and tahini for a quick appetizer

**Sandwiches** Seek out your favorite gluten free breads or wraps, and stuff them with your favorite lunch meats, vegetables, dips, sprouts and so on. You can also stuff cabbage or romaine leaves and leave the bread out altogether

**Protein** Good quality protein is part of any healthy diet. For animal proteins, the degree to which you can go free-range, cruelty-free, organic/antibiotic free, the better. For vegetarian protein sources, remember that you’ll need to combine beans with brown rice, nuts or seeds, or combine brown rice with beans, nuts or seeds to make a complete protein.

# 5

## Getting Out in the World

### *Navigating the Grocery Store*

If you are serious about removing gluten from your diet, then label reading is not an option while shopping for food. Remember that wheat free and gluten free overlap but aren't necessarily the same. A product can be wheat free but not gluten free since grains other than wheat contain gluten. It's best to trust that packaged food is gluten free only if it is specifically stated on the label.

**The Food Allergen Labeling and Consumer Protection Act of 2004** went into effect January 2006. This law requires food producers to name any of the top eight food allergens -- wheat, dairy, peanuts, tree nuts, soy, corn, fish, and eggs -- that might have been used in the making of their product. Labels must include the official language: *"manufactured in a facility that also manufactures wheat"* but gluten does not appear on the list. Currently there is no mandatory disclosure of gluten on packaging because the government has not decided officially how to define gluten. The Celiac Sprue Association (<http://www.csaceliacs.org/FDADefinitionofGluten-freeLabeling.php>) maintains an email list of persons who would like updates when the government does finally decide on a definition of gluten. You can sign up on their website if you would like to be notified.

At the Celiac Disease Foundation's website, <http://www.celiac.org/lifestyle/grocery.php>, you can find gluten free foods lists from various grocery stores. You can carry any of these lists with you regardless of whether or not you are shopping at the store that provided the list. The products available in these stores overlap a lot.

Remember, you don't have to have celiac disease in order to benefit from the information on these sites.

## *Restaurants*

The number of people who are taking charge of their diets, including people who are removing gluten, is constantly growing and the restaurant industry is learning to cater to this group more and more. Even a mainstream restaurant like Outback Steakhouse has a gluten free menu that you can download online: <http://www.outback.com/foodandmenus/nutritionalinfo.aspx>. Here is a more comprehensive list of down-loadable gluten free menus from other mainstream restaurants: <http://www.glutenfreetravelsite.com/restaurants/>.

### **In general, these are unsafe choices at any restaurant**

1. Fried foods
2. Sauces, stews, pot pies
3. Pastry-covered foods (you need to be able to see inside any dish!)
4. Desserts
5. Buffets in general (unless you're at a gluten-free restaurant)

### **Online Resources for gluten-free dining out**

<http://www.triumphdining.com/gluten-free-restaurants> Gluten-free dining guide for the U.S.

<http://www.glutenfreeonthego.com/> Celiac-friendly guide to cafes, restaurants, and hotels

<http://www.glutenfreepassport.com/> The Gluten Free Lifestyle Worldwide

<http://www.glutenfreerestaurants.org/> More and more restaurants are on board

### **A Word About Alcohol**

Generally all sake (Japanese rice wine) and wine is gluten free, but Wine Coolers are not (they contain barley malt). All distilled beverages, a.k.a. spirits, are gluten-free. Distilled beverages with added flavoring are not necessarily gluten-free, but several type of American schnapps are. If the distilled beverage has flavoring, please check before drinking. For more information you can follow these links:

<http://www.bellaonline.com/articles/art30583.asp> Information about gluten free beer

<http://gfkitchen.server101.com/GFAlcohol.htm> Information about gluten-free alcoholic beverages

## *Travel*

Gluten-free travel requires some preparation ahead of time, but it will be well-worth the effort. The key skill for travelers is the preparation of snacks that can be eaten in place of the crackers, bread, and questionable foods that you can purchase at the airport or that the airlines provide in-flight.

### **Gluten free snacks for travel -- stock up before you go!**

1. Lara Bars, Amazing Grass bars, Vega bars
2. Organic nuts and seeds, raisins, Goji berries, cranberries
3. Sliced apples (try spritzing them with lemon juice to keep them from browning)

You can store snacks that are better kept cold inside insulated lunch bags (Whole Foods, REI and many other stores have these), using a frozen pack of edamame (soy beans) or other small frozen item as the ice pack.

1. Hard-boiled eggs
2. Sliced cheese and Mary's Gone Crackers Organic onion crackers, or try nut and rice crackers
3. Cold cuts like organic turkey
4. Carrots, celery and/or other vegetable sticks

### **Online Resources**

<http://www.bobandruths.com/> Gluten Free Dining and Travel Club

<http://aglutenfreetravel.com/travel> A great blog with tons of information about travel

<http://www.celiactravel.com/> Get gluten-free food safely while traveling

<http://www.glutenfreetravel.com/> How to vacation gluten-free

<http://www.glutenfreetravel.com/> A really useful blog about gluten-free travel

# 6

## Kids, T'weens and Teens

The gluten-free lifestyle can be a challenge for anyone, but kids and teenagers have unique challenges that you will need to assist them with. These challenges fall under three basic categories.

1. **Menus** It takes some extra work to find good-tasting snacks and menu ideas for home and school. Kids with gluten allergies need to become more aware of what they are eating and if they are old enough to read, they need to learn to take the time to read labels.
2. **Out and About** Away from the home you and your child will need to develop skills for educating and working with teachers and day-care providers, babysitters and grandparents and anyone with well-intentioned snacks and food offerings that contain gluten. This category also includes how to help kids stay gluten-free while at camps or sports activities.
3. **Cheating** The psychological impact and pressures of growing up with diet restrictions leads some kids to cheat on their diets. The resources in this chapter will help you prevent these problems in positive, win-win ways that leave everyone satisfied.

### Online Resources

A child's guide to dealing with Celiac Disease

<http://www.cdhnf.org/wmspage.cfm?parm1=40> go to this link, click on "Celiac Disease on the left side of the page, then and download the "Gluten-free Diet Guide for Families" for free

ROCK Raising Our Celiac Kids

[www.celiackids.com](http://www.celiackids.com) This is the premiere Web site for families and friends of gluten-free kids

Gluten Smart

<http://www.glutensmart.com/glutenfreekids.html>

## **Children's books on celiac disease**

*Kid's with Celiac Disease: A family guide to raising happy, healthy, gluten free children*  
Danna Korn available at [Amazon.com](https://www.amazon.com)

*Wheat-free gluten free cookbook for kids and busy adults*  
Connie Sarros available at [Amazon.com](https://www.amazon.com)

*Incredible Edible Gluten Free Foods for Kids*  
Sheri L. Sanderson available at [Amazon.com](https://www.amazon.com)

## **PreSchool Age Kids**

*Eating Gluten free with Emily*  
Bonnie J. Kruszka available at [Amazon.com](https://www.amazon.com)

## **Pre-Adolescents**

*The GF Kid: A Celiac Disease Survival Guide*  
Melissa London available at [Amazon.com](https://www.amazon.com)

*How I Eat Without Wheat*  
Karen Fine available at <http://www.karenfine.com/>

## **College-bound**

*Beyond Rice Cakes: a young person's guide to cooking, eating and living gluten free*  
Vanessa Maltin available at [Amazon.com](https://www.amazon.com)

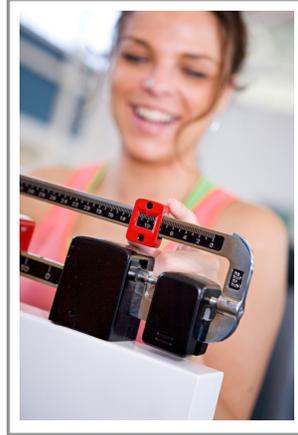
## **Cooking for the Family**

*The Best Gluten-Free Family Cookbook*  
Donna Washburn available at [Amazon.com](https://www.amazon.com)

*Gluten-Free Quick & Easy: From Prep to Plate Without the Fuss - 200+ Recipes for People with Food Sensitivities*  
Carol Fenster available at [Amazon.com](https://www.amazon.com)

*Nearly Normal Cooking For Gluten-Free Eating: A Fresh Approach to Cooking and Living Without Wheat or Gluten*  
Jules Shepard available at [Amazon.com](https://www.amazon.com)

## Section 4: After You're On Your Feet



*Foods that are gluten-free are often thought to be low-carbohydrate because they lack wheat flour, but gluten-free foods often contain other ingredients that are just as high if not higher in carbohydrates than flour.*

# 7

## Potential Pitfalls

The two biggest obstacles that people run into during the process of removing gluten from their diet and keeping it out are these:

1. Missing the hidden gluten in foods
2. Replacing gluten-containing foods with gluten-free foods that are just as processed, just as high in calories, and just as low in nutrition

### *Avoiding Hidden Gluten In Foods*

The more ingredients a product has, the more likely that it contains gluten. As you learn to read labels and look at the ingredients in packaged foods, the less you will want to eat them, gluten-free or not.

#### **Gluten hides in:**

- Malt flavoring (made from barley)
- Hydrolyzed vegetable protein unless made from corn or soy
- Vegetable protein unless made from corn or soy; vegetable gums
- MSG made outside the US
- Natural flavors
- Caramel coloring made outside the US
- Dextrins (watch out in vitamin supplements and prescription meds); maltodextrin
- Malt vinegar
- Modified starch or modified food starch unless made from arrowroot, corn, potato, tapioca, or maize
- Soy sauce unless the bottle specifically states the product is gluten free
- Baking powder
- Curry powders

### *Gluten-Free Does Not Necessarily Mean Healthy*

It's easy to make the mistake of substituting too many non-gluten grains (rice, corn, millet, buckwheat, quinoa, amaranth and teff) and sugars in place of gluten grains. This can lead to carbohydrate sensitivity and imbalanced blood sugar. To prevent the development of a new health problem, emphasize vegetables, such as salad greens, broccoli, green beans and asparagus, in place of gluten grains.

## 8

### Get Informed, Get Connected

Now that you've been around the gluten block for a while, you may want to take some time to look at all the resources that are out there for you. The more you know, the more you will enjoy life without gluten.

#### *Recommended Reading*

Lowell, Jax Peters. *The Gluten-Free Bible*

Korn, Danna. *Wheat-Free Worry-Free*

Ahern, Shauna James. *Gluten-free girl*

Fenster, Carol. *Wheat-free Recipes and Menus*

Green, Peter. *Celiac Disease: a Hidden epidemic*

Braly James, Hoggan Ron. *Dangerous Grains*

#### *General Support and Information Websites*

[www.celiac.com](http://www.celiac.com)

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

<http://www.csaceliacs.org>

<http://www.gluten.net/>

<http://www.celiac.org/>

<http://celiaccenter.org>

## *Magazines*

<http://www.livingwithout.com/> Living Without

<http://www.glutenfreeliving.com/> Gluten Free Living

<http://www.delightgfmagazine.com/index.php> Delight Gluten Free

<http://www.glutenfreeda.com/index.asp> online magazine with gluten-free recipes

## *Blogs*

<http://gluten-free-blog.blogspot.com/> Gluten Free Blog

<http://glutenfreegoddess.blogspot.com/> Karina's Kitchen

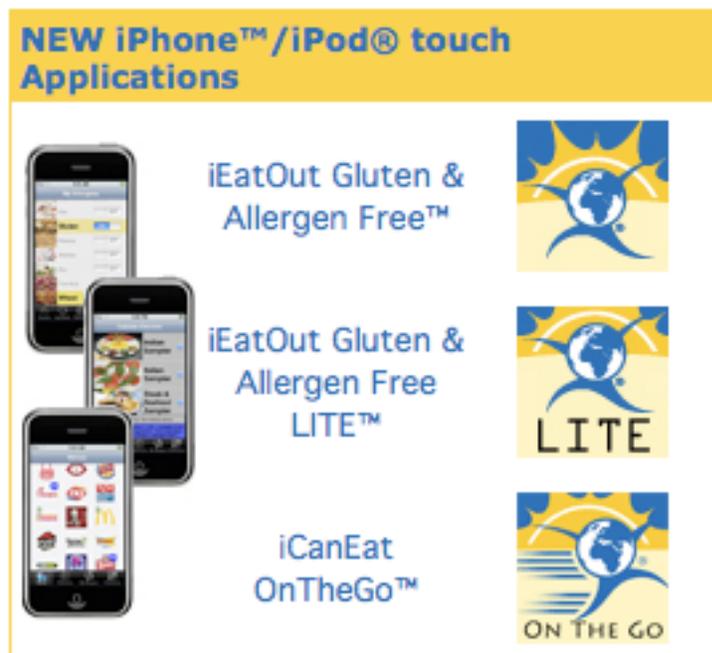
<http://glutenfreemommy.com/> Gluten Free Mommy

<http://iamglutenfree.blogspot.com/> I Am Gluten Free

<http://simplygluten-free.blogspot.com/> Simply... Gluten Free

## *For Your Ipod Touch or iPhone*

These are applications that you can download to your iPod Touch or iPhone from iTunes.



# Section 5: Frequently Asked Questions



*It's normal to have at least some questions  
while kissing gluten good-bye!*

## 9

### Important Issues

#### **C**an I ever have gluten again?

*Gluten sensitivities occur on a continuum of mild to severe. If you have a severe form of gluten sensitivity, you may never be able to eat gluten safely again. After several months, your clinician may say it's safe to consume some gluten as a test. For now, it's best to focus on removing gluten from your diet and gaining the health benefits of that change.*

#### **I**f I do eat a little gluten, say a piece of birthday cake, how far does it set me back?

*Your clinician has determined that eating gluten is contributing to and/or creating health problems for you. No one knows exactly how much it will set you back to "cheat" on your gluten-free diet, and so we typically recommend that you stay completely off gluten for at least three months, after which reintroducing some gluten as a test may be recommended by your clinician.*

#### **I** don't feel bad when I eat gluten. How do I know that it's bothering me?

*Gluten sensitivities can present themselves in a multitude of ways, not all of which are obvious. For example, a gluten sensitivity can cause no digestive distress at all but instead cause headaches or joint pain.*

#### **S**hould the whole family go wheat free/gluten free?

*When one member of the family is on a special diet, it is certainly more challenging with regard to meal creation and the temptation that the forbidden foods cause if they are in the house. There is nothing to lose nutritionally by going off gluten if the diet contains adequate healthy proteins, fruits, vegetables, nuts and seeds. There are grains like rice and quinoa that taste great to kids and adults that work well in most meals.*

## **A**re sprouted grains gluten free?

*The sprouting process sparks a chemical reaction that begins to break down gluten, and the process of germination so some people who are slightly sensitive to gluten may find that they can tolerate sprouted grains. The process of germination produces Vitamin C and also increases the Vitamin B content of the grains. But some of the proteins that cause problems for the gluten sensitive are still present, so sprouted grains are best avoided.*

## **W**ill I lose weight if cut gluten out of my diet?

*The potential to lose weight on a gluten-free diet is high since this diet cuts out many if not most of the processed carbohydrates that most of us consume. You just have to be careful not to replace the gluten-containing foods with too many gluten-free but high-carb and low nutrient foods.*

## **H**ow long does it take to see results after I stop eating gluten?

*Some people feel better within as little as two days -- they notice a significant reduction in digestive distress. For others, especially if the allergy is severe or if the symptoms have manifested as pain or neurologic problems, it may take longer to see results.*

## **I** have insatiable carb cravings in the afternoon; how can I beat them?

*For most people who have strong sugar or stimulant cravings in the afternoon, it's important to eat small meals frequently during the day (talk to your clinician) and to have pre-prepared healthy snacks that you can grab instead of turning to sugar. Many people find that a bowl of squash soup (you can find these pre-prepared at health food stores) completely wipes out the cravings.*

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## We Could Use Your Help

Thank you for taking the time to read this book. We are confident that your health will be improved by your efforts.

You can help us improve the contents for yourself and others by letting us know if you find any links that don't work (websites are constantly changing!).

We would also like to hear from you if you have any suggestions or ideas for information that would be helpful to add to this book.

Please email comments and suggestions to [drjbirnbach@mac.com](mailto:drjbirnbach@mac.com)

Yours in Health,

*Drs. George and Jeannette Birnbach*

