

## Gluten Avoidance

When gluten intolerance is identified, complete avoidance of gluten is essential for healing the intestines. Making the switch away from gluten is both challenging and rewarding.

### The Three Step Strategy

1. Avoid all obvious gluten containing foods. Focus on eliminating the major sources of wheat, like: bread, pasta, crackers, cereal, and beer. Start trying some of the "gluten-free" alternatives to these traditional foods.
2. Start reading labels. Avoid foods that contain more hidden sources gluten. Consider cross-contamination when foods share a manufacturing facility with gluten foods.
3. To truly live gluten free you need to review everything you put into your body. This includes toothpaste, gum, breath mints, alcohol (whiskey, vodka <potato is GF>, gin), and medicine.

### Grains Containing Gluten

- Wheat
- Spelt
- Rye
- Barley
- Bulgur
- Kamut
- Durum
- Einkorn
- Couscous (basically chopped wheat noodles)
- Triticale
- Graham
- Emmer
- Farina
- Matzoh
- Semolina

### Grains Not Containing Gluten

- Amaranth
- Buckwheat
- Corn
- Millet
- Oats (must be certified gluten free)
- Rice
- Quinoa
- Sorghum
- Teff

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## Gluten Free Flour Mixes

You can substitute out equal parts wheat flour for these gluten-free flour mixes in your baking recipes.

### Heavy Gluten-Free Flour Mix

- 1 part hazelnut or almond meal/flour
- 1 part quinoa or teff flour
- ½ tsp xanthan gum per 2 cups flour mixture

### Nutty Multipurpose Gluten-Free Flour Mix

- ½ part hazelnut or almond meal/flour
- ½ part rice flour
- 1 part rice or tapioca starch
- ½ tsp xanthan gum per 2 cups flour mixture

### Multipurpose Gluten-Free Flour Mix

- ½ quinoa, teff, or amaranth flour
- ½ part rice flour
- 1 part rice or tapioca starch
- ½ tsp xanthan gum per 2 cups flour mixture

### “Feather Light” Gluten-Free Flour

- 1 part rice flour
- ½ part rice or tapioca starch
- ½ arrowroot powder or cornstarch
- ½ tsp xanthan gum per 2 cups flour mixture

## Other Gluten Free Options

### Soy Sauce Alternatives

- Tamari (rather than soy sauce or shoyu)
- Bragg's amino acids
- Coconut aminos

### Pasta Alternatives

- Quinoa corn pasta
- Rice noodles/pasta
- Kelp noodles

### Bread/Wraps Alternatives

- Veggies for wraps (Collard Greens, Napa Cabbage, Bok Choy, Cabbage, Lettuce)
- Gluten free bread options (Udi's, Dr. Schar, Rudi's, Three Bakers)
- Teff/Millet flat wraps
- Rice or corn tortillas

Gluten Free Alcohols: Tequila, Rum, Cider, Wine, Gluten Free Beer

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