

A close-up photograph of a wooden bowl containing a fresh salad. The salad consists of vibrant green spinach leaves, bright red pomegranate seeds, and pieces of grilled chicken with visible char marks. The bowl is made of light-colored wood and is set against a dark background.

GLUTEN-FREE DIET BASICS

CHECKLIST

- **What is Gluten?**

- ☐ Gluten is one of the proteins found in cereal grains such as wheat, rye and barley.
- ☐ Gluten is produced by a combination of two different Proteins. These Proteins are Gliadin and Glutenin.

- **Why a gluten-free diet?**

- ☐ Studies have indicated that the number of individuals who currently suffer from Celiac Disease is on the rise.
- ☐ Gluten sensitivity.
- ☐ Gluten intolerance.
- ☐ Does it come with marketing materials for you to use?

- **How is Celiac Disease, Gluten Sensitivity and Gluten Intolerance Diagnosed**

- ☐ A blood test is often used to confirm whether your symptoms are as a result of Celiac Disease.
- ☐ One of the easiest ways for doctors to determine if you suffer from Gluten Sensitivity or Gluten Intolerance is to ask you to eliminate Gluten from your diet for a period of about 30 days.

- **How to Help Your Doctor Make a Diagnosis**

- ☐ Keep a Food Diary
- ☐ Document Your Symptoms
- ☐ Inform your Doctor of Other Medical Conditions
- ☐ Inform your Doctor of your Family's Medical History
- ☐ Be on Time for your Appointment
- ☐ Be patient

- **What are the Benefits of Living Gluten Free?**

- ☐ Cutting Gluten from your diet will force you to pay very careful attention to the foods you have been eating.
- ☐ Saves Money
- ☐ Puts you in control of the portion sizes of your food
- ☐ Excellent opportunities for family bonding while the food is being prepared and consumed
- ☐ You can rest assured that your food is prepared in a sterile environment

- **Dangers of Eating Gluten Free**

- ☐ Missing Out on Essential Nutrients
- ☐ Consuming Unhealthy Gluten Free foods

- **How to Enjoy Eating Gluten Free**

- ☐ Mix it Up
- ☐ Don't Cut the Carbs
- ☐ Treat Yourself
- ☐ Don't Starve Yourself!
- ☐ Don't be Shy

- **What Can You Eat**

- ☐ Unprocessed Beans
- ☐ Unprocessed Seeds (eg. chia, flax and pumpkin seeds)
- ☐ Vegetables
- ☐ Raw nuts
- ☐ Eggs
- ☐ Most dairy products
- ☐ Meat
- ☐ Fish
- ☐ Poultry
- ☐ Fruits
- ☐ Gluten-free flours (these can be made from potato, beans, rice, soy or corn)
- ☐ Hominy corn
- ☐ Quinoa
- ☐ Tapioca
- ☐ Millet
- ☐ Potatoes

- ☐ Olive oil
- ☐ Coconut oil
- ☐ Ghee
- ☐ Sorghum
- ☐ Rice
- ☐ Soy
- ☐ Teff
- ☐ Cider
- ☐ Wine
- ☐ Sherry
- ☐ Port

- **Alternatives to Bread products**

- ☐ Millet chia bread
- ☐ Brown Rice Bread
- ☐ Bhutanese Red Rice Bread
- ☐ Ciabatta bread
- ☐ Alternatives to Pasta:
- ☐ Quinoa Pasta
- ☐ Corn Spaghetti
- ☐ Spaghetti al Riso
- ☐ Rice-flour penne