

Kitchen Guide

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GLUTEN AND YOUR HOME

They say good manners start at home, so likewise educating yourself about gluten starts at home and what you are doing in your own kitchen.

1. Clean your counter space well before and after preparing food.
2. Wash hands before handling gluten-free food, especially after gluten food preparation. If possible have your own pantry or portion in the pantry.
3. Use separate utensils to stir gluten-free and gluten-containing foods that you are making at the same time, in separate pots.
4. Use separate colanders or strainers to drain gluten-free and gluten-containing pasta. Or get into the habit of straining your gluten-free food first. (saves washing up extra things)
5. When possible, avoid wooden utensils, cutting boards, and rolling pins that have been used for gluten. Wooden items are porous and hold gluten. Or just have your own set that nobody else is allowed to use!
6. Run everything through the dishwasher.
7. Bake, grill and fry (all cooking methods) in a separate dish, pot or oven tray.
8. Condiments can be a problem if others are also using them for food that has gluten like bread. Getting your own condiments reduces this risk. It may initially be more expensive but if it is just one or two in the house that are gluten free, then it will last long.

The main takeaways: keep your kitchen clean. If at all possible have a dedicated pantry and worktop surface if you can. Avoid using the same utensils for gluten-containing food

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Remember that it is unknown how much gluten is in each crumb of gluten-containing food, sometimes all it takes are a few crumbs to set off an autoimmune response.

Therefore you will have to be diligent about this. However that being said, remember there is no need to go to extremes.

Living gluten free can be challenging and stressful as it is, it is not necessary to add to the stress by over complicating things or stressing too much.

Do what you can with what you have. By following the above guidelines, you are already eliminating much of the problems associated with cross contamination.