

Food Safety

Having to switch to a gluten free diet can be daunting when you are first starting out. It may seem restrictive and expensive.

If followed properly, you will find not only variety but enjoyment in your new way of eating.

What is good to keep in mind that ALL fruit, vegetables, nuts, seeds, fats in their natural state, meat in their natural state, eggs and most dairy products in their natural state are naturally gluten free. **This already gives one a huge table of choices.**

The main problem people face when having to go gluten free, is that they automatically want to replace the gluten with gluten free replicas. **These replacements are not necessarily healthier or better for you.** Gluten free food can also be loaded with preservatives, additives, colorants, MSG and other unhealthy things like too much sugar, unhealthy fats and so on. When switching to a gluten free diet, it would be a good idea to use this as an opportunity to start from scratch.

Give your diet a complete overhaul and make sure that from the get go you are eating a **Healthy, nutritious diet.**

NOTE: wheat free does not mean gluten free. Something can be wheat free but still contain gluten.

Food Safety

The first thing you will need to learn quickly is what foods are gluten-free and what foods are not. Armed with this knowledge, you can then learn to navigate label reading, which we will cover next.

GLUTEN

Grains

- Wheat
- Barley
- Rye
- Cous cous
- Spelt
- Kumat
- Farina
- Wheat bran/germ
- Triticale
- Semolina
- Emmer
- Farro

VS

GLUTEN-FREE

Grains/flours

- Aramanth
- Beans and bean
- rice and rice
- teff
- buckwheat
- maize and corn
- flaxseed and linseed
- legumes
- chickpea
- lentil and peas
- mesquite
- millet
- nuts and seeds
- gluten-free oats
- quionoa
- sorgum
- potato starch
- tapioca flour and starch
- tigernut

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GLUTEN

Meat

- crumbed meat
- Tempura coated
- sushi with crab sticks
- check processed meats as they can contain gluten
- Processed, prepared, or preserved meat and meat products (luncheon meats, hot dogs, sausages, etc)
- processed poultry products (seasoned chicken breast, etc)
Check labels, they should say contain gluten or not.
- Marinated meats

VS

GLUTEN-FREE

Meat

All meat in it's natural state that hasn't got a coating, marinade or sauce on will be fine.

- Fish
- chicken
- Beef
- pork
- Minced beef
- seafood

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GLUTEN

Beverages

- Coffee sachets
- Cappuccino sachets (check labels)
- Beer
- Ale
- Lager
- Anything malted
- Anything with barley malt
- oat milk

condiments (caution)

- Soy sauce
- malt vinegar
- Teriyaki
- Miso
- Curry powders
- mixed spice packets
- stock powders/cubes

GLUTEN-FREE

Beverages

- Almond milk
- rice milk
- coconut milk
- dairy milk
- gluten-free oat milk
- some liquors
- wine
- whisky
- gin
- vodka
- rum

condiments

- mayonnaise
- white, red or apple cider vinegar
- GF Teriyaki
- GF Soy sauce
- Curry powders
- spices and herbs
- GF stock powders

VS

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GLUTEN

avoid

- chips/crisps
- cookies
- pastries
- bread
- wraps
- quiche
- anything baked
- anything pastry
- cake
- pizza
- crumbed anything
- coated anything
- sauce anything
- pasta
- gnocchi
- desserts
- puddings
- tarts

VS

GLUTEN-FREE

Label GF: **

- chips/crisps
- cookies
- pastries
- bread
- wraps
- quiche
- anything baked
- cake
- pizza*
- crumbed
- coated
- sauce
- pasta
- desserts
- puddings
- tarts

*Pizza is not safe for those with Celiac as they share preparation surfaces and oven.

**Must say gluten-free on the label