

GUIDE TO GLUTEN-FREE

What is gluten?

Gluten is a protein often found in products such as bread, flour tortillas, and grain foods like wheat, barley, and rye. Just like lactose-intolerance, there is a gluten-intolerance which can cause digestive problems if undiagnosed. For those who suffer from celiac disease or a gluten allergy, choosing gluten-free foods can help to relieve any discomfort.

What can I eat?

I think the moment we hear that we can't have a certain group of foods we automatically assume that there is nothing else we can eat. It may seem like some of your favorite foods are all off-limits but you may be pleasantly surprised from the variety of things that you CAN still have. *Legumes such as lentils and all varieties of beans are in fact gluten-free as well as all fruits, vegetables, and animal/dairy products.* Basically, the only area you need to be mindful of is things like bread, pasta, and flour tortillas. Everything else is fair game!

Gluten-Free Foods

Starchy Carbs

- Rice
- Quinoa
- Sorghum
- Millet
- Amaranth
- Buckwheat
- Teff
- Corn/Corn tortillas
- Gluten-free oats**
- Lentil, bean, or rice based pasta
- Lentils
- Beans (all varieties)

Dairy/Animal Products

- Yogurt
- Milk
- Cheese
- Chicken
- Seafood
- Turkey

Fruits & Veggies

Too many to list! Go crazy with these. By incorporating a variety of veggies it helps to keep you from getting bored with your meals!