

Healthy Meals Made Easy (and Gluten Free!)

By the end of this class you will be able to...

- Define “gluten” and identify foods that do and do not contain gluten.
- Name nutrients that are typically deficient in a gluten free diet and discuss alternative, whole foods based sources
- Create 3 gluten free recipes that appropriate to bring to holiday meals.

What is gluten?

Gluten is the *protein* found in wheat, barley, and rye that helps food maintain its shape and structure. Breads, pastas and baked goods are the easiest to identify, but many other foods contain hidden gluten as well such as soy sauce, salad dressings, vegetarian meats, cereals, sauces and beer.



Which foods are naturally gluten free?

	Contain Gluten	No Gluten
Grains	Wheat, Rye, Barley, some Oats	Amaranth, Arrowroot, Buckwheat, Corn, Flax, Soy, Hominy (corn), Millet, Quinoa, Rice, Sorghum, Tapioca, Teff
Fruits & Veggies	Check when processed	All Fruits and Veggies are naturally GF
Meat, Nuts, Beans	Check when processed	All meat, nuts and beans are naturally GF
Dairy	Check when processed	All dairy is naturally GF

Is going gluten free healthier?

It depends! With Celiac Disease or Non-Celiac Gluten Sensitivity a gluten free diet is essential. That said, gluten free doesn't mean calorie free! In fact, many gluten-free alternatives contain more calories, fat, sugar, and sodium than their gluten-containing counterparts in order to make up for the change in taste and texture that occurs when wheat is removed. The best way to get around this is to cook with foods that are as “whole” as possible.

The gluten-free diet and nutrients

Micro and macronutrient deficiencies can occur due to poor absorption for those with celiac disease or limited intake of foods that provide certain nutrients.

For poor absorption, make sure to add some of the foods below to your diet

Nutrient	Sources
B12	Eggs, milk, cheese, meat, fish, brewers yeast, fortified meat substitutes
Vitamin A	Sweet potatoes, carrots, leafy greens, eggs, Brussels sprouts
Vitamin K	Leafy greens, Brussels sprouts, broccoli, parsley
Vitamin E	Sunflower seeds, almonds, leafy greens, avocado, asparagus
Iron	Lentils, spinach, sesame seeds, beans, red meat, poultry, seafood

For limited intake, make sure to add some of the foods below to your diet

Nutrient	Sources
Folic Acid	Lentils and beans, asparagus, spinach, leafy greens, broccoli
Fiber	GF grains, lentils and beans, fruits with skin, veggies
Carbohydrate	GF grains, veggies (especially potatoes, corn, peas), fruits

Additional resources for education and recipes

Gluten.org, Celiac-disease.com, Celiaccentral.org, Nutritionstripped.com, Glutenfreegirl.com, Ohsheglows.com (Vegan)