

**Making Everything Easier!™**

**GETTING STARTED GUIDE**

# **Living Gluten-Free**

**FOR  
DUMMIES®**  
A Wiley Brand

**The gluten-free movement is  
sweeping the nation! Why?**

- 1) Gluten-free can make you feel better!**
- 2) Lifestyle benefits without surgery or medication!**



## ***Living Gluten-Free***

The gluten-free movement is sweeping the nation for plenty of reasons, but the one that stands out is that when people give up gluten, they often feel better. Changing both your diet and your lifestyle is neither quick nor easy, but the benefits of going gluten-free can be fantastic — no surgery or medication required!

In fact, if you feed it right, your body can make you feel great in lots of different ways. It can fuel your body, help prevent disease, improve your skin's appearance, help you manage your weight, reverse the signs of aging, decrease symptoms of PMS and menopause, and increase longevity. It's gluten-free — nutritiously!



## First Three Days: Preparing for the Gluten-Free Life

Most people who embark on a gluten-free lifestyle are doing so because of health issues — and that means they have little or no choice in the matter. If you're going gluten-free, you probably have celiac disease or a gluten sensitivity. You may also have a wheat allergy. If so, eating gluten makes you feel sick. So you have to figure out how to avoid gluten.

*Gluten* is a mixture of proteins in wheat, rye, and barley. Oats don't have gluten but may be contaminated, so they're forbidden on a strict gluten-free diet, too. The diet seems like it should be so easy: just avoid those foods, right? Unfortunately, the diet's not quite that straightforward, thanks to additives, flavorings, derivatives, fillers, binders, and other fancy terms that are really just euphemisms for "stuff that may have gluten in it."

### *Knowing which foods you just can't eat*

You absolutely need to avoid these grains on a gluten-free diet:

- ✓ Barley
- ✓ Oats (because of contamination issues)
- ✓ Triticale (a hybrid of wheat and rye)
- ✓ Rye
- ✓ Wheat

You need to avoid (or at least question) anything with the word wheat in it. This includes hydrolyzed wheat protein, wheat starch, wheat germ, and so on. But wheat-free doesn't mean gluten-free.



Wheat has several names and varieties. Beware of aliases like flour, bulgur, semolina, spelt, frumento, durum (also spelled durum), kamut, graham, einkorn, farina, couscous, seitan, matzoh, matzah, matzo, and cake flour.

Derivatives of gluten-containing grains aren't allowed on the gluten-free diet, either. You can find a complete listing at [www.celiac.com](http://www.celiac.com). Avoid malt, malt flavoring, and malt vinegar. If malt is derived from another source, such as corn, that fact usually appears on the label. If it's not specified, though, don't eat it.



One of the first things you need to do after you take in this list of items to avoid, is go through your kitchen to determine what's dangerous and what's safe. If your whole family is going gluten-free, throw it away or donate it. If your family is



still eating gluten, you need to make sure that all your food is kept separate and clearly marked. You'll want to think about designating certain kitchen items if you're sharing a kitchen with gluten eaters. For more info on the topic, see *Living Gluten-Free For Dummies* by Danna Korn (Wiley).

Unless you're buying specialty products, you can assume that the following foods contain gluten: beer, bread, breadcrumbs, biscuits, cereal, communion wafers, almost all baked goods, cornbread, crackers, croutons, gravies, sauces, and roux, imitation seafood (for example, imitation crab), licorice, marinades (such as teriyaki), pasta, pizza crust, pretzels, soy sauce, and stuffing.

## *Knowing which foods and items to research*

The diet gets a little trickier when you don't know that a food is almost always gluten-free or gluten-loaded. Ingredients you need to question include brown rice syrup, fillers, flavors and natural flavorings, seasonings and spice blends, stabilizers, and starch (in pharmaceuticals). And items you need to research include alcohol, medications, makeup and skincare products, and dental care products.

These items don't always have gluten. But according to the U.S. Food and Drug Administration Code of Federal Regulations, they can contain gluten, so to be safe, you need to check.

## *Understanding contamination risks*

Even if a product is made without any gluten-containing ingredients, contamination can occur at several points during processing and preparation. So if the product you're eating contains a grain — even a non-gluten-containing grain — there's a risk of contamination. Usually, the amount of contamination is miniscule and doesn't pose a health threat. The only time you know there's no cross-contamination is when the grains come from suppliers who grow, harvest, mill, and package only one (gluten-free) grain.

Oats are a good example of a grain that often undergoes cross-contamination. Frequently rotated with fields where wheat is grown, oats — gluten-free in and of themselves — can be contaminated in the fields as well as in the transportation and milling processes. Oats are more likely to be contaminated (and at greater levels) than other grains, which is why oats land on the forbidden list, but other grains are still considered safe.





## **First Week: What You Can Eat**

The good news is that the list of foods you can eat is a lot longer than the list of foods you can't. And the number of products available for a gluten-free lifestyle is at an all-time high.

But if you've been eating gluten for a long time — say, for most of your life — then giving up foods as you know them may seem like a tough transition at first. Besides the obvious practical challenges of learning to ferret out gluten where it may be hidden, you have to deal with emotional, physical, social, and even financial challenges. Gluten-free food can be expensive!

The main thing you need to do is adjust your perspective on food. You really don't have to give up anything; you just have to make some modifications. The foods that used to be your favorites can still be your favorites if you want them to be, just in a slightly different form.

You can buy specialty products such as cookies, cakes, brownies, breads, crackers, pretzels, and other products that have been made with gluten-free ingredients.

Or you may want to consider what may be a new and super-healthy approach for you: eating lean meats, fresh fruits, and nonstarchy vegetables. Again, you may have to tweak your perspective a bit before the diet feels natural to you, but it is, in fact, natural, nutritious, and naturally nutritious.



### **Living Gluten-Free**

The gluten-free movement is sweeping the nation for plenty of reasons, but the one that stands out is that when people give up gluten, they often feel better. Changing both your diet and your lifestyle is neither quick nor easy, but the benefits of going gluten-free can be fantastic — no surgery or medication required!

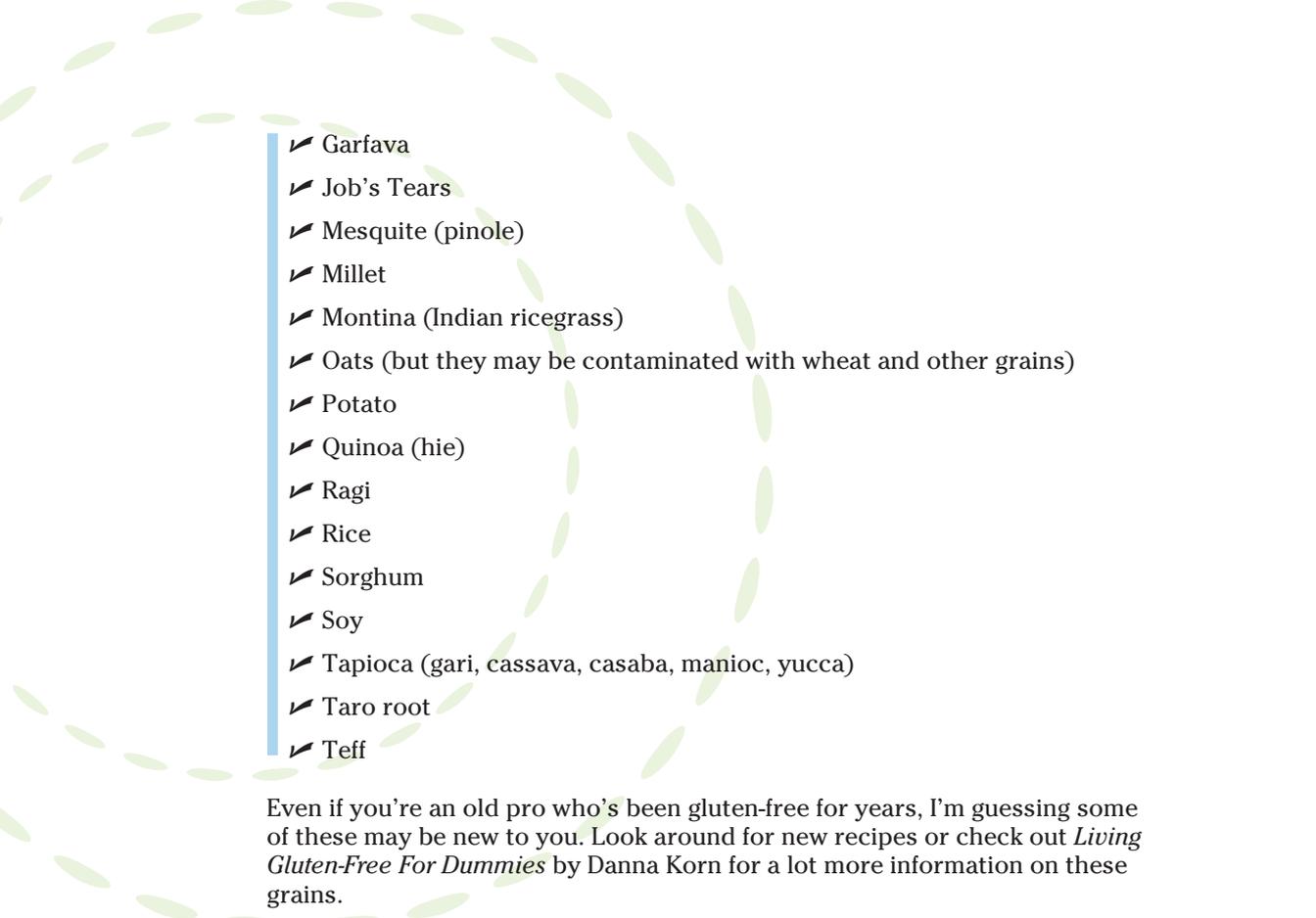
In fact, if you feed it right, your body can make you feel great in lots of different ways. It can fuel your body, help prevent disease, improve your skin's appearance, help you manage your weight, reverse the signs of aging, decrease symptoms of PMS and menopause, and increase longevity. It's gluten-free — nutritiously!



## ***Grains and starches you can safely eat***

You have lots of choices for gluten-free grains and starches:

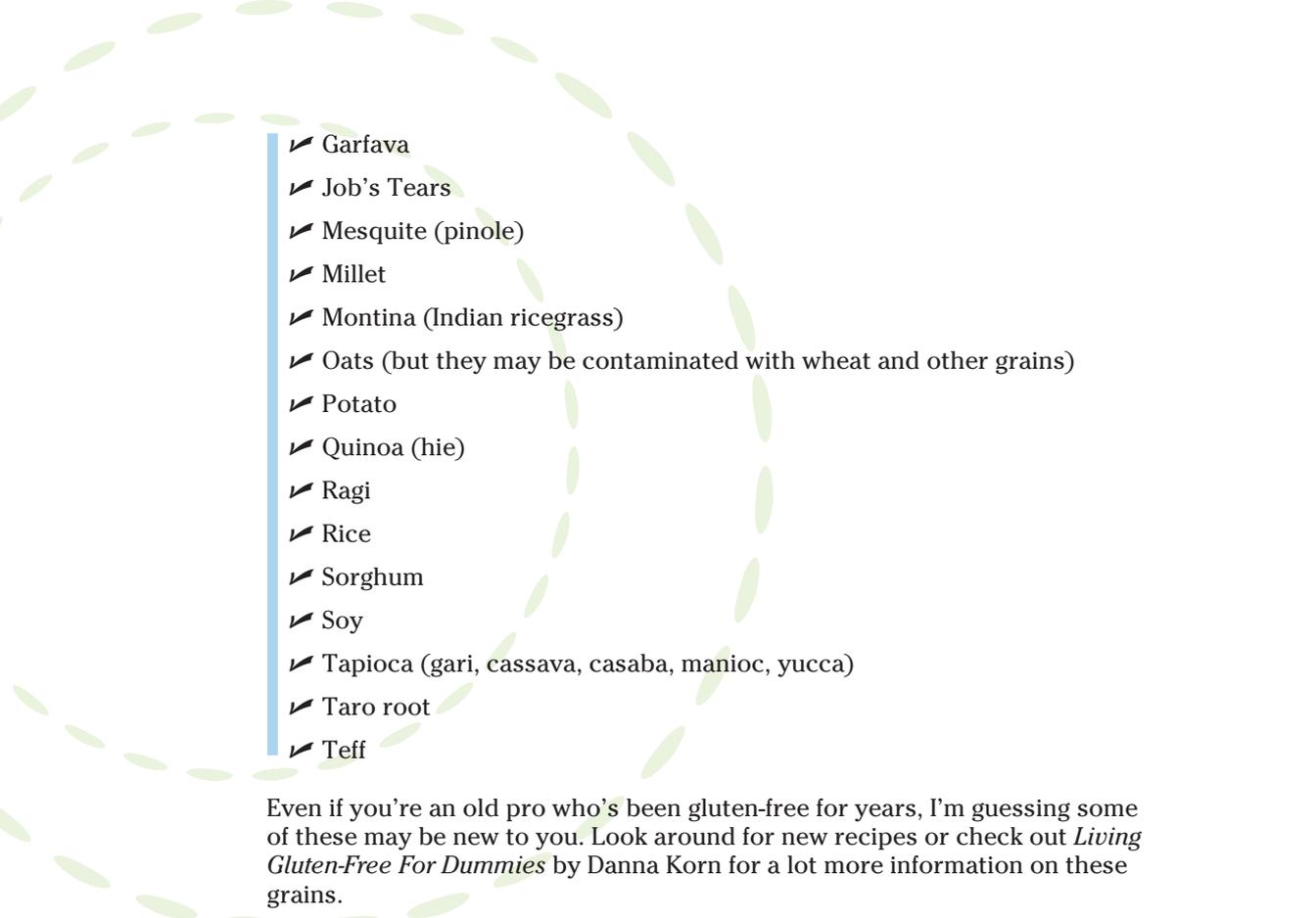
- ✓ Amaranth
- ✓ Arrowroot
- ✓ Beans
- ✓ Buckwheat/groats/kasha
- ✓ Chickpeas (garbanzo beans, besan, ceci, chana, or gram —not to be confused with graham, which does have gluten)
- ✓ Corn

- 
- ✓ Garfava
  - ✓ Job's Tears
  - ✓ Mesquite (pinole)
  - ✓ Millet
  - ✓ Montina (Indian ricegrass)
  - ✓ Oats (but they may be contaminated with wheat and other grains)
  - ✓ Potato
  - ✓ Quinoa (hie)
  - ✓ Ragi
  - ✓ Rice
  - ✓ Sorghum
  - ✓ Soy
  - ✓ Tapioca (gari, cassava, casaba, manioc, yucca)
  - ✓ Taro root
  - ✓ Teff

Even if you're an old pro who's been gluten-free for years, I'm guessing some of these may be new to you. Look around for new recipes or check out *Living Gluten-Free For Dummies* by Danna Korn for a lot more information on these grains.

## *Other foods that are usually gluten-free*

In general, these foods are usually gluten-free (the list refers to plain, unseasoned foods without additives and processed products):

- 
- ✓ Beans
  - ✓ Dairy products
  - ✓ Eggs
  - ✓ Fish
  - ✓ Fruit
  - ✓ Legumes
  - ✓ Meat
  - ✓ Nuts
  - ✓ Poultry
  - ✓ Seafood
  - ✓ Vegetables





## **First Month: Living the Gluten-Free Lifestyle**

Setting reasonable expectations for what life will be like after you adopt a gluten-free lifestyle is important because you will encounter challenges, and you need to prepare to handle them well. Shopping and cooking are going to change and be more complicated. Friends, family, and loved ones may not understand. They may not accommodate your diet when you hope or expect they will. You may find social events to be overwhelming at first, or you may get confused or frustrated and feel like giving up on the diet. You can overcome these trials and emerge stronger for them.

### *Getting out of the house*

You don't have to let the gluten-free lifestyle hold you back from doing anything you want to do. Well, okay, there are some things you can't do — like eat a pizza from the place around the corner or devour a stack of gluten-laden donuts. But as far as your activities and lifestyle are concerned, you can — and should — get out and about as you always have.

For the most part, ordering out isn't as easy as walking into a restaurant and asking for a gluten-free menu (a girl can dream). But eating at restaurants is definitely doable, and getting easier every day; you just need to learn to special order, tune in to contamination concerns, and ask — chances are getting better all the time that they may actually have a gluten-free menu. Traveling is a breeze when you master eating at restaurants (and get a handle on language considerations, if you're traveling abroad). Going to social events just requires a little advance planning, and holidays may barely faze you after you get the hang of going out in gluten-free style.

### *Shopping and cooking*

There are plenty of foods you can eat, but you do have to be careful to make sure what you're buying is safe.



Copy a safe and forbidden ingredients list off the Internet (try the “Safe Gluten-Free Food List/Unsafe Foods & Ingredients” link at [www.celiac.com](http://www.celiac.com)) and bring it with you to the store. You may need it when you're reading ingredients on product labels.

One of the best things you can do to make shopping easier when you're enjoying a gluten-free lifestyle is plan ahead. If you try to wing it, especially at first, you end up spending hours in the grocery store walking in circles, trying to figure out what to eat and what to buy, and then worrying about whether the food's gluten-free.

Once you start cooking, you will find it's not as bad as you feared. No single ingredient is more important in gluten-free cooking than creativity. You may not always have ingredients on hand to make the gluten-free dish you want to make. You may not have a recipe handy for a meal you have in mind. You may think you have no way to convert your old favorite standby into a gluten-free goodie. Don't let any of those things stop you. Cooking gluten-free is actually easy if you improvise, explore alternatives, and stretch the boundaries of your creativity in the kitchen.

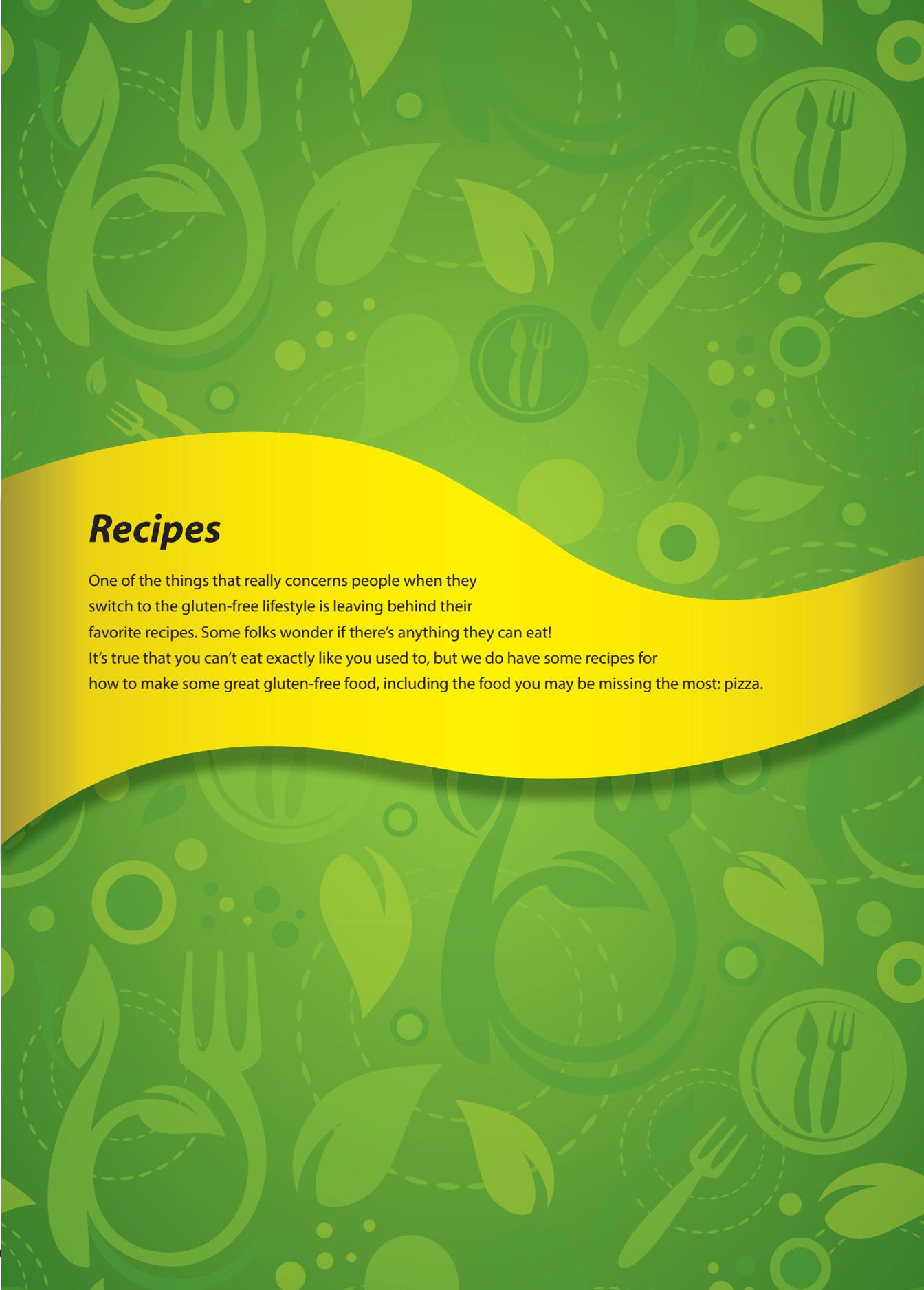
All you need are basic guidelines for using gluten-free substitutions, which you can find in *Living Gluten-Free For Dummies*. If you want to explore recipes as you get started cooking, you can find plenty in *Gluten-Free Cooking For Dummies* by Danna Korn and Connie Sarros (Wiley). And there are certainly other sources of guidance. Just look around you on the Internet and in bookstores. But do make sure you find reputable sources.



If you're following a recipe for something that's not gluten-free and you want to convert it, start by reviewing the list of ingredients the recipe calls for. Make a note of those that usually have gluten in them. Then, using your list, substitute gluten-free ingredients as you need to.

Don't have the right substitutions? Improvise. For instance, if a recipe calls for dredging something in flour before sautéing and you don't have any gluten-free flours, maybe you have a gluten-free mix that would work. Pancake mix or even muffin mix can work quite well as a substitute for a flour coating. I've included a few recipes here to show how easy cooking gluten-free can be.



The background is a vibrant green with a repeating pattern of food-related icons: leaves, plates, forks, and spoons. A large, wavy yellow shape curves across the middle of the page, serving as a background for the text.

## ***Recipes***

One of the things that really concerns people when they switch to the gluten-free lifestyle is leaving behind their favorite recipes. Some folks wonder if there's anything they can eat! It's true that you can't eat exactly like you used to, but we do have some recipes for how to make some great gluten-free food, including the food you may be missing the most: pizza.

# Gluten-Free Granola

*Granola is a great take-it-with-you breakfast food, but oats are still the number-one most controversial is-it-gluten-free-or-isn't-it food, and for now they're still on the forbidden list. That means commercial granolas are a no-no. The good news is that gluten-free granola is delicious, nutritious, and a cinch to make the night before. In this recipe, I call for roasted peanuts, but feel free to substitute any 1-cup combination of soy nuts, sunflower seeds, or almonds. Likewise, dried apricots, dates, and bananas work well in place of the raisins and dried cranberries.*

**Prep time:** 30 min • **Cook time:** 2 hours • **Yield:** 12 servings

## Ingredients

**2 cups (43g) puffed rice cereal**  
**2 cups (43g) puffed corn cereal**  
**1 cup (21g) Perky's Nutty Rice cereal**  
**1 cup (21g) Kashi Cranberry Sunshine cereal**  
**1 cup (150g) roasted peanuts**  
**2 teaspoons (10 mL) vanilla extract**  
**½ cup (170g) light corn syrup**  
**½ cup (170g) honey**  
**¼ cup (85g) vegetable oil**  
**½ cup (75g) raisins**  
**½ cup (75g) dried cranberries**  
**Nonstick spray**

## Directions

- 1** Preheat the oven to 250 degrees.
- 2** In a large bowl, combine the puffed rice cereal, puffed corn cereal, Perky's Nutty Rice cereal, Kashi Cranberry Sunshine cereal, and peanuts.
- 3** In a small saucepan, heat the vanilla extract, light corn syrup, honey, and oil over medium heat (it just needs to get warm so it flows more easily; don't overheat it). Stir the mixture occasionally as it heats.
- 4** Pour the warm honey mixture over the dry ingredients, making sure it all gets mixed up.
- 5** Place the mixture on large baking sheets that you've coated with nonstick spray. Bake the granola for 2 hours, stirring every 15 minutes to keep the mixture from sticking.
- 6** Carefully add the raisins and cranberries to the hot granola, folding them into the mixture so they're well mixed. Let the granola cool to room temperature, and serve.

**Tip:** Homemade granola tends to go stale quickly. Extend the life of your homemade granola by using a vacuum-packing system to seal and store several individual-sized servings.

**Per serving:** Calories 288 (From Fat 98); Fat 11g (Saturated 1g); Cholesterol 0mg; Sodium 91mg; Carbohydrate 46g (Dietary Fiber 3g); Protein 5g.



# Lemon Caper Chicken

*I happen to love lemon, capers, and chicken, so this dish is definitely one of my favorites. It's easy to make, but it looks like you spent hours in the kitchen. The recipe calls for rice flour for dusting the chicken, but feel free to use any gluten-free flour or baking mix that you have lying around. (By the way, capers are a type of pickled flower bud — look for them near the pickles in the store.)*

**Prep time:** 20 min • **Cook time:** 25 min • **Yield:** 4 servings

**4 boneless, skinless chicken breasts**

**4 tablespoons (60g) olive oil, divided**

**¼ cup (38g) rice flour**

**Salt and pepper to taste**

**3 green onions, chopped**

**1 teaspoon (5 mL) minced garlic (about 2 cloves)**

**¼ cup (60 mL) chicken broth**

**½ cup (120 mL) dry sherry**

**¼ cup (60 mL) freshly squeezed lemon juice**

**4 tablespoons (48g) capers, drained and rinsed**

**2 tablespoons (29g) unsalted butter**

- 1** Pound the chicken breasts to an even thickness — about ½ inch is good. If you don't have a meat tenderizer, you can use any other heavy, manageable object, like an iron skillet.
- 2** Put enough olive oil into a large skillet to coat the bottom of the pan. This will probably require about 2 tablespoons. Heat the oil over medium-high heat.
- 3** Dredge the chicken breasts in flour and season the chicken with salt and pepper.
- 4** Brown the chicken, about 3 minutes on each side. If your pan isn't big enough, you may need to do this in a couple of batches. Make sure you have enough oil in the pan at all times (you'll probably have to add another tablespoon of oil during cooking). Transfer the chicken to a warm serving platter and cover it with foil.
- 5** Clean the pan to get the residual flour out, or use a new skillet. Reduce the heat to low and add the rest of the olive oil to the skillet (you should have about 1 tablespoon left). Add the green onion, garlic, chicken broth, sherry, lemon juice, and capers. Turn up the heat to medium-high and simmer until the liquid has reduced to half (about 5 minutes).
- 6** Tilt the pan so the liquid pools on one side, and whisk in the butter until the sauce is smooth. Pour the sauce over the chicken breasts and serve immediately.

**Per serving:** Calories 362 (From Fat 205); Fat 23g (Saturated 6g); Cholesterol 89mg; Sodium 529mg; Carbohydrate 11g (Dietary Fiber 1g); Protein 28g.



# Rice Salad with Red Peppers, Garbanzo Beans, and Feta

*This dish is loaded with flavor. It's already nutritious, but to add nutrients, try using brown rice instead of white.*

**Prep time:** 15 min • **Resting time:** 1 hour • **Yield:** 6 servings

## Ingredients

**½ cup (120 mL) lemon juice**  
**2 teaspoons (10 mL) minced garlic (about 4 cloves)**  
**¼ cup (118 mL) extra-virgin olive oil**  
**Salt and pepper to taste**  
**3 cups (485g) cooked rice, cooled to room temperature**  
**15-ounce (425g) can garbanzo beans (chickpeas), drained**  
**½ cup (75g) roasted red peppers**  
**1 cup (90g) finely diced feta cheese**  
**½ cup (118 mL) chopped fresh parsley**  
**¼ cup (118 mL) chopped fresh dill**  
**4 green onions, washed, ends removed, thinly sliced**

## Directions

- 1** Make the dressing by whisking together the lemon juice, garlic, olive oil, and salt and pepper.
- 2** In a large serving bowl, combine the rice, garbanzo beans, feta cheese, parsley, dill, green onions, and red peppers.
- 3** Pour the dressing over the rice mixture and mix well. Let it sit at least an hour before serving. Serve at room temperature or cold.

***Per serving:** Calories 308 (From Fat 137); Fat 15g (Saturated 5g); Cholesterol 22mg; Sodium 561mg; Carbohydrate 35g (Dietary Fiber 3g); Protein 8g.*



# Basic Pizza Crust

*I like to double or even triple the recipe for pizza crust and then freeze what I'm not going to use. I love being able to pull a crust out of the freezer, let it defrost for 10 minutes, top it, and pop it in the oven. Easy as pizza pie! Use this crust recipe and the following sauce recipe and then add whatever gluten-free toppings suit your fancy.*

**Prep time:** 30 min • **Rising time:** 1 hour • **Cook time:** 25 min •  
**Yield:** One 17-inch or two 12-inch pizza crusts (8 servings)

## Ingredients

**1 cup (170g) sorghum flour**  
**1 cup (170g) tapioca flour**  
**½ cup (65g) bean flour**  
**½ cup (75g) rice flour**  
**1 tablespoon (15 mL) xanthan gum**  
**½ teaspoon (2.5 mL) salt**  
**1 tablespoon (15 mL) active dry yeast**  
**1 tablespoon (15 mL) sugar**  
**⅓ teaspoon (1.5 mL) garlic salt**  
**⅓ teaspoon (1.5 mL) oregano**  
**2 ¼ cup (530 mL) warm milk**  
**1 teaspoon (5 mL) cider vinegar**  
**1 egg, beaten**  
**2 tablespoons (30 mL) olive oil**  
**A fistful of rice, bean, tapioca, or sorghum flour, to keep the dough from sticking**

## Directions

- 1** In a large bowl, mix the sorghum flour, tapioca flour, bean flour, rice flour, xanthan gum, salt, yeast, sugar, garlic salt, and oregano. Then add the milk, vinegar, egg, and olive oil.
- 2** Use an electric mixer or bread machine to knead the mixture for about 3 minutes, until the dough is soft and thick. Roll the dough into a ball.
- 3** Sprinkle some rice, bean, tapioca, or sorghum flour on a cutting board, and put the dough ball on top. Use your hands or a rolling pin to flatten the dough to the thickness that you like your crust. Add as much flour as you need to keep the dough from sticking to the rolling pin and the cutting board.
- 4** Leave the dough in a warm place to rise for about 1 hour.
- 5** Preheat the oven to 425 degrees.
- 6** Spread the dough onto a nonstick pizza pan. The diameter of the pizza depends on how thick you make your crust. Use your fingers to pinch the edge and make a lip around the outside of the crust. Add the sauce and toppings to the crust, and bake the pizza at 425 degrees for 12 to 15 minutes or until the cheese is melted.

**Per serving:** Calories 263 (From Fat 59); Fat 7g (Saturated 2g); Cholesterol 32mg; Sodium 218mg; Carbohydrate 48g (Dietary Fiber 3g); Protein 7g.



# Tomato Herb Pizza Sauce

*Traditionalists lean toward this type of a sauce because, well, it's traditional.*

**Prep time:** 10 min • **Cook time:** 15 min • **Yield:** Enough for one 12-inch pizza (8 slices)

## Ingredients

**2 tablespoons (10 mL) olive oil**  
**1 teaspoon (5 mL) minced fresh garlic (about 2 cloves)**  
**¼ cup (40g) finely chopped onion**  
**2 cups (320g) chopped or diced tomatoes (including the juice)**  
**1 teaspoon (5 mL) fresh oregano**  
**2 tablespoons (10 mL) fresh minced basil**  
**½ teaspoon (2.5 mL) salt**  
**½ teaspoon (2.5 mL) black pepper**  
**3 tablespoons (45 mL) tomato paste**

## Directions

- 1** In a medium saucepan, cook the onions and garlic in the olive oil over medium-high heat until they're tender (about 3 minutes).
- 2** Add the tomatoes, oregano, basil, salt, and pepper to the pan, and continue cooking the sauce over medium heat for a few more minutes.
- 3** Stir in the tomato paste. Simmer the sauce on low heat for about 10 minutes.

**Per serving:** Calories 48 (From Fat 32); Fat 4g (Saturated 1g); Cholesterol 0mg; Sodium 154mg; Carbohydrate 4g (Dietary Fiber 1g); Protein 1g.



# Incredibly Easy

## Peanut Butter Cookies

*By definition, a cookie can be any of a variety of handheld, flour-based sweet cakes, either crispy or soft. I break all the rules with this recipe, because there's no flour to be found. Best of all, the cookies are incredibly easy — they have only three ingredients!*

**Prep time:** 5 min • **Cook time:** 20 min • **Yield:** 2 dozen

### Ingredients

2 eggs

1 cup (180g) chunky peanut butter

1 cup (200g) sugar

### Directions

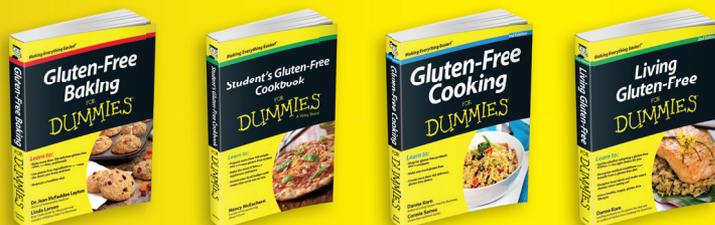
- 1 Preheat the oven to 350 degrees.
- 2 Beat the eggs in a medium-sized bowl. Stir the peanut butter and sugar into the eggs.
- 3 Drop dollops of dough from a spoon onto the cookie sheet, about 2 inches apart. Use the back side of a fork to press them flat.
- 4 Bake the cookies for 10 to 12 minutes, or until the cookies spring back a little when you poke them.

**Per serving:** Calories 203 (From Fat 106); Fat 12g (Saturated 3g); Cholesterol 35mg; Sodium 110mg; Carbohydrate 21g (Dietary Fiber 1g); Protein 6g.



## ***Additional Resources***

### ***Gluten-Free Resources***



### ***Nutrition/Diet Resources***

Cooking with Quinoa For Dummies  
Homebrewing For Dummies, 2<sup>nd</sup> Ed.  
Pressure Cookers For Dummies, 2<sup>nd</sup> Ed.  
Bread Machines For Dummies  
Living Wheat-Free For Dummies  
Mediterranean Diet Cookbook For Dummies  
Paleo Cookbook For Dummies  
Cooking with Spices For Dummies  
Vegetarian Cooking For Dummies  
Celiac Disease For Dummies  
Diabetes Meal Planning and Nutrition For Dummies  
The Healthy Heart Cookbook For Dummies  
Gluten-Free Alsatian Plum Cake

### ***Fitness & Lifestyle Resources***

Wii Fitness For Dummies  
Fitness Walking For Dummies  
Mind-Body Fitness For Dummies  
Fit and Healthy For Dummies: 2 eBook Bundle with Bonus Material  
Fit and Healthy Fitness For Dummies  
Cross-Training For Dummies  
Core Strength For Dummies  
Conquering Childhood Obesity For Dummies  
Pilates For Dummies  
Exercise Balls For Dummies  
Belly Fat Diet For Dummies  
Fat-to-Firm Fitness Ball Workout For Dummies  
Shaping Up with Weights For Dummies  
15-Minute Workout For Dummies