Gluten-Free Quick Start Guide

Start Where You Are

Meat, vegetables, eggs, rice, potatoes, fruit, and beans are all gluten-free. You only need to change a few staples, and store-bought products handle the hard parts.

Sample Meals

- Breakfast: eggs and bacon
- Lunch: tuna salad with corn chips
- Dinner: sheet-pan chicken and vegetables

Basic Supplies

- Gluten-free all-purpose flour blends replace regular flour. Use them for pancakes, waffles, cookies, muffins, and quick breads.
- To thicken a gravy or sauce, use sorghum flour, cornstarch, arrowroot, tapioca flour, or potato starch. You can also use your gluten-free flour blend.
- Gluten-free oats make an excellent binder in meatloaf, meatballs, and baked goods.
- Store-bought gluten-free bread is good for sandwiches. Warm it for a few seconds first and it holds together much better.

A family home can serve wonderful gluten-free meals for everyone.

Essential Resources for More Information

➤ *Find a local gluten-free support group, where people share their experiences with area restaurants as well as news about recalls, lawsuits, and products.*

Full Explainer

Gluten-Free Quick Start
dittany.com/gluten-free-quick-start/

Beyond Celiac

Newly Diagnosed
beyondceliac.org/celiac-disease/newly-diagnosed

Celiac Disease Foundation

Nutrition Education
celiac.org/nutrition-education

Page 2 has the detail....

Gluten-Free Quick Start Guide (pg 2)

Keep It Safe

First Steps

1. Stay out of the spice cabinet. Shared spoons and open jars carry crumbs. Buy new spices or check each one as you go.
2. Put regular flour away where it cannot spill or dust onto counters and food.
3. Set aside wooden spoons, wooden cutting boards, scratched plastic tools, and scratched nonstick pans. Porous and scratched surfaces hold gluten and are hard to clean.

Reading Labels Gluten comes from wheat, barley, and rye. Read the ingredient list on every product, every time, because recipes change. Look for these:

- **Wheat, barley, rye, malt, and Hydrolyzed wheat protein** contain gluten.
- **Hydrolyzed vegetable protein** and **modified food starch** may contain gluten depending on their source.
- **Vague words** such as "flavorings" and "seasonings" do not say what is in them. Look for a gluten-free label.
- **Oats** must say certified gluten-free. Regular oats are often contaminated with wheat.
- **Seasoned or sauced foods.** Plain frozen fruits and vegetables are fine. Seasoned or sauced ones need careful label reading.
- **A gluten-free label** is the most reliable sign, but food with no gluten-containing ingredients still can be cross-contaminated.

Tricky Foods

- Soy sauce and tamari. Many contain wheat, so read the label even on tamari.
- Malt vinegar contains gluten.
- Canned condensed cream soups are usually thickened with wheat.
- Mixed spice blends. Gluten isn't always listed on spice blend labels, so look for a gluten-free label.

Kitchen Habits

- Keep separate butter, jam, peanut butter, and other spreads, so a knife that touched bread never goes back into the jar. Another option is to use squeeze bottles so no one dips a knife in them.
- Use a separate toaster, or toaster bags in a shared one.
- Run shared dishes through the dishwasher.

Resources:

A fuller explanation is at *https://dittany.com/gluten-free-quick-start/*
Other essential resources: *https://www.beyondceliac.org/celiac-disease/newly-diagnosed/* and *https://celiac.org/nutrition-education/*