

# CHEAT SHEET GLUTEN

## WHAT IS IT?

Gluten is a protein found in some grains such as wheat, barley, rye, spelt and kamut.

Why has it become an issue?

In recent times, the way gluten containing grains are grown and manufactured has changed. To keep up with high supply demands, grains are being produced on a massive scale which, some suggest, impacts negatively on the way they are grown and processed. We are also seeing higher levels of consumption of gluten containing cereals in our diets, largely in the form of processed foods.

## HOW TO FIND OUT IF IT AFFECTS YOU

Coeliac disease is an autoimmune condition that is triggered by the consumption of gluten and causes serious damage and inflammation to the digestive tract. Gluten intolerance is perhaps slightly less serious, but none the less problematic for some people. If you experience symptoms such as abdominal bloating and discomfort, constipation or diarrhoea, foggy head, eczema, joint pain or mood disorders, you may have a problem with gluten.

Eliminating gluten from your diet for a period of four weeks may give you an idea of how gluten affects you. If you are concerned about gluten having a negative impact on your health, see a qualified health practitioner for further treatment and advice. A test for coeliac disease can only be done while you are including gluten in your diet, so it may be a good idea to be tested before removing gluten.

## SIMPLE SWAPS TO REDUCE GLUTEN IN YOUR DIET

Gluten is found lurking in many processed, packaged foods, so to reduce gluten in your diet, eat more whole foods! Vegetables, fruits, nuts and seeds along with good quality dairy, eggs and meat are wonderful gluten free alternatives.

Cooking and baking with gluten free alternatives can take a little time and practice to get right, but don't be discouraged!

## A FEW SIMPLE RECIPES TO GET YOU STARTED:

Not-too-sweet choc almond bliss balls

One pot tuna, quinoa + veggies

Banana + strawberry muffins

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## GLUTEN FREE BAKING

Flours made from buckwheat, brown rice, quinoa, millet and arrowroot are all great gluten free substitutes for more commonly used gluten flours such as wheat and spelt.

## RESOURCES:

A wonderful resource and guide to gluten free and whole food baking is Jude Blereau's [Wholefood Baking](#).

For more information about gluten allergies and intolerances, here are some great articles by Cyndi O'Meara of Changing Habits:

[Why have we become so wheat and gluten sensitive](#)

[Food Sensitivities](#)