



GLUTEN GUIDE

REAL FOOD RESCUE

Guide to Gluten

Why is everyone afraid of Wheat these days?

As wellness professionals, we get asked this question more than any other. Followed by: Is Wheat really evil? Isn't gluten free just trendy? And what the heck is Paleo?

Let's take a quick look at the answers:

1. Why are so many people avoiding wheat? There are a few reasons for this. Many people have very negative reactions to wheat and gluten (the protein found in wheat, rye, barley and oats that are processed on the same equipment). These reactions can vary from a full blown allergy, Celiac Disease (an autoimmune condition that requires a strict gluten-free diet), gluten intolerance (feeling sick or uncomfortable after consuming gluten) and some because they feel that gluten and wheat is not a healthful food.

2. So is wheat bad? For some (celiac disease, intolerance), it clearly is a bad food. Although we cringe when someone calls a food "bad," stomach irritation, inflammation, joint pain, headaches and skin problems are just a few associated symptoms that many people experience when eating gluten, so for them it is "not good!" For those who can tolerate it, there is growing research and evidence that today's wheat is genetically different from its original form and that the body and digestive system is not well equipped to process it.

Current books like "Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health" by William Davis, MD and "Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers" by David Perlmutter, MD both point a scientific finger at wheat's negative effects on our weight, cardiac health, mental wellbeing and cognitive function. And the distinction between whole grain and refined carbs doesn't seem to matter. From a personal level, we have seen many clients lose weight, clear their skin, and even heal debilitating back pain after switching to a gluten free diet, so we encourage the decreasing of wheat in our diets and strongly suggest talking to your physician if you think that wheat and gluten may be causing you distress.

3. Isn't gluten free just a trend? Not a chance. Although many diets come and go, for those individuals with Celiac Disease and serious health conditions, it is essential. The numbers of both populations continue to grow at a rapid rate (possibly due to the proliferation of wheat in our food supply and genetic tinkering by agribusiness). The biggest myth that I see in this regard is that consuming gluten free products will help with weight loss; and herein lies the fodder for the fad. Unfortunately for these unsuspecting individuals, by shifting wheat/gluten foods like bagels, muffins and cereal to their gluten-free counterparts, those new products often contain more sugar, fats and calories than their original permutations and may actually contribute to weight gain, not loss. Oops!



How to decode Gluten:

The main grains that contain gluten are:

- Wheat (including: durum, emmer, spelt, farina, farro, KAMUT® khorasan wheat and einkorn) – used in foods like bread and cereal.
- Barley – Used in food coloring, malted products, and malt vinegar.
- Oats – Used in many cereals and breads.
- Rye – Used in Cereal Bread and Beer.
- Seminola – an ancient grain that was first thought to be gluten free, used in breads.

Is Gluten bothering you?

Gluten containing foods can wreak havoc in your gut with symptoms such as:

- Bloating
- Gas
- Heartburn
- Intestinal Permeability (leaky gut)
- Malnutrition
- Anemia
- Malabsorption
- Inflammation
- And Plenty More...

Gluten affects your brain function almost as much as it does your digestion and after eating or using a gluten containing product you might feel:

- “Foggy” Brain
- Fatigue
- Irritability
- Problems Focusing
- Insomnia
- Lack of Concentration
- Forgetfulness
- Depression

Foods that Contain Gluten

When cutting gluten out of your life you will have to make some big changes to your diet, some of the main foods you will have to either stop eating or find alternatives for are:

- Bread
- Cereal
- Soy Sauce
- Beer



- Granola
- Oatmeal
- Pasta
- Malted Foods/Beverages

Sneaky Gluten! Other Places Gluten Hides

Gluten and its components are also hidden away within ingredients, additives, and products you wouldn't even expect, like:

- Food Coloring
- Preservatives
- Makeup
- Lotion
- Marinades
- Ice Cream
- Canned Meat
- And Many More...

Lifestyle Tips: The Risk of Cross Contamination

If extremely sensitive, you don't have to eat or touch something with gluten in it to end up suffering from the symptoms. You also can get "glutened" by foods containing gluten if your items come into any kind of contact with them. This includes:

- Frying in the same oil
- Cross using utensils, plates or cups
- Preparing in the same area
- Physical contact of foods
- Dust "airborne" contamination (wheat flour being used in the same area)

Check and Verify Ingredients (or don't eat processed foods at all!)

Just because a box says "gluten-free" doesn't always mean it is. Companies are not required to list whether any of their ingredients contain gluten, and a products doesn't have to be 100% gluten free in order to place a seal on it.

According to the FDA, a product is considered gluten-free if it meets a >20 PPM (parts per million) standard. This means that a product listed as gluten free could still contain trace amounts.

Many artificial flavors and colorings, preservatives, contain or are derived from gluten grains.



Concerns when Going on a Gluten Free Diet

Social concerns

Living a gluten-free lifestyle can be mentally challenging in a world full of gluten.

Not many people really understand how many different foods and products contain gluten, friends and family that are not on a gluten-free diet can cause stress and cravings without even realizing it.

Many restaurants have limited or no gluten-free options to offer you and parties can be challenging with finding appropriate food choices.

It is important for you to voice your restrictions but not expect others to make it easier for you. Plan ahead, offer to bring along a dish, make an alternative restaurant suggestion.

Tips for Success: Shopping 101

Navigate the grocery store and make your food choices confidently with a couple little tricks:

- The produce and meat aisle is your best friend.
- Stick to grass fed beef and free range poultry, other meat is likely to have preservatives that could contain gluten and the animals were likely fed wheat grains.
- Avoid artificial flavors, a lot of them contain gluten and are overall bad for your health.

Tips for Success: Eating Out

What do you do when your friends throw a party or want to go out for a ladies night at a new restaurant?

- Explain to your friends and family that you are gluten-free and what that means. Give them examples of foods so they have an idea of what you cannot eat.
- Plan ahead when going to a restaurant or party by looking up the menu online or calling the host/hostess and asking what she plans to serve.
- Don't expect anyone to cater to you, bring along snacks if you aren't sure about gluten-free options or look for alternatives everyone can agree on.

