

Living Gluten Free

What is Gluten?

Gluten is a protein, composed of Gliaden and Glutenin, which is found in wheat, rye, oats, and barley. Though it is abundant in these products, many other products are “contaminated” with gluten, and can act as a hidden source of gluten. These hidden sources can become problematic in those that might have Celiac Disease, Gluten sensitivity, or those who are simply trying to avoid Gluten for other health reasons.

The diet can seem like a lot of work, at first.

You must carefully read the ingredients on food packages. In order to completely remove gluten from your diet, less obvious sources of gluten must also be identified and avoided. If a product has questionable ingredients, avoid it until the manufacturer confirms that the product is gluten-free. By and large, if it isn’t listed as such on the label, it’s probably NOT gluten free.

Labels must be read every time you purchase food because ingredients in a product can change at any time.

Overlooked Sources of Gluten

Beer – in all forms!	Breading	Broth & soup base	Thickeners
Candy	Luncheon meats	Imitation seafood	Prescription meds
Sauces	Stuffing	Imitation bacon	Over the counter meds
Soy sauce	Marinades	Croutons	Lipsticks
Oats	Coating mix	Pasta	Lipbalms

The most important thing to remember is that the first few days are the HARDEST.

Please trust me when I tell you that you will feel so much better, so very soon. And when you do, you won’t want to eat the way you used to! Getting serious about eliminating gluten need not be a forever thing. When you are feeling well and symptom-free, we will discuss a careful re-introduction. Some people will find that they do need to make this a



way of life. With so many delicious foods available to you and a newfound handle on all the options nature provides, feeling good will soon be all that matters. To being well!