

# Gluten-Free vs. Wheat-Free

First off, they are NOT the same. Gluten is the protein found in many grains including wheat, rye, barley, spelt, and oats.

Celiac disease is a medical condition, an autoimmune response to gluten. If you have Celiac disease, even a small amount of gluten is harmful. It damages the surface of the small intestine resulting in poor absorption of nutrients (protein, fat, vitamins and minerals) which are necessary for good health. The treatment for Celiac disease is a strict adherence to a gluten-free diet for life!

What is Wheat-Free?

Basically it is avoiding all products that list wheat as an ingredient. Some ingredients are obvious, such as wheat, wheat bran, and whole-wheat. Less obvious ingredients are couscous, bulgur, semolina, durum, and kamut. Rye, spelt, barley, and oats are wheat-free but not gluten-free.

A food labelled "wheat-free" is safe for someone with a wheat allergy, but NOT for someone with Celiac disease or gluten sensitivity.

This is why it's INCREDIBLY important that you take time to educate yourself on the differences AND the various ingredients to watch out for. It's also a great reason to focus on non-processed foods and to cook for yourself as much as possible so you can ensure your meals are going to be clean.

***Simply Put: Gluten-free will be wheat free,  
BUT wheat free will not be gluten free, unless it is labelled gluten free.***

## Gluten Free Foods

**The best way to be 100% sure your food is gluten free is to buy it fresh and make it yourself.**

***Fruit*** is free of gluten in its natural state.

***Vegetables*** are also naturally free of gluten.

***Meats*** are always gluten free unless processed, breaded, or fried with breadcrumbs (unless its gluten free flour for the batter). Avoid gravy, as most gravy has gluten in it.

## Gluten Free Eggs and Dairy Products

Butter (be sure it has no additives)
Casein
Cheese
Cream
Eggs
Milk
Sour Cream
Yogurt - plain and not flavored
Whey

## Gluten Free Flour, Grains, and Wheat

*This is where you have got to be very careful and really pay attention!*

Almond Flour	Corn meal	Quinoa
Amaranth	Corn starch	Rice
Arrowroot	Cottonseed	Sago
Bean flour	Dal	Soy Flour
Besan	Flaxseed	Tapioca Flour
Brown rice	Millet	Taro Flour
Brown rice flour	Pea Flour	Tef
Buckwheat	Polenta	Yeast
Cassava	Popcorn – without coating	Yucca
Corn flour	Potato flour	

### Other Gluten Free Foods

Alcohol (most but not beer unless its gluten free)	Oils
Baking Soda	Seeds
Herbs	Spices (most)
Honey	Syrup
Jam	Vanilla
Jelly	Vinegar
Juice	Vitamins
Nuts	Wine
	Xanthan Gum

## Everyday Foods That \*Might\* Contain Gluten

*Unless it says "gluten free" on the label, chances are these foods contain gluten.*

Bagels	Dumplings	Pancakes
Baked beans (canned)	French toast	Pasta
Beer	French fries (unless they are from a raw potato that has not been coated)	Pastries
Biscuits	Fried foods	Pie and pie crusts
Bread	Funnel cake	Pita bread
Bread crumbs	Graham crackers	Pizza and pizza crust
Breaded meats, vegetables, & fish	Gravy	Potato chips
Bread pudding	Gum	Pretzels
Broth (stock)	Hot dogs	Puttiding
Cake	Hot dog and hamburger buns	Rolls
Cereal	Hush puppies	Salad dressing
Cheese (pre-shredded - it has added ingredients that contain gluten)	Ice cream	Sauces (most)
Chicken nuggets	Ice cream cones	Sausages (most)
Cookies	Macaroni	Semolina
Corn dogs	Malted milk	Soup
Couscous	Matzo	Sour cream
Crab cakes	Meatballs	Spagetti
Crackers	Meatloaf	Tortillas
Croissants	Meat substitutes	Stuffing
Croutons	Melba toast	Toast
Cupcakes	Muesli	Tabbouleh
Custard	Muffins	Waffles
Cold Cuts	Non-dairy creamer	Flavored Yogurt
Doughnuts	Noodles	Veggie burgers (if soy-based)

# Gluten Free Meal Ideas

## Monday

Breakfast - Greek yogurt (**not** non-fat-- try to find 2% or 4% rather than 0%) with berries and walnuts

Lunch - celery and peanut butter, gluten free or rice crackers with cheese, salami, and grapes

Dinner- chicken stir fry with lots of veggies and rice

*Prep for tomorrow- prepare crockpot meal*

## Tuesday

Breakfast - sausage, eggs, and cheese

Lunch - leftover stir fry

Dinner - beef stew in crockpot

<http://www.food.com/recipe/crock-pot-beef-vegetable-soup-365049>

*Prep for tomorrow- hard boil some eggs for salad and some for the next day's lunch; cook bacon (in oven on foil for less mess and smell) for dinner and the following day's lunch - maybe extra if you want bacon on your burger*

## Wednesday

Breakfast - green smoothie - start with spinach, banana, and frozen berries. Try adding a pastured egg yolk, chia seeds, flax seeds, Greek yogurt, or avocado

Lunch - burgers in lettuce wraps

Dinner - chicken Cobb salad

<http://www.tasteofhome.com/recipes/Cobb-Salad>

*Prep for tomorrow (optional)*

## Thursday

Breakfast - oatmeal with honey and cream OR cinnamon and diced apples OR berries and cream OR use this recipe: <http://www.pineappleandcoconut.com/recipes/overnight-steel-cut-oats/>

Lunch - hard boiled eggs, grilled chicken, and bacon in lettuce wraps

Dinner - tacos with corn shells or taco salad (check taco seasoning for wheat, or make your own: <http://selfreliancebyjamie.blogspot.com/2011/08/tis-seasonings.html>)

## Friday

Breakfast - egg/spinach/bacon/cheese scramble

Lunch - Food Babe Melt-in-your-mouth Kale Salad <http://foodbabe.com/2013/05/08/melt-in-your-mouth-kale-salad/>

Dinner - Steak and baked potatoes with veggies

Dessert- Flourless chocolate cake- serve with homemade whipped cream and fresh berries  
<http://detoxinista.com/2012/05/healthier-flourless-chocolate-cake-refined-sugar-free/>

### **Saturday**

Breakfast - egg muffins <http://www.kalynskitchen.com/2006/10/egg-muffins-revisited-again.html> OR Paleo banana muffins (leave out choc chips)  
<http://www.paleonewbie.com/recipe-breakfast/banana-nut-chocolate-chip-muffins/>

Lunch - beef fajitas in corn shells

Dinner - maple Dijon chicken with rice and steamed veggies  
<http://www.onehundreddollarsamonth.com/freezer-meal-recipe-maple-dijon-chicken/>

### **Sunday**

Breakfast - Chocolate smoothie <http://againstallgrain.com/2012/07/24/creamy-chocolate-avocado-smoothie/>

Lunch - salami/cheese/apple slices

Dinner - Sausage potato casserole <http://www.onehundreddollarsamonth.com/baked-potato-casserole-recipe/>