

Celiac Disease

Information, Facts, Sources and Recipes



By Kellee Ganci

Dedication:

This e-book is dedicated to all those dealing with Celiac Disease and their families.

Acknowledgements:

I would like to thank my family for their support and understanding while I researched and wrote this e-book.

Also, to my best bud Sandra Wilson for her support and input and ideas.

And last but not least thanks to Tina Turbin for all her support and the great recipes she graciously allowed me to use in this e-book.

I love you all!

Kellee

Disclaimer:

The reader or customer of this e-book should bear in mind that this information should not be used for self-diagnosis or self-treatment. He or she should consult the appropriate medical professionals regarding all medical problems and before undertaking any major dietary changes or taking any vitamins, herbs or supplements. Every effort has been taken to ensure that all the information in this e-book is correct and compatible with national standards.

The author of this e-book and its publisher disclaim any liability, loss, injury or damage incurred as a consequence, directly or indirectly of the use and application of the contents of this e-book and its information..

All contents copyright c 2011 Kellee Ganci (Holding The Key)

All rights reserved. No part of this document or the related files may be reproduced or transmitted in any form, by any means (electronic, photocopying, recording, or otherwise) without the prior written permission of the publisher.

Celiac Disease (CD)

Definition

Celiac disease is a medical condition in which the absorptive surface of the small intestine is damaged by a substance called gluten. This results in an inability of the body to absorb nutrients: protein, fat, carbohydrates, vitamins and minerals, which are necessary for good health.

Although statistics are not readily available, it is estimated that 1 in 135 persons in Canada are affected by celiac disease.

A wide range of symptoms may be present. Symptoms may appear together or singularly in children or adults. In general, the symptoms of untreated celiac disease indicate the presence of malabsorption due to the damaged small intestine.

Gluten is a protein found in wheat, rye, triticale, barley. In the case of wheat, gliadin has been isolated as the toxic fraction. It is the gluten in the flour that helps bread and other baked goods bind and prevents crumbling. This feature has made gluten widely used in the production of many processed and packaged foods.

At present there is no cure, but celiac disease is readily treated by following the gluten-free diet.

Recent studies have shown that pure uncontaminated oats may be used in the gluten-free diet with care.

Symptoms

Common symptoms are anemia, chronic diarrhea, weight loss, fatigue, cramps and bloating, irritability.

Although some or all of these symptoms occur in celiac disease, some can also occur in many other diseases more common than celiac disease.

In other cases, sufferers from gluten-intolerance develop an intense burning and itching rash called dermatitis herpetiformis. The intestinal symptoms of celiac disease may or may not appear in dermatitis herpetiformis.

Diagnosis

a) Screening

Until recently physicians had to rely on clinical signs to suggest the diagnosis and to select which patients should have further investigation to prove the diagnosis. Since these signs may be vague or of varying severity this may be difficult. Now simple blood screening tests are available to help this process.

b) Biopsy

A definitive diagnosis can only be made by a small bowel biopsy. The biopsy is performed by a specialist in the gastrointestinal field. **The biopsy must be done before treatment is started.**

Treatment

Celiac disease as yet has no known cure, but can usually be effectively treated and controlled. The treatment of celiac disease is strict adherence to a **GLUTEN FREE DIET**. This requires knowledgeable dietetic or nutritional counseling and frequent "up-dates" as commercial food contents change.

Celiacs must be alert to hidden sources of gluten such as HVP/HPP (hydrolyzed vegetable/plant protein); malt; spelt; kamut; and certain drug products.

Today's processed and packaged foods have many hidden sources of gluten which can be unintentionally ingested. Particular care should be taken in the selection of soups, luncheon meats and sausages.

The person with celiac disease **MUST READ THE LIST OF INGREDIENTS ON ALL LABELS, EVERY TIME.**

There is a great variation in sensitivity to gluten among those with celiac disease, and although one may have no obvious symptoms, damage to the intestinal lining may still occur.

Related Diseases and Conditions

Celiac disease is an autoimmune disorder with a genetic component, appearing to be linked to certain types of HLA genes. There are a number of other diseases that are autoimmune-mediated and appear to have similar genetic linkages.

- Type 1 diabetes
- sarcoidosis
- Sjogren's syndrome
- Grave's disease
- myasthenia gravis

These diseases are all autoimmune disorders which appear to have a higher incidence among people with celiac disease than in the general population. Treatment for CD will not cure these conditions.

Other Conditions: A number of other conditions have been reported that may occur because of untreated CD, and can be expected to improve when treated with a gluten-free diet.

- **Osteoporosis** is a frequent complication of CD due to malabsorption prior to diagnosis. Adherence to a gluten-free diet can lead to significant bone remineralization. The two major determining factors in developing osteoporosis are maturation of peak bone mass and subsequent bone loss. Thus in order to achieve optimal bone mass, early detection of CD is essential.
- **Depression** is another well-documented presentation of untreated or undiagnosed CD. Psychological improvement is usually noted after placement on a gluten-free diet and vitamin B6 treatments. Anemia, deficiency of iron, folic acid and/or Vitamin B12 is another common symptom of CD, and can be expected to improve on a gluten-free diet.

Lactose Intolerance

What is Lactose Intolerance?

Milk and milk products contain a natural sugar called lactose. People who are lactose intolerant or, more precisely, who are lactose maldigesters, lack enough of the enzyme lactase needed to completely digest the lactose into its simple sugars, glucose and galactose. Symptoms of lactose intolerance may include some or all of the following: abdominal cramping, bloating, gas, nausea, headache and diarrhea. Symptoms may occur 15 - 30 minutes after digestion of lactose or as long as several hours later.

Causes of Lactose Intolerance

Primary lactase deficiency: The level of lactase enzyme activity in some people may gradually

fall with age to the point where they no longer tolerate as much as they used to. This type of intolerance affects as many as 70% of the world's population. It is more prevalent in Asians, Africans, Hispanics and North American aboriginals.

Secondary lactase deficiency: This is usually a temporary condition in which the level of lactase has fallen as a result of injury to the gastrointestinal tract in conditions such as Celiac Disease, inflammatory bowel disease, surgery, infections and with the use of certain drugs.

Dietary Recommendations for Lactose Intolerance

Different people will tolerate various levels of lactose in their diet. Those people with secondary lactase deficiency such as Celiac disease may need to eliminate lactose temporarily until the small intestine heals. Most people can digest small amount of lactose. In addition, many people can become less lactose intolerant over time by gradually introducing milk products into their diet. Other factors can affect tolerance besides the total lactose content of foods.

The following tips can help improve tolerance:

Milk

- Drink small amount of milk throughout the day, 1/4 - 1/2 cup (60 - 125 mL); avoid drinking large amounts at once. Enjoy milk with meals or snacks; avoid drinking it on an empty stomach. Try heating the milk; it may be easier to tolerate. The higher the fat content in the milk, the slower it is digested; since whole milk is higher in fat, you may tolerate it better than 2% and 2% better than 1% or skim milk.
- Cultured buttermilk and acidophilus milk are usually tolerated to the same degree as plain milk.

Yogurt

- Yogurt is usually well tolerated. Although yogurt contains a lot of lactose, the lactase enzymes in the active cultures digest this lactose. Look for brands that contain "active" or "live" cultures as they are tolerated more easily.

Cheese

- Aged, natural cheeses such as Cheddar, Edam, mozzarella contain very little lactose. Most of it is removed with the whey; the small amount remaining is broken down during the aging process. Fresh cheeses, such as creamed cottage cheese, ricotta and quark contain varying amount of lactose. Dry-curd cottage cheese contains less lactose than creamed cottage cheese. Processed cheese has a lactose content similar to that of natural, aged cheese. Processed cheese food and processed cheese spread may have dairy products other than cheese added to them, therefore their lactose content may be higher.
- Light cheese products may be very high in lactose.

Special Products

Several products have been specially developed to help in the management of lactose

maldigestion.

- **Lacteeze Milk** is a lactose-reduced milk available in skim, 1% and 2% in the dairy case of grocery stores. It is also available in 1 litre Ultra High Temperature (UHT) shelf-stable packages (it must be refrigerated after opening). The lactase enzyme has been added to the milk and 99% of the naturally occurring lactose has been converted to simple, easily digested sugars. Lacteeze milk is slightly sweeter than regular milk but it has the same nutritional value and can be used in cooking and baking.
- **Lactaid Milk** is another brand of lactose-reduced milk available in skim and 2% (in Canada) and fat-free, low fat (1%), reduced fat (2%), whole and calcium-fortified (in USA) in the dairy case of grocery stores. It also comes in a 2% 1 liter UHT shelf-stable package (in Canada).
- **Lactaid Drops*** contain enzymes that can be added to liquid dairy products making them more easily digestible. Approximately 70 - 99% of the lactose is broken down based on the number of drops used (5 - 10 drops). They are available in most drug stores.
- **Lacteeze Enzyme Drops*** also contain enzymes that break down the lactose in dairy products and are available in drug stores.
- **Lacteeze 4000 Tablets*** contain extra-strength natural enzymes that are taken just before meals or snacks that contain lactose. The tablets are available from most drug stores.
- **Lacteeze Children's Tablets*** are available in strawberry flavour.
- **Lactaid Tablets*** is another brand of lactase enzymes available in Regular (Original) and Extra-Strength tablets and Ultra-Strength Caplets or Chewable Tablets (vanilla flavour).
- **Lacteeze Swiss-Style Yogurts** have 90% of the lactose converted into digestible glucose and galactose (regular yogurts are about 40% lactose-reduced). Lacteeze yogurt is available in a 6 oz. (175 g) container and comes in five fruit flavours. One serving, 6 oz. (175 g), contains 2.6 g of fat.
- **Lacteeze Ice Cream** is available in 1 quart (1 L) containers and comes in seven flavours. A 1/2 cup (125 mL) serving contains 6.7 g fat.
- **Soy Beverages** are available in various flavours and many are gluten-free. However, not all are enriched or fortified with calcium and Vitamin D.

* The nutritional value of the dairy product is not changed when you use enzyme drops or tablets.

Frequently Asked Questions

Who are Celiacs?

Celiac disease can surface at any age. Until recently, it was recognized mainly in children. The

rate at which adults are being diagnosed is increasing, particularly those in the 40-50 year old range, due to greater awareness and improved diagnosis skills. New medical studies indicate that the disease may be much more common than previously recognized.

Is it hereditary?

While it is still unknown whether celiac disease is passed on by a dominant or recessive gene it has been established that genetic factors are involved. About 10% of the relatives of persons with celiac disease may also have the condition.

Is there a cure?

Not yet. However, research efforts continue. But celiac disease can be controlled. Strict adherence to the **GLUTEN-FREE DIET** is essential for good health.

CANADA'S FOOD GUIDE TO HEALTHY EATING

(Adapted for Gluten-free Diets)

Grain Products

(Gluten-free = GF)

5-12 Servings

- 1 slice GF bread
- 1 GF muffin or bun
- 30 g cold GF cereal
- 3/4 cup (175 mL) hot GF cereal (e.g., cream of buckwheat, cornmeal, cream of brown or white rice)
- 1/2 cup (125 mL) GF pasta
- 1/2 cup (125 mL) rice

Choose gluten-free whole grain and enriched products more often.

* Note: In Canada most GF breads and flours are low in fibre and not enriched with iron and B vitamins.

Vegetables and Fruits

5-10 Servings

- 1 medium-sized vegetable or fruit

- 1/2 cup (125 mL) fresh, frozen or canned vegetables or fruit
- 1 cup (250 mL) salad
- 1/2 cup (125 mL) juice

Choose dark green/orange vegetables and fruit more often (e.g., broccoli, carrot, spinach, squash, sweet potato, apricot, cantaloupe, orange).

Milk Products

2-3 Servings (children 4-9 yrs)

3-4 Servings (youth 10-16 yrs)

2-4 Servings (adults)

3-4 Servings (pregnant and breast-feeding women)

- 1 cup (250 mL) milk
- 50 g cheese
- 2 cheese slices
- 3/4 cup (175 mL) yogurt

Choose lower-fat milk products more often

Meat and Alternatives

2-3 servings

- 50-100 g meat, poultry, or fish
- 1/3-2/3 can, 50-100 g of fish
- 1-2 eggs
- 1/2-1 cup (125-250 mL) legumes (beans, peas, lentils)
- 1/3 cup (100 g) tofu
- 2 tbsp. (30 mL) GF peanut butter

Choose leaner meats, poultry and fish as well as dried beans, peas and lentils more often.

Foods Allowed

- Amaranth
- Arrowroot flour
- Malto dextrin
- Maltol (A sweetener not related to malt)

- Baking soda
- Bean flour
- Buckwheat
- Cassava (Manioc flour)
- Chick pea flour
- Corn flour
- Cornmeal
- Cornstarch (Masa harina)
- Cream of tartar
- Dal or Dahl (Legume from India)
- Flax
- Gelatin
- Green pea flour
- Gums:
 - Acacia (Gum Arabic)
 - Carob bean gum
 - Carrageenan
 - Cellulose
 - Guaica
 - Guar
 - Karaya
 - Locust bean
 - Tragacanth
 - Xanthum
- Invert Sugar
- Kudzu
- Maltose
- Mannitol
- Millet
- Molasses
- Mustard flour (ground mustard)
- Oats* (pure uncontaminated)
- Poi
- Potato flour
- Potato starch
- Quinoa
- Rice bran
- Rice flour
- Rice flour (glutinous, sweet)
- Rice polishings
- Rice starch
- Sorghum
- Soya flour
- Soya starch
- Spices
- Sweet potato
- Tapioca flour
- Tapioca starch
- Teff
- Tofu

- Lecithin
- Legumes: Seeds of plants which include
 - Channa
 - Chick peas
 - Gram
 - Lentils
 - Peanuts
 - Peas
 - Soya
- White vinegar
- Xanthum gum
- Yam
- Yeast

Foods to Question

CATEG ORY	FOOD PRODUCT	NOTES
Milk Product s	Milk Drinks	Chocolate milk and other flavoured drinks may contain wheat starch or barley malt
	Cheese Spreads or Sauces (e.g. Nacho)	May be thickened/stabilized with wheat. Flavourings and seasonings may contain wheat.
	Flavoured or frozen yogurt	May be thickened/stabilized with a gluten source. May contain granola or cookie crumbs
	Sour Cream	Some low-fat/fat-free may contain modified food starch.
Grains	Buckwheat Flour	Pure buckwheat flour is gluten-free. Sometimes buckwheat flour may be mixed with wheat flour.
	Rice Cereals	May contain barley malt extract.
	Corn Cereals	May contain oat syrup or barley malt extract.
	Buckwheat Pasta	Some "soba" pastas contain pure buckwheat flour which is gluten-free but others may also contain wheat flour.

	Rice Cakes, Corn Cakes, Rice Crackers	Multigrain often contains barley and/or oats Some contain soy sauce (may be made from wheat)
	Oats**	Only use pure uncontaminated oats
Meats/Alternatives	Baked Beans	Some are thickened with wheat flour
	Imitation Crab	May contain fillers made from wheat starch
	Dry Roasted Nuts	May contain wheat
	Processed Meat Products	May contain fillers made from wheat. May contain HPP or HVP made from wheat.
	Imitation Meats	Often contain wheat or oats.
Fruits/Vegetables	Dried Fruits	Dates and other dried fruits may be dusted wheat flour to prevent sticking.
	Fruits/Veg's with sauces Fruit Pie Fillings	Some may be thickened with flour.
	French Fries	May contain wheat as an ingredient. Also may have been cooked in oil also used for battered products.
Soups	Canned Soups, Dried Soup Mixes, Soup bases and Bouillon Cubes	May contain noodles or barley. Cream soups are often thickened with flour. May contain HPP or HVP (from wheat). Seasonings may contain wheat flour, wheat starch or hydrolysed wheat protein.
Fats	Salad Dressings	Seasonings may contain wheat flour or wheat starch.
Desserts	Milk Puddings/Mixes	Starch source may be from wheat.
Miscellaneous	Beverages	Some instant teas, herbal teas, coffee substitutes and other drinks may have grain additives. Non-dairy substitutes (e.g., rice drinks and soy drinks) may contain barley, barley malt extract or oats.
	Lemon Curd	Usually thickened with flour.
	Potato, Tortilla Chips and Soy Nuts	Some potato chips contain wheat. Seasoning mixtures may contain wheat flour, wheat

		starch or hydrolysed wheat protein.
	Baking Powder	Contains starch which may be from wheat.
	Seasonings, Seasoning Mixes	May contain wheat flour, wheat starch or hydrolysed wheat protein.
	Worcestershire Sauce	May contain malt vinegar which is not gluten-free.

Foods to Avoid

GLUTEN-CONTAINING INGREDIENTS TO BE AVOIDED

Barley	Graham Flour	Rye
Bulgar	Kamut*	Semolina
Cereal Binding	Malt**	Spelt (Dinkel)*
Couscous	Malt Extract**	Triticale
Durum*	Malt Flavouring**	Wheat
Einkorn*	Malt Syrup**	Wheat Bran
Emmer*	Oats***	Wheat Germ
Filler	Oat Bran***	Wheat Starch
Farro*	Oat Syrup****	

* Types of Wheat

** Derived from barley

Preparing a gluten-free meal for a person with celiac disease

Celiac disease is a condition in which gluten damages the absorptive surface of the intestine. People with this condition **MUST** eat gluten-free meals.

Avoid contamination with products which contain gluten

- Always use a clean surface, utensil, pan or pot.
- Keep gluten containing food away from the meal you are preparing - including oil used to

cook these foods

Safe choices:

- fresh meat, fish, fruit and vegetables
- eggs and cheese
- rice, corn, soy and potato products
- flours made from rice, corn, soy and potato

Avoid foods containing gluten from wheat, rye, barley, oats and triticale:

- Avoid flours milled from wheat, rye, barley, commercial oats & triticale
- Avoid bread, rolls and croutons
- Avoid cakes, pies, cookies and muffins
- Avoid noodles of any type
- Avoid crackers or cracker crumbs
- Avoid soups, sauces, gravies which may have been thickened with these flours
- Avoid bread crumbs and batters used for coating

Hidden sources of gluten:

- H.V.P. - Hydrolyzed Vegetable Protein
- H.P.P. - Hydrolyzed Plant Protein
- Malt flavouring
- Malt
- Modified wheat starch or other unidentified food starch

Beware of the above ingredients in such foods as:

- Bouillon cubes
- Sliced or processed meats
- Worcestershire sauce
- Baking powder
- Salad dressings

- Soup or gravy bases
- Seasonings & Soy sauce

Cross Contamination

Not only must celiacs be cautious about the ingredients in gluten free food, they must also be aware of the possibility of cross contamination.

What is meant by "cross contamination" in the context of celiac disease? Cross contamination is the process by which a gluten free product loses that status because it comes in contact with something that is not gluten free.

At home the following practices will go a long way toward avoiding cross contamination:

- A celiac should have their own butter dish and a cutting board that is used for gluten free foods only.
- A celiac should have their own toaster if possible. A toaster oven, where the rack can be removed and washed if others have used it may be a good alternative.
- If it is not practical to have a section of the counter top set aside for preparing gluten free food only, always make sure that the counter space you are using to prepare gluten free food is freshly washed to ensure it is free from crumbs or flour dust.
- Do gluten free baking first, and have it well wrapped and stored before doing anything with regular flours. Flour dust (in the air) from regular flours could settle on the gluten free products, thus contaminating them.
- Note: Although this doesn't fall into the cross contamination area, it is worth noting that a Celiac should take precautions against breathing in flour dust when using other than gluten free flours. Flour dust that settles on the nasal passages may eventually get swallowed and end up being digested.
- Use clean utensils and avoid "double dipping" - knives or spoons are OK the first time, but once they have touched food with gluten, they can contaminate the food in the container if used again. If it is too difficult to train other family members in this regard, it would be wise for the celiac to have their own jar of jam, peanut butter, mustard, etc.
- Be especially alert and cautious when you have guests helping in the kitchen - they will

not have your gluten awareness. Also, it is when you are otherwise distracted that you are more likely to make a gluten error.

- When making sandwiches, do the gluten free ones first - otherwise be sure to wash your hands after touching regular bread and before touching gluten free supplies.
- Make sure any pots, utensils, etc. that are used for other foods are thoroughly scrubbed before using for gluten free foods. In the case of something like muffin tins, paper liners may be a worthwhile consideration.
- It is best to have a separate set of utensils with porous surfaces, such as wooden spoons, for your gluten free baking. These utensils might retain some gluten particles after cleaning.
- If using lentils, be sure to meticulously pick them over before putting in the pot to cook. Even if you buy them packaged, it is not uncommon to find kernels of wheat or oats (or pebbles) in with the lentils.

Away from home, be aware of sources of cross contamination:

- Products in bulk bins can become contaminated by using the scoops in more than one bin. There is no assurance that the other customers will be as cautious as you. Also, flour dust in the air around these bins can cause a problem.
- At the deli counter, where gluten free meats are being cut using the same utensils without cleaning in between. Also, the cut meats often overlap on the counter.
- Buffet lunches, where the chef tests the temperatures in all the dishes using one thermometer, or spoons are used for more than one dish.
- In product production where a gluten free product is not produced on a dedicated line. Cereals and candy bars that have gluten free ingredients may be produced after a non GF item without having the equipment cleaned thoroughly in between.
- French fries cooked in oil where battered foods have been fried.
- Meat cooked on a grill which hasn't been cleaned after cooking regular food with gluten.
- Milling of gluten free grains on equipment that has been used for regular grains and has

not been thoroughly cleaned.

What about Oats?

Oats are believed to be safe for people with celiac disease, although this was not always the case. The problem with oat products lies not in the grain but in the manufacturing process. When oats are processed in the same facilities as wheat, CROSS-contamination can occur even with the best cleaning protocol. Oat products can now be found that are not cross contaminated. These may be tried after an initial period of six months to see if they can be tolerated. Most, but not all, people with Celiac Disease are able to tolerate pure oat products.

Gluten Free Alcohol

As far as a gluten free diet is concerned, alcohol is a tricky item. While there are many alcohols that are packed with gluten, there are also many that do not contain gluten. Some liquors that are usually free from gluten include:

- Wine
- Rum
- Tequila
- Sake
- Some vodkas

Don't just assume, however, that these products are gluten free.

Instead, gauge your reactions to these items and read up on all of your favorite brands. Grain alcohols are the ones to beware of. While the distillation process should eliminate gluten there is proof that they are not always completely eliminated. Many types of liquor are made with grain alcohol and so should be examined thoroughly. The booze to steer clear of includes:

- Whiskey
- Bourbon
- Gin
- Beer

Types of Flour

Typically, with baking, you would opt to use either white flour or wheat for gluten-containing recipes. For gluten-free recipes, you have a wide range of choices which can enhance the quality of the foods you prepare.

Many of your bread flour choices are derived from seeds rather than grains. This way, you easily avoid flours containing gluten. The processing and nature of these seeds may contribute to the higher cost of some of these flours. They may also affect storage and shelf life--both factors you

need to know.

Each of these alternative flours has its own properties which can affect how you use them.

- Amaranth flour
- Brown rice flour
- Buckwheat flour
- Coconut flour
- Cornmeal
- Potato flour
- Potato starch flour
- Quinoa flour
- Sorghum flour
- Tapioca flour
- Teff flour
- White rice flour

Several companies such as Bob's Red Mill, Multi Blend, Arrowhead Mills, and Pantry Beth offer gluten-free flour blends so you can take advantage of the different qualities of alternative flours.

GF Substitutions

Substitutions for 1 Tablespoon Wheat Flour

1/2 tbsp	Cornstarch	7 mL
1/2 tbsp	Potato starch or flour	7 mL
1/2 tbsp	White rice flour	7 mL
1/2 tbsp	Arrowroot starch	7 mL
2 tsp	Quick-cooking tapioca	10 mL
2 tsp	Tapioca starch	10 mL
2 tbsp	Uncooked rice	30 mL

Substitutions for 1 Cup (240 mL) Wheat Flour**

Mix: 2 cups	Brown rice flour	500 mL
2 cups	Sweet rice flour	500 mL
2 cups	Rice polish	500 mL

Store in an airtight container and use 7/8 cup (215 mL) of the mixture in place of 1 cup (240 mL) wheat flour.

Other Substitutions for 1 Cup (240 mL) Wheat Flour

5/8 cup	Potato starch	150 mL
7/8 cup	White or brown rice flour	215 mL
1 cup	Corn flour	240 mL
1 cup	Fine cornmeal	240 mL
3/4 cup	Coarse cornmeal	175 mL
5/8 cup	White or brown rice flour	150 mL
1/3 cup	<i>plus</i> Potato starch flour	75 mL
1 cup	Soy flour	240 mL
1/4 cup	<i>plus</i> Potato starch flour	50 mL
3/4 cup	Rice flour	175 mL
1/4 cup	<i>plus</i> Cornstarch	50 mL
7/8 cup	Whole bean flour	215 mL

** A combination of flours/starches gives a better gluten-free product.

Manufacturers of Gluten-Free Products

In Canada:

Canbrands Specialty Foods - Kingsmill/PaneRiso
P.O. Box 117, Gormley ON L0H 1G0
1-905-888-5008

El Peto
65 Saltsman Drive, Cambridge ON N3H 4R7
1-519-650-4614

Glutino
2055 Dagenais West, Laval QC H7L 5V1
1-800-363-3438

Kaybee
Box 629, Cudworth SK S0K 1B0
1-306-256-3424

Liv-N-Well Distributors
7900 River Rd., Unit #1, Richmond BC V6X 1X7
1-888-808-9505

Northern Quinoa Corporation
Box 519, Kamsack SK S0A 1S0
1-866-368-9304

In U.S.A.:

Authentic Foods
1850 W 169th Street, Suite B, Gardena CA 90247 USA
1-800-806-4737

Bob's Red Mill Natural Foods Inc.
5209 SE International Way, Milwaukie OR 97222 USA
1-800-553-2258

Gluten-Free Pantry
PO Box 840, Glastonbury CT 06033 USA
1-860-633-3826

Pamela's Products
335 Allerton Ave., South San Francisco CA 94080 USA
1-650-952-4546

**Gluten Free Recipes by
Tina Turbin**



About Tina Turbin



Who am I? I am a wife, a multi award-winning children's author and mother of three children, whose family witnessed 7 years witnessing doctors and me trying to figure out what was wrong my health and at times my "head". I never gave up hope trying to find out what was wrong. I continued to write my books on my better days as it truly zapped my creative side at times as I had pain. Well, thanks to the Internet I finally felt like I might be onto something. Upon my own research I personally requested the tests that broke the camel's back to help discover I simply had undiagnosed celiac disease, a brand new word and world to me! Why had I not been tested for celiac disease or gluten sensitivity or gluten allergy? Years later with now more advanced testing, two of my three children have tested positive for celiac disease.

- <http://www.TinaTurbin.com>
- <http://www.GlutenFreeHelp.info>
- <http://www.DannyTheDragon.com>

Gluten Free Flour Mixes

Gluten-Free Flour Mix #1

The sweet rice flour and cornstarch in this mix allow for smoother gluten-free baked goods without a gritty-mouth feel.

1 cup white/ brown rice flour
¼ cups white rice flour
¼ cup potato starch
2/3 cup tapioca starch/flour
¾ cup sweet rice flour
1/3 cup cornstarch
2 teaspoons xanthan or guar gum

Mix all ingredients together. Refrigerate flour mix in a tightly sealed container until used.

Gluten-Free Flour Mix #2

Yields 2 – 2.5 lbs. of flour mix.

2 ½ cups brown rice flour
2 cups white rice flour
½ cup cornstarch
¾ cup + 2 tablespoons potato starch
¾ cup + 2 tablespoons tapioca flour or starch
3 tablespoons xanthan gum

Tina Turbin

Gluten-Free Almond Meal Pancakes



These are incredible and I love these gluten-free delicious treats always turn out.

INGREDIENTS

¾ cups almond flour

1/8 tsp salt

¼ tsp baking soda

2 large eggs

1 ½ tbsp water

1-2 tbsp agave nectar

butter or non-stick cooking spray

DIRECTIONS

1. Heat pancake griddle. When hot, grease with butter or non-stick cooking spray.
2. Mix the almond flour, salt, and baking soda in a medium-sized bowl.
3. Add the eggs, honey, and water into the flour mixture. Combine thoroughly.
4. Spoon the batter onto hot griddle. Cook according to the manufacturer's instructions.
5. Serve warm with syrup of your choice.

These pancakes are a delicious way to start the day! They can also be frozen and easily reheated in a toaster oven for a quick treat anytime.

Tina Turbin

Breakfast: Gluten-Free Buckwheat Pancakes



Buckwheat-KASHA is gluten free! We are using buckwheat FLOUR in this recipe.

FYI: Buckwheat groats are the hulled, crushed kernels, which are usually cooked in a manner similar to rice. Groats come in coarse, medium and fine grinds. **Kasha**, which is roasted buckwheat groats, has a toastier, more nutty flavor.

Ingredients:

1 cup buckwheat flour
2 TBL brown sugar
1 teaspoon baking powder
1/2 tsp baking soda
1/2 tsp salt
1/4 tsp cinnamon
1 egg
1 cup low-fat buttermilk or *1 cup rice or soy milk
1-2 TBL melted butter

Optional: Berries and maple syrup

Mix your dry ingredients in a large bowl

Mix your wet ingredients in a small bowl.

Add your wet into the center of your dry and mix thoroughly.

Preheat your skillet. Add some cooking spray or oil if you desire.

Add about 1/3 cup mix to the center of your pan for a good size pancakes.

Flip after you see some bubbling.

Lightly brown on both sides.

Serving Options: Add cut fresh berries to a small serving bowl.

Now warm your maple syrup over the stove slightly.

Serve maple syrup on top of pancakes and add some fresh fruit to the plate.

Enjoy! Tina Turbin

Gluten-Free Easy French Toast

Some day it is just nice to wake up and make a simple breakfast with your daughter. My daughter Miranda is a terrific cook and she loves to come up with new ways to make food on the run.

This morning we took room temperature gluten-free millet bread and soaked it in our egg batter until it was drenched.

We cooked our French toast in Soy butter on medium heat.

Then Miranda took our fresh and very ripe raspberries and placed them in a small pan over heat and added a bit of maple syrup. She broke up the raspberries and gently mixed until the raspberries were bubbling and soft.

We poured them on top of our warm French toast and had a lovely mother daughter breakfast.

Tina + Miranda Turbin

Chocolate Chip Banana Bread



Preheat oven to 325 degrees

Combine 2 cups gluten free flour mix

(I usually use Bette Hagman's GF mix)

3/4 cup sugar

1 tsp. Xanthan gum

1 tsp. baking powder

1/2 tsp salt in a medium size bowl

Add 3 mashed ripe bananas

3/4 cup oil

2 eggs

2 tsp. vanilla

Mix well with a wooden spoon

Stir in 1 cup chocolate chips

Pour into greased loaf pan, 3 mini loaf pans or 6 jumbo muffin cups.

Bake at 325 for 25-45 minutes (depending on the size you are making) until a toothpick inserted in the center of the loaf comes out clean.

Missy Mutchnik- January 2010 Runner Up recipe

Gluten-Free Bacon Roasted Chicken



A delicious gluten-free dinner for the whole family!

INGREDIENTS

2 ¼ lbs hormone-free chicken

1 tsp salt

¾ tsp fresh black pepper

3 strips smoked bacon

DIRECTIONS

1. Preheat oven to 375 degrees. Season chicken cavity with salt and pepper, then put in your favorite stuffing recipe. Truss the cavity closed. Season the bird with salt and pepper. Lay the bacon over the breast. Place the chicken on a metal roasting rack set inside a roasting pan on the middle rack of the oven.

2. Roast for 1 ½ hours, basting the legs once or twice with pan juices. Internal temperatures should be 140 degrees near the thigh.

3. Let your chicken rest 5 minutes before carving and make sure to remove bacon before carving.

Tina Turbin

Gluten-Free Red Chicken Curry Dish



This is delicious! It can be less “spicy” by adding less red curry paste.

2 tablespoons coconut oil
1 TBL finely chopped onion
2-3 tsp. Thai red curry paste- in most grocery stores
3 cloves garlic, finely chopped
1 cup coconut milk (NOT non-fat)
1 cup chicken stock
1-1/2- 2 TBL fish sauce
1 TBL sugar
½ tsp. salt
1 red hot pepper (capsicum) cut in strips
1 green pepper
1/2 – 1 fresh stalk lemon grass (optional)* sliced in thin short strips
12-16 ounces uncooked skinless chicken breast fillets, cut into long pieces
2 TBL lime juice or lemon juice
4 large fresh basil leaves, finely sliced
Brown or white Jasmine rice (follow instructions)

Instructions:

Warm up your oil in a large saucepan over a medium heat.

Cook the onion for 5 minutes.

Add your curry paste and garlic and cook and stir for a minute.

Add the coconut milk, stock, fish sauce, sugar and salt.

Bring to a boil.

Add the green pepper, red hot pepper, garlic, lemon grass and cover with a lid.

Reduce your heat to medium and simmer for 12 minutes.

While the curry simmers, cook the rice of our choice.

Add the chicken, lemon juice and basil to the curry after the 12 minutes and simmer, covered, for

about 10- 15 minutes.

Serve in a bowl with a side of rice to add at will or serve on a bed of rice.

Enjoy!

NOTE: Lemon Grass- when purchasing lemon grass look for it in your produce section, in an Asian market or freezer section. Fresh stalks are lemony-green near the bulb greener near the end of the stalk and will be fragrant.

Tina Turbin

Gluten-Free Vegetable Latkes



Best served with apple sauce and sour cream.

INGREDIENTS

1 large parsnip, peeled and shredded
2 large russet potatoes, scrubbed and shredded
2 large carrots, peeled and shredded
3 leeks (white and light green parts only) or 1 onion, chopped
¾ cup rice flour
1 teaspoon baking powder
3 large eggs, beaten (or egg substitute)
Salt and pepper to taste
¼ – ½ cup oil

DIRECTIONS

1. In a colander, rinse the parsnips and potatoes under cold water. Pat dry thoroughly with paper towels; transfer to a mixing bowl.
2. Stir in the carrots, leeks (or onion), flour, baking powder, eggs, salt and pepper.

3. Heat the oil in a large skillet over medium-high heat.
4. Drop in large spoonfuls of the batter, flattening each with the back of a spoon. Cook, turning once, until brown and crisp, 2 to 3 minutes a side.
5. Transfer the latkes to a paper towel-lined baking sheet in a 200 degree oven until ready to serve.

Tina Turbin

Pork Picatta with Spinach and Garlic Mashes Potatoes



Pork Picatta

- 1/4 cup Pamela's gluten free baking mix
- 3/4 tsp salt
- 3/4 tsp freshly ground black pepper
- 1 1/4 lbs pork tenderloin sliced 1/4" thick medallions
- 2 Tbs olive oil
- 3 cloves garlic, minced
- 1 cup white wine
- 1 cup chicken broth
- 3 Tbs fresh lemon juice
- 1 recipe "Steamed" Spinach (recipe follows)
- 1 recipe Garlic Smashed Potatoes (recipe follows)
- 2 Tbs fresh chopped parsley

Combine Pamela's flour, salt and pepper in a Ziploc bag. Place pork medallions in the bag and shake until well-coated.

Heat 1 Tbs oil in a large skillet over medium heat. Cook pork until it is browned on both sides, about 2 min per side. Transfer the meat to a plate.

Add the garlic to the same skillet and then immediately add the wine and cook over medium-high heat. As the wine reduces, stir to dissolve the small bits and juices remaining in the pan from the meat. Cook until the wine is reduced by about half. About 4-5 minutes.

Add the chicken broth and lemon juice and cook until the mixture has reduced slightly, an additional 3-4 minutes. Return the medallions to the skillet along with the remaining tablespoon of oil and heat until the sauce thickens and the meat is cooked to medium doneness, about 3 minutes.

Serve over the Express “Steamed” Spinach and Garlic Smashed Potatoes, then top with parsley.

4 Yummy Servings

Express “Steamed” Spinach

1 bag pre-washed baby spinach leaves

Place the spinach in a large microwave-safe bowl and cover tightly. Microwave on high for 90 seconds.

Tina Turbin

Garlic Smashed Potatoes

1 1/4 lbs Yukon Gold potatoes, left unpeeled and cut into 1” pieces

4 large cloves of garlic peeled

1/2 cup chicken broth

1 Tbs olive oil

1/2 tsp salt

Place the potatoes and garlic in a large pot of boiling water. Cover and cook 15 minutes or until knife-tender. Drain the water from the large pot then add the oil, salt and broth and “smash” until desired consistency.

Recipes contributed by Cheri-Runner Up for January 2010 contest

Shredded Beef or Shredded Chicken



Quantities are really to taste.

I load up with the chopped garlic, as I LOVE garlic, for example

3-4 chicken breasts or good sized Flank steak

Olive oil

Onion (chopped)

Garlic

Cilantro

½ can tomato sauce

3 tablespoons tomato paste

Pepper

Salt

Cumin *this is the key ingredient to the dish*

Boil chicken breasts for 45 minutes.

Boil beef for 2 hours.

Shred the chicken.

Pour oil in pan and add, garlic, cilantro and pepper and sauté for 5-6 minutes.

Add lots of salt and cumin and tomato sauce and paste, and cook for another 15 minutes.

Mix the sauce together with meat of your choice.

Serve your own way or my suggestions above.

Tina Turbin

Gluten-Free Spiced Butter



An easy way to spruce up your butter spread! Really good melted on. Homemade gluten-free pancakes

INGREDIENTS

2 c unsalted butter, softened

½ c confectioners' sugar

1 tsp ground cinnamon

¼ tsp ground nutmeg

¼ tsp ground ginger

DIRECTIONS

1. In a medium bowl, beat butter at medium speed with an electric mixer until cream.
2. Gradually beat in remaining ingredients.
3. Cover and refrigerate. Bring to room temperature before serving.

You can add so many different things to butter to create all sorts of flavors. Don't be afraid to experiment and come up with your own butter recipes.

Tina Turbin

Gluten-Free, Dairy Free Pesto



The more garlic, the better! you can put this on any dish including gluten-free bacon roasted chicken.

INGREDIENTS

Handful of pine nuts

3 cloves of garlic, depending on taste

Salt & freshly ground black pepper

3 handfuls of fresh basil, chopped

Olive oil

Drop or two of lemon juice to taste

DIRECTIONS

1. Brown half of the pine nuts on a dry pan

2. Stick all the ingredients in a blender and blitz it up. If you prefer a more rustic pesto, grind the garlic with the basil leaves and salt in a pestle and mortar, remove, then mash in the pine nuts. Mix with olive oil.

3. Adjust the flavor of your dairy-free pesto by adding a drop or two at a time of lemon juice.

Voila! Gluten-free, dairy-free pesto for spreading on sarnies, stirring into pasta, or even rubbing on yourself, if that's what strikes your fancy!

Tina Turbin

Gluten-Free Heavenly Chocolate Sauce



This sauce can be made dairy-free, too! Pour it over gluten-free chocolate chip banana bread to eat a slice of heaven!

INGREDIENTS

1 c butter

6 (1-oz.) squares unsweetened chocolate

1 ½ c sugar

1 c firmly packed brown sugar

2 c heavy whipping cream or non-dairy whipping cream

1 tsp vanilla extract

DIRECTIONS

1. In a large saucepan, combine butter and chocolate. Cook over low heat, stirring frequently melted.
2. Add sugar and brown sugar, stirring to combine.
3. Increase heat to medium-low. Stir in cream. Cook for 5 minutes.
4. Remove from heat, and stir in vanilla extract.
5. Let cool. Spoon sauce into airtight containers and store in refrigerator for up to 2 weeks.

Your imagination is the limit when it comes to pairing this delectable sauce up! Try it with fresh berries as a scrumptious snack or as a sure-to-please dessert!

Tina Turbin

Tina's Almond Flour Chocolate Chip and Nut Cookies



Gluten-Free and Dairy Free.

One bowl:

2-1/2 cups blanched almond flour

½ tsp salt

1 tsp. baking soda

¼ cup gluten-free dairy free chocolate and

¼ cup chopped nuts of your choice

Mix in a separate bowl:

½ cup light agave

½ cup grape seed

1 tsp. vanilla-optional (I do not use this)

DIRECTIONS

1. Mix the wet into the dry.
2. Refrigerate 20 minutes.
3. Place 1 TB balls onto parchment lined pan and flatten slightly (about 1/3 inch thick).
4. Bake approx 7 minutes.

(NOTE: If you use Bob's Red Mill it will not turn out like these. It will be grainier and more like coconut macaroons- I used fine ground blanched almond flour by JK Gourmet)

Tina Turbin

Banana Crunch Oat Cake

I'm bringing you this recipe courtesy of Cream Hill Estates. For more delicious, gluten-free oats recipes, visit the following link: http://www.creamhillestates.com/en_healthy_oat_recipes.php.

INGREDIENTS**Oat Crunch Topping**

¾ cup Oats, rolled, old fashioned (pure gluten-free oat products)

1/3 cup Brown sugar, firmly packed

2 tbsp Butter or margarine

2 tbsp Nuts, chopped (optional)

Cake

1/2 cup Vegetable shortening
2/3 cup White sugar
1 cup Banana, ripe and mashed
2 Eggs, large
1 tsp Vanilla extract
2 1/4 cups Oat flour (gluten-free)
1 tsp Salt
1 tsp Baking soda
1/2 cup Nuts, chopped (optional)

DIRECTIONS

1. Cream shortening and sugar until fluffy. Mix in mashed banana, eggs and vanilla. Add flour, salt, soda and nuts, stir until all ingredients are mixed together. Don't over mix.
2. Put batter in greased 8"x 8" pan. Sprinkle Oat Crunch Topping on the cake batter.
3. Bake for 35-40 minutes in 350 F oven. Cool in pan on wire rack.
4. Cut into 16 pieces – each piece has 24 grams of oats (flour and rolled oats totaled).

Tina Turbin

Wheat-Free Orange Curd



(makes about 2 cups)

Serve this with delicious gluten-free Angel Food Cake as a zesty dessert!

INGREDIENTS

1 c sugar

3 large eggs

1 tbsp orange zest

2/3 c fresh orange juice

½ c butter

DIRECTIONS

1. In a medium saucepan, whisk together sugar and eggs. Stir in orange zest, juice, and butter. Cook over medium heat, whisking constantly for 10 to 12 minutes, or until thickened.
2. Remove from heat. Let cool. Spoon curd into airtight containers, and store in refrigerator for up to 2 weeks.

Tina Turbin

Homemade Gluten-Free Sesame Seed Pretzels

These gluten-free pretzels taste just like the real thing—soft and chewy. Mmmm!

INGREDIENTS

3 2/3 c gluten-free flour mix

1/3 c potato flour

2 tbsp rapid yeast

1 ½ tsp xanthan gum

1 tsp salt

4 tbsp melted butter or nondairy replacement

1 1/2 –2 c warm water, divided

2/3 c baking soda

10 c water

1 egg yolk, beaten with 2 tbsp water

Sesame seeds, for sprinkling

DIRECTIONS

1. Mix together flour mix, potato flour, yeast, xanthan gum, and salt.
2. Using the paddle attachment of your mixer, beat ingredients together on medium speed, adding melted butter and 1 ¼ c warm water. Add enough water to make a soft but not wet dough. Beat for 5 minutes. Then cover and let sit for 5 mins.
3. Uncover and beat an additional 4 mins. Oil dough lightly. Cover bowl with plastic wrap and place it in a warm spot for 30 mins.
4. Divide dough into 12 pieces. Roll each into a 12-inch rope. Make a U shape with the rope. Holding the ends, cross them over each other and press them onto the top of the rope to form a pretzel. Transfer to parchment-lined pan. Cover with lightly-oiled plastic wrap and let rise for 20 to 20 minutes.
5. Preheat oven to 450 degrees. Line 2 half-sheet pans with parchment paper and lightly brush with vegetable oil. Set aside.
6. Bring baking soda and 10 c water to a boil in a large saucepan. Lower to simmer and cover.
7. Place pretzels into boiling water, one at a time, and boil for 30 secs. Remove from water with a slotted spoon.
8. Return boiled pretzels to the sheet pan. Brush each with egg yolk and water mixture. Sprinkle with sesame seeds.
9. Place in preheated oven and bake until dark golden brown, about 12 to 14 mins. Transfer to a rack and cool for at least 5 mins before serving.

Dip them into some yellow mustard, cheesy sauce, or whatever you like!

Tina Turbin

Gluten Free Vanilla Custard



I like to reward myself with this delicious treat!

INGREDIENTS

½ c gluten-free cornstarch

2 c vanilla soymilk, almond milk, or hemp milk

1 whole vanilla bean

½ c agave syrup

2/3 c mixed berries

DIRECTIONS

1. Place cornstarch in medium saucepan. Whisk in ¼ c milk and cook over medium heat, whisking constantly, for 2 to 4 minutes, until smooth and thickened. Take care that there are no lumps. Do not let mixture come to boil.

2. Whisk in remaining milk. Slice vanilla bean in half lengthwise using sharp knife. Scrape beans directly into saucepan using tip of small spoon. Add agave syrup and continue to cook on medium heat, whisking almost constantly, until mixture thickens but does not boil, about 7 minutes.

3. Pour evenly into 4 6-oz. ramekins. Cool, cover tightly with plastic wrap, and refrigerate for 4 to 8 hours before serving. Garnish with berries just before serving. Store leftover custard tightly covered in refrigerator.

Allergy-friendly and absolutely delicious!

Tina Turbin

- <http://www.TinaTurbin.com>
- <http://www.GlutenFreeHelp.info>
- <http://www.DannyTheDragon.com>

Sources:

The Canadian Celiac Association
<http://www.celiac.ca>

Health Canada
<http://www.hc-sc.gc.ca/fn-an/securit/allerg/cel-coe/index-eng.php>

Celiac.com
<http://www.celiac.com>

WebMD

<http://www.webmd.com/digestive-disorders/celiac-disease/celiac-disease-symptoms>

About.com

<http://celiacdisease.about.com/od/symptomsofceliacdisease/a/celiacsymptoms.htm>

Living Without

<http://www.livingwithout.com>

Celiac Sprue Association

http://www.csaceliacs.org/celiac_diagnosis.php

Love to Know

<http://gluten.lovetoknow.com/gluten-free-bread-flour>

Celiac Disease Foundation

<http://www.celiac.org>

About the Author

Kellee Ganci is a Nutritional Consultant, Weight Loss Coach, Health and Wellness Educator, Food Educator, Speaker and Writer.

After becoming very ill with Hypoglycemia, chronic constipation and sinus congestion, she became focused on Nutrition and Health and Wellness.

Kellee has a Certificate in Nutrition from The Wild Rose College of Natural Healing; a Level One certificate in Touch for Health; a diploma in Animal Sciences and is a natural health and wellness advocate.



<http://www.holdthekeys.com/>

<http://nutritionkey.wordpress.com/>

wholenutrition@groups.facebook.com

<http://www.facebook.com/home.php?#!/pages/Health-and-Nutrition/47700481324>

Tina Turbin, Founder of <http://GlutenFreeHelp.info>
Your Dependable Celiac and Gluten-Free Resource Guide

This Tip Sheet is property of TTAT Inc., and for permission to copy or use please contact
info@GlutenFreeHelp.info.

© 2010 by Tina Turbin