

Guided Nutrition Program
GLUTEN-FREE THE HEALTHY WAY

1. **Share your WINS** _____

2. **Review Previous Session Goals and Food Log**

How did it work for you? Energy level? Cravings?

3. **Past Sessions – Any questions or concerns?**

- Handouts**
- ☐ What does gluten-free mean?
 - ☐ Shopping gluten-free
 - ☐ Eating out gluten-free

- Additional Handouts**
- ☐ Pasta – 3 gluten-free ways
 - ☐ Blueberry Almond Muffins
 - ☐ Gluten-free Recipes & Resources

- Exercise**
- ☐ Gluten-free alternatives Worksheet

Recommendations for Next Session:

What does Gluten-free mean?



WHAT IS GLUTEN?

Gluten is a glue-like protein found in grains like wheat, barley, rye, and spelt. It is commonly found in breads, baked goods, beer, pasta, soy sauce, salad dressings, toothpaste, and even makeup.

WHY ARE SO MANY PEOPLE GOING GLUTEN-FREE?

Gluten causes inflammation and adverse immune reactions in our body because it is seen as a foreign substance. A healthy digestive tract and strong immune system can tolerate small quantities of gluten. A large number of the sensitivities and intolerances are from *wheat gluten*, in particular.

WHY IS WHEAT A PROBLEM NOW?

Our current wheat has been hybridized into a form called dwarf wheat which contains a much higher percentage of gluten. Researchers believe that this, along with the fact that we are consuming much higher quantities due to manufacturers putting wheat into so many of our products, it may be causing the rise in health problems. Also, the wheat crops in the US are heavily sprayed with the toxic Glyphosate, the active ingredient in Roundup.

WHAT ARE SOME SYMPTOMS OF GLUTEN INTOLERANCE?

Migraines, Irritable Bowel Syndrome, Weight Gain, Diabetes, ADHD, Infertility, Muscle Aches, Abdominal Pain, Thyroid disease, Obsessive Compulsive Disorder, Alopecia, and Autoimmune Diseases, Joint Pain

Gluten can Trigger Inflammation, Obesity & Chronic Disease

Shopping Gluten-Free

Naturally Gluten-Free Foods



Fruits & Vegetables – fresh or frozen with no sauces or seasonings

Meat, Fish or Seafood - fresh or frozen with no marinades or seasonings

Rice, Wild Rice, Quinoa, Oatmeal (gluten-free labeled)

Eggs and Dairy (real not processed)

Potatoes – White or Sweet Potatoes (lower glycemic index)

Beans, Nuts, Seeds

If you must:

Breads, Bagels, Buns – Udi's, Glutino, Rudi's, Against the Grain

Baking flours, mixes – Bob's Red Mill, Amy's, Pamela's, Canyon Bakehouse

Crackers – Mary's Gone Crackers, Simple Mills, Jill's Keto Crackers

Pasta – Barilla Gluten-Free, Pasta Joy, Miracle Noodles

Pizza – Sabatasso's, Freschetta, Against the Grain

***Most grocery stores now have gluten-free shelf labeling or gluten-free sections**

Warning: Prepackaged gluten-free foods are processed and so have a high glycemic load (turns into sugar quickly in your body). Just because it is "gluten-free", doesn't necessarily mean it's healthy. **Stick to Naturally Gluten-Free Foods.**

Eating Out Gluten-Free

Grocery Stores

Salad Bars, Produce Section, Deli, Olive Bars

Faster Food Options

Chipotle – Burrito bowls, salads, corn-tortilla, tacos

Use antibiotic/hormone-free meat and organic and local produce

Noodles & Co – GF or veggie noodles, salads, soups

Jimmy Johns - Lettuce wrap sandwiches “unwich”

Erbert & Gerbert – Gluten-free sub-sandwich bread

Culvers – Gluten-free hamburger buns

Panera - Salads, soups, bowls- use antibiotic-free chicken & turkey

Five Guys – Lettuce wrap burgers

Restaurants

Most restaurants now have gluten-free menus and options

Pasta

3 Gluten-Free Ways

Most like Pasta Substitute – Gluten-free pasta brands can be made from quinoa, rice, corn, and chickpeas.

Spaghetti Squash Pasta - Preheat oven to 375 degrees. With a small sharp knife, prick squash all over. Place on a rimmed baking sheet and roast until tender when pierced with knife, about 1 hour 20 minutes, flipping halfway through. When cool enough to handle, halve lengthwise and scoop out seeds. Scrape squash with a fork to remove flesh in long strands. Use as pasta or top with butter and sea salt.

Zucchini* Pasta - Cut the ends off the zucchini and using a box grater on its side with the largest holes facing up, push it along the top of grater to create long, thin ribbons of zucchini. You can also use a mandoline or potato peeler or spiralizer.

You can steam or heat in a skillet with olive oil and gently fry the zucchini with a little garlic and salt until slightly tender.

*Substitute beets or butternut squash

Cauliflower – substitute for rice or mashed potatoes.

Blueberry Almond Muffins (GF)

Preheat oven to 350°

Mix together: 2 cup almond flour
½ cup arrowroot powder
½ c natural sweetener (Swerve)
1/2 tsp sea salt

In a small sauce pan warm until melted: 1/2 cup coconut oil

Pour into dry mixture and blend together

Add: 2 eggs
2 tsp almond extract

Add: 1 cup fresh or frozen blueberries (roll in almond flour so don't bleed) or dark chocolate chips (Lily's brand)

Scoop into muffin tins with liners. Fill based on how large you want your muffins. They don't rise much.

Bake 12-17 min until slightly firm to touch. Depends on size of muffins.

Undercook slightly if you prefer a softer inside texture.

Makes 10-12 muffins

Gluten-Free Recipes & Resources

Websites:

Elana's Pantry	https://elanaspantry.com/
Wellness Mama	https://wellnessmama.com/
Nom Nom Paleo	https://nomnompaleo.com/
The Paleo Running Momma	https://www.paleorunningmomma.com/
Sarah Fragoso	https://sarahfragoso.com/recipes/
PaleOMG	http://paleomg.com/
Against All Grain	https://againstallgrain.com/

Books:

Wheat Belly by William Davis, MD

Grain Brain by David Perlmutter, MD

The Gluten Connection, by Shari Lieberman, MD



Name _____ Date _____

Session _____

Guided Nutrition Program

Gluten-Free Alternatives Worksheet

List 5 foods you eat with gluten and come up with
gluten-free alternative

Commonly Eat

GF Alternative
