



## Gluten-Free Pantry Makeovers

*Kitchen clean-up for those with celiac disease or gluten-sensitivities*

**By Andrea Holwegner BSc, RD**

May is Celiac Awareness Month and for the estimated 1 in 133 Canadians affected by celiac disease as well as the family and friends who support them, understanding how to set up your kitchen for success is critical.

### **What is celiac disease?**

Celiac disease is an autoimmune disorder where eating gluten (the protein found in wheat, rye, barley, triticale, spelt and kamut) causes damage to the small intestine that is responsible for nutrient absorption. There may be no symptoms of celiac disease but common signs include digestive issues, low iron levels, weight loss, poor growth or dermatitis herpetiformis (an intense burning or itching rash). There is no cure for celiac disease and the only treatment is lifelong adherence to a strict gluten-free diet.

There are also people that have what is known as non-celiac gluten sensitivity and while these individuals do not have celiac disease they may find reducing gluten will help reduce digestion symptoms such as abdominal pain, fatigue, headaches and paresthesia (tingling of the extremities).

Speak to your family physician before starting a gluten-free diet as this is the only way to ensure accurate test results and diagnosis of celiac disease.

### **Three biggest challenges**

The top three challenges we often hear from our clients adjusting to a gluten-free diet include:

**Eating out** – Many restaurants don't offer gluten-free options and those that do often have untrained staff that claim items are gluten-free despite having cross contamination during cooking or hidden sources of gluten in items such as sauces. Learning to cook delicious gluten-free meals from home is one of the single most important ways to protect your health.

**Finding replacements for most loved food** – If you have a treasured family recipe or favourite brand that you eat regularly, it can take some time to find options that replace these. The good news is that there are more choices and recipes than ever before that can help you find options you will love.

**Kitchen and family meal makeovers** – Tiny bread crumbs and flour dust matters. Make sure you have a separate butter dish, jam jar, peanut butter container, cutting board, toaster and ideally even section of the kitchen that is gluten-free to help avoid cross contamination. For meal planning try some of the following gluten-free food swaps.

It's your **health.**



**Take a stand.**

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## Food swaps:

### Gluten-containing food

Bread (including spelt), tortillas, pizza shells and buns

Most baked goods

Wheat, rye or barley flour, bran

### Gluten-free (GF) food swap

GF bread, tortillas, pizza shells and buns

GF muffins, cookies

GF flour blend made from legume, corn, potato, rice, nut, tapioca, taro, teff, sorghum, quinoa

### Gluten containing food

Regular pasta, couscous

Wheat, rye, barley, bulgur, faro, kamut

Flavoured rice and potato mixes

### Gluten-free (GF) food swap

GF pasta made from rice, corn, quinoa, legumes

Amaranth, arrowroot, buckwheat, millet, quinoa, rice

Potato, sweet potato, yam, corn, legumes

### Gluten containing food

Most commercial breakfast cereal

Commercial oats and oatmeal

### Gluten-free (GF) food swap

GF commercial breakfast cereal

Cornmeal or GF hot rice or quinoa cereal

Pure uncontaminated GF oats\*

### Gluten containing food

Most crackers

Potentially seasoned nuts and chips

Some ice cream, chocolate, candy

### Gluten-free (GF) food swap

Plain corn taco chips, potato chips and nuts

Popcorn

GF crackers, rice cakes

### Gluten containing food

Seasoned, breaded or deep fried prepared meat, poultry or seafood

Canned seafood in broth

Some deli meats and sausages

Prepared burger patties

### Gluten-free (GF) food swap

Fresh or frozen non-breaded meat, poultry or seafood

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Homemade burger patties  
GF deli meat and sausages

### **Gluten containing food**

Many salad dressings  
Many sauces, gravies and dips  
Malt vinegar

Many stocks and soups

### **Gluten-free (GF) food swap**

GF soy sauce, sauces and dressings  
Homemade vinaigrette  
GF broth/soup, homemade stock and gravy

*\* Discuss with your physician and dietitian before introducing as a small number of those with celiac disease may not tolerate.*

### **Speedy gluten-free meal**

#### **Backyard Pear and Brie Quesadillas**

Sweet pears or strawberries, melted Brie, and peppery arugula combine in between two crisp tortillas for a delightful summer barbecue meal or appetizer.

2 Udi's Small Tortillas  
3 slices Brie cheese\*  
1/2 pear, sliced thin (or 1/2 cup sliced strawberries)  
1/4 cup (60 mL) arugula  
Salt and pepper

Place 1 tortilla on a skillet or griddle pan over medium-high heat on your stove or barbecue. Immediately, top the tortilla with cheese, pear or strawberries, arugula, and a pinch of salt and pepper. Place the remaining tortilla on top and cook for 1 minute. Using a spatula, flip the quesadilla and continue to cook for another 2 minutes or until cheese begins to melt.

– Recipe from [www.udisglutenfree.com](http://www.udisglutenfree.com)



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*Andrea Holwegner, known as the Chocoholic Dietitian, is founder and president of Health Stand Nutrition Consulting Inc., a member of the Canadian Association of Professional Speakers and a media expert for the Dietitians of Canada. For nutrition counselling information and to sign up for a free monthly newsletter loaded with nutrition tips, recipes and more visit [www.healthstandnutrition.com](http://www.healthstandnutrition.com). Twitter @chocoholicRD.*

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