

The Healthy Gluten Free Look

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We probably all know someone who has food allergies or gluten intolerance, and the closer to home, the more troubling this may be. Food allergies or intolerance can range from simple rashes or bloating to life-threatening episodes. A food allergy or intolerance occurs when the immune system creates antibodies that react to a certain food protein. The body then releases histamine and other chemicals, causing the symptoms of an allergic reaction.



Common sense suggests that the best way to treat these food allergy problems is to avoid the foods that trigger them. For example, Celiac disease is an autoimmune disease triggered by the consumption of gluten. The main sources of gluten in the diet are cereal grains. The only treatment for this is a strict gluten-free diet, for life.

However, sometimes people are not allergic and they are still trying to avoid the same foods or ingredients because without them they simply feel better. This we call “The new trend for a Gluten Free Diet”...let’s find out why:



A New Trend

Gwyneth Paltrow and Ryan Gosling are just some of the celebrities who have adopted a gluten-free diet - not necessarily because they have gluten intolerance but because they deem the diet to be healthier. The Gluten free diet seems to have become the latest "trend" preferred not just by Hollywood celebrities. It is estimated that around 1.6 million people in the US follow a gluten-free diet without having been diagnosed with celiac disease – severe gluten intolerance.

The reason

Living a gluten free lifestyle has been gaining in popularity recently due to associated health benefits such as feeling better, more energy, sharper clarity and so much more. People are looking for better and faster way to:

- **Weight loss**
- **Eliminate bloating**
- **Have a healthy diet, which brings benefit for their health**



Healthy aspects of gluten free diet

People with celiac disease notice a significant difference in their overall health by following the gluten free diet. However, these people may experience lower levels of vitamins and nutrients that are needed for the body to function properly. Make sure that you discuss your levels with your doctor and nutritionist. According to Mayo Clinic “People with non-celiac gluten sensitivity may benefit from a gluten-free diet. But people with celiac disease must be gluten-free to prevent symptoms and disease-related complications.” There are many people around the world that consume a diet, which is naturally gluten free or low in gluten. A good example is most of Asia, where the main staple food is rice, not wheat. It's perfectly possible to have a healthy diet which is also a gluten-free diet using most standard dietary advice.

Naturally Gluten Free Food

Many foods are naturally gluten free. This list contains foods that are naturally gluten-free when unprocessed. There are four popular categories:

VEGETABLES &

FRUIT

All Dry Beans
Artichokes
Arugula
Asparagus
Avocado
Beets
Bell Peppers
Black Eyed Peas
Broccoli
Brussels Sprouts
Cabbage
Carrots
Cauliflower
Celery
Corn
Cucumber
Egg Plant
Garlic
Green Beans
Green Onion
Kale
Lettuce
Mushrooms
Okra
Pumpkin
Radish
Red Potato
Romaine Lettuce
Red Onions
Russet Potatoes
Snap Peas
Spinach
Sweet potato
Tomatoes
Yellow Onion
Yellow Squash
Watercress
Zucchini
Apples
Apricots
Bananas
Blackberries
Blueberries
Cantaloupe
Cherries
Cranberries
Currants

Dates
Figs
Grapes
Guava
Honey Dew Melon
Kiwi
Kumquat
Lemons
Limes
Mangos
Oranges
Papaya
Passion Fruit
Peaches
Pears
Persimmons
Pineapple
Plums
Prunes
Quince
Raisins
Raspberries
Star Fruit
Strawberries
Tangerines
Watermelon

DAIRY

Butter
Cheese**
American
Cheddar
Cottage Cheese
Cream Cheese
Monterrey Jack
Parmesan
Pepper Jack
Romano
Swiss
Cream
Eggs
Half and Half
Ice Cream*
Milk
Sour Cream
Yogurt

MEAT*

Beef

Chuck Roast
Ground Beef*
Ribs
Steak
Buffalo
All Fish
Poultry
Chicken breasts
Chicken legs
Duck
Goose
Lamb
Veal
Venison
Whole chicken
Whole Turkey
Pork
Ham* (glaze)
Pepperoni
Pork chops
Pork ribs
Lunchmeat*
Ham
Turkey
Roast Beef
Salami

GRAINS

Almond Flour
Amaranth
Arrowroot
Brown Rice
Brown rice flour
Buckwheat
Coconut flour
Corn Flour
Corn Grits
Corn Meal*
Flaxseed
Manioc
Millet
Potato flour
Quinoa
Rice flour
Tapioca Flour
Taro Flour
White Rice

*Starred items require special attention to labels because gluten tends to be added to them.
As always check the label on items with more than one ingredient.

How to pick your gluten free products

Reading the ingredient label is one the best tools at the supermarket to help people prevent an allergic reaction. We checked out a few of Americas favorite gluten free breads and below are some of our top picks:

MAXOMEGA™ WHOLE GRAIN AND 5 SEED BREAD



A special combination of 5 seeds provides an excellent source of Omega 3 ALA: Sunflower Seeds, Flax Seeds, Chia Seeds, Sesame Seeds, and Hulled Hemp Seeds. All natural. Excellent source of fiber. No soy or dairy. Contains eggs. 17 oz. loaf.

or

GREAT SEED WHOLE GRAIN AND 7 SEED BREAD

7 seeds bread provide a good source of Omega 3 ALA: Sunflower Seeds, Sesame Seeds, Chia Seeds, Millet Seeds, Hulled Hemp Seeds, Flax Seeds, Pumpkin Seeds. All natural. Great source of fiber. No soy or dairy. Contains eggs. 17 oz. loaf.

WHOLE GRAIN HAMBURGER BUNS



Enjoy it, from your first bite to the last. All natural. Excellent source of fiber. No soy or dairy. Contains eggs. Four/bag.

Quick ideas for the ultimate gluten free lunch experience

Gluten free diets mean less prepared foods and more cooking from natural sources. Thankfully, more and more stores are stocking the ingredients to make healthy food. Make wise choices because gluten-free diets also contain more fat. Three Bakers products are baked with a commitment to your health (as well as your taste buds!); they craft their products with all natural ingredients and keep salt and sugars low.

Now you can try at home:

Gluten free Florida Sun Sandwich



Of course, there is no easier way to go gluten-free in lunches than by replacing the bread in your favorite sandwich. Whether you choose a tasty gluten-free bread, hoagie roll or bun, you can fill it with ingredients you and your kids enjoy.

Source: www.threebakers.com Pictured: Three Bakers gluten-free Whole Grain Hoagie Roll

Pepperoni Pizza



Pizzeria-pizza at home, made with natural ingredients. Good source of fiber. Contains eggs and milk. Delicious. Great for gluten free pizza lovers.

Source: www.threebakers.com Pictured: Gluten Free Pepperoni

Don't think twice, it's time to enjoy!