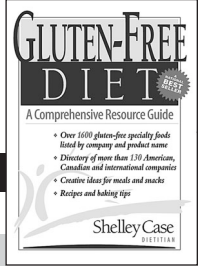


Go Gluten Free!

Tips for Getting More Nutrition into the Gluten-Free Diet

For additional diet guidance, visit www.glutenfreediet.ca.

by Shelley Case, B.Sc., R.D.,
author of



Breakfast Boosters

IF YOU EAT THIS

ADD THIS

OR TRY THIS INSTEAD

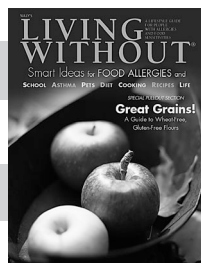
Cream of white rice cereal	Nuts, seeds, ground flax, dried fruits, or fresh fruit	Cream of brown rice, cream of buckwheat, quinoa flakes, amaranth, or teff
Puffed rice or corn cereal	Fresh fruit	GF granola with nuts, seeds, ground flax, dried fruits
GF white rice bread or bagel	Nut butter, cheese, poached egg, or omelet with chopped vegetables	GF enriched bread or bagel; or make your own bread and substitute brown rice, ground flax, or bean flours for some of the white rice, cornstarch, tapioca starch, or potato starch
Fruit beverage or fruit drink	Fresh or frozen fruit or fruit juice plus yogurt or skim milk powder and ground flax to make a fruit smoothie	Calcium-fortified juice or 100-percent fruit juice
GF waffle or pancakes with syrup	Cottage cheese or yogurt and fruit	Substitute brown rice, buckwheat, bean flour, or ground flax for some of the white rice flour; or try GF fiber-rich frozen waffles
Crepes made with white rice flour and topped with syrup	A filling made with blended ricotta cheese, lemon or orange zest, and small amount of sweetener; a topping of berries, peaches, or other fruit, and maple syrup	Substitute almond or bean flour for some of the white rice flour
Fried egg and bacon	Low-fat mozzarella or feta cheese, veggies, and GF smoked salmon, turkey, or ham to make an omelet	Omega-3 rich egg; use a non-stick pan; try Canadian bacon or low-fat GF turkey or chicken sausage

Power Lunches and Dinners

Chicken rice soup	Fresh or frozen vegetables	Soups made with lentils, dried beans or peas, vegetables (squash, pumpkin, tomato)
White rice pizza crust, salami, and cheese	Vegetables such as peppers, onions, zucchini, and tomatoes	Add some amaranth or brown rice flour to your recipe; use low-fat cheese
White rice pasta with butter or margarine	Low-fat cheese and vegetables	Enriched gluten-free pasta, brown rice, or lentil pasta; use less butter or margarine
White rice bread sandwich, butter or margarine, mayonnaise, and luncheon meat	Sprouts, lettuce, tomatoes, avocado, shredded carrots	GF enriched bread or bagel; low-fat mayonnaise, salsa, or mustard; salmon, tuna, low-fat GF deli meats such as chicken, turkey, pastrami, or ham
White rice and meat, fish, or chicken	Fresh or frozen vegetables	Brown rice or a combination of brown, wild, and white rice; quinoa or buckwheat
Baked or mashed potato with butter or margarine	Cheese and chopped veggies such as broccoli in the baked potato; milk and grated low-fat cheese in the mashed potato	Use yogurt or low-fat sour cream instead of butter or margarine; try a sweet potato for more vitamin A
Iceberg lettuce salad, GF croutons, cucumbers, and celery with salad dressing	Tomatoes, peppers, cauliflower, broccoli, mushrooms, shredded carrots, chickpeas, sunflower seeds	Romaine or spinach with strawberries or mandarin oranges, toasted slivered almonds, and/or sesame seeds with a fruit dressing or low-fat salad dressing

Smart Snacks

GF pretzels	Unsalted nuts	Trail mix with GF granola, dried fruits, nuts, and seeds
Rice cakes or rice crackers	Cheese (cubes or string), hummus, nut butter with banana or apple slices	GF snack bar made with seeds, dried fruits, and healthy GF grains (amaranth, flax, quinoa)
Fried corn chips	Salsa and shredded cheese	Baked corn chips with low-fat cheese and sour cream; popcorn
Celery sticks	Peanut butter, cheese spread, or low-fat cream cheese with raisins	Carrot or turnip sticks, peppers, cherry tomatoes, broccoli, or cauliflower
GF cookie	Fresh fruit and a glass of milk or enriched GF dairy substitute	Add brown rice, flax, or quinoa to the recipe; choose ready-made cookies that are lower in sugar and fat or made with non-hydrogenated oils
GF brownie	Mug of warm, steamed milk or enriched GF dairy substitute	GF crispy rice square (still not so nutritious, but often less fat)
GF muffin with white rice flour	Chopped nuts, mashed banana, dried fruits (raisins, cranberries, apricots, dates), ground flax	Pumpkin, pineapple, carrot, or banana muffins made with some brown rice flour, almond flour, or bean flour
Full-fat fruit-flavored yogurt	Fresh fruit and nuts	Plain lowfat yogurt with chopped fruits, nuts, and small amount of sweetener



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