

Gluten-free



Zucchini Noodles

Gluten-containing ingredients

It is important to understand which ingredients contain gluten as they can be found in a wide-range of products. Most are derived from wheat, rye, and barley. While oats is naturally gluten-free, they may contain traces of gluten due to cross-contamination during processing. Here's a list of common gluten-containing ingredients to avoid:

- Wheat, wheat bran, wheat flakes, wheat flour, wheat germ, modified wheat starch, textured wheat protein, hydrolysed wheat protein
- Barley, barley flour, barley flakes, pearl barley
- Oats, oat bran, oat flakes, oat flour, oatmeal, porridge
- Rye, rye flour
- Spelt
- Brewer's yeast extract
- Couscous, semolina
- Malt, malt extract, malt syrup, malt vinegar
- Plain flour, self-raising flour
- Burghul, triticale, kamut

This means that most breads, crackers and wraps, most baked goods, most pasta and noodles, snack foods (potato chips, museli bars, energy bars, chocolate bars, and biscuits), processed foods, certain condiments (soy sauce, tomato sauce) and alcoholic beverages such as beer contain gluten.

This can seem quite overwhelming so best approached by cooking from scratch and using fresh wholefood ingredients.

There are plenty of naturally gluten-free foods and some healthier gluten-free packaged and processed foods to help cut gluten out of your diet.

Click [here](#) for some recommended apps to help you check what you are buying at the supermarket and find gluten-free eateries.

Remember, if you are gluten intolerant, gluten is not your friend, and if you have coeliac disease then you will need to cut out gluten 100%. Speak to your clinical holistic nutritionist for more individualised guidance in managing your health condition.

There are plenty of gluten-free options

Keep your pantry and fridge filled with some fantastic naturally gluten-free foods and gluten-free alternatives including:

- All fresh fruit and vegetables
- Eggs, meat, poultry, seafood, dairy (check labels of all processed versions such as sausages, yoghurt, flavoured dairy)
- All beans and legumes (check canned ones for any gluten additives such as wheat starch)
- Gluten-free grains
 - rice
 - quinoa
 - buckwheat
 - sorghum
 - millet
 - amaranth
 - teff
- Pasta made from 100% buckwheat or pulse pasta
- Oats (as long as going gluten free is a lifestyle choice and you aren't gluten-sensitive or have coeliac disease)
- Coconut flour, buckwheat flour, tapioca flour, chickpea flour and almond meal for baking or in pancakes
- Nut spreads and raw nuts
- Brown rice cakes
- Herbs (fresh and dried) and spices add plenty of flavour to food
- Certain condiments (or try making your own)
 - apple cider vinegar (organic, raw, with the mother)
 - mustard
 - tamari (gluten-free soy sauce)
 - coconut aminos
 - tahini
- Healthy fats and oils
 - full-fat natural or greek yoghurt
 - olive oil
 - avocado oil
 - avocados
 - coconut oil
 - ghee

Gluten-free Recipes to inspire you

(click on the pictures below to be taken to some fantastic gluten-free swap recipes)



Chia pudding



Chinese
lettuce wraps



Zucchini
noodles



Raspberry almond
meal biscuits



Cauliflower
pizza crust



Quinoa salad



Millet flatbread



Falafel balls
(chickpea flour)



Buckwheat
crepes



Chocolate sweet
potato brownie
(coconut flour)



Gluten-free
loaf
(almond meal)



Brown rice
sushi