



Gluten Free Diet

Going gluten free is a lifestyle change. It might be a personal choice to eliminate gluten from your diet or it may be medically necessary. Gluten is found mainly in cereal grains. This would include wheat, rye, barley, oats, kamut, or triticale. These grains can trigger a reactive response in those people who are gluten sensitive. It is very important to read labels for any hidden sources of gluten, especially in additives. This could include hydrolyzed vegetable protein, textured vegetable protein, or hydrolyzed plant protein. Also check for modified food starch, malt, some soy sauces, and binders and fillers. Just be diligent about checking the ingredient list on any pre-packaged foods.

There are many gluten-free products such as breads, cookies, pretzels, muffins, waffles, bagels, and noodles available at your favorite natural foods store, i.e. Trader Joe's, Sprouts, Wild Oats, Sunflower, and Whole Foods. Also many items are available by mail order on line.

Eating gluten free does necessitate some preplanning. It is easy to modify your favorite meals by incorporating gluten-free products into your diet. Soon it will become your healthy lifestyle choice.