

GLUTEN FREE FOOD AT THE DURHAM MARKETPLACE

- SANS GLUTEN PANCAKE MIX
- MARY'S GONE CRACKERS
- NAIRN'S WHEAT FREE BISCUITS
- MISS MERINGUE COOKIES
- COCONUT MACAROONS BY JENNIE
- AMY'S CREAM OF TOMATO SOUP
- AMY'S SPLIT PEA SOUP
- LUNDBERT RISOTTO
- CHOCOLATE CHIP WALNUT COOKIES COUNTRY CHOICE
- MIDEL GLUTEN FREE COOKIES
- OSKRI BARS
- LUNA BARS
- WILD COUNTRY BARS
- TRAIL MIX
- POPCORN ARROWHEAD MILLS
- AMARANTH CEREAL
- EREWHON BROWN RICE AND RICE TWICE CEREAL
- PANDA PUFFS
- PANDA LICORICE CHEWS
- VANS WHEAT FREE WAFFLES
- LIFESTREAM BUCKWHEAT WAFFLES
- ENERG G ENGLISH MUFFIN AND LOAVES
- GLUHNO BREAKFAST BARS
- FRESH OR DRIED FRUIT
- ALL VEGETABLES
- YOGURT
- EGGS
- FOOD FOR LIFE FROZEN BREADS

AVOID CROSS CONTAMINATION OF GLUTEN FREE FOODS

- STORE ALL GLUTEN FREE PRODCUTS IN SEPARATE LABELED CONTAINERS
- BUY SEPARATE CONTAINERS OF ITEMS SUCH AS PEANUT BUTTER, JAM OR MAYONNAISE TO BE USED ONLY FOR GLUTEN FREE PRODUCTS
- USE SQUEEZE BOTTLES OF CONDIMENTS SUCH AS KETCHUP, MUSTARD AND RELISH
- HAVE A SEPARATE BUTTER DISK AND CUTTING BOARD THAT ARE USED FOR GLUTEN FREE FOODS ONLY
- KEEP A SECOND TOASTER OR USE A TOASTER OVEN WHERE THE RACK CAN BE REMOVED AND WASHED
- AVOID BUYING PRODUCTS FROM BULK BINS
- BE AWARE THAT FRENCH FRIES MAY HAVE BEEN COOKED IN THE SAME OIL WHERE BATTERED GLUTEN-CONTAINING FOOD HAVE BEEN PREPARED.

ALMOND COOKIE RECIPE

- 1/2 CUP BUTTER
- 1 TSP. ALMOND EXTRACT
- 1/2 CUP WHITE RICE FLOUR
- 2 TBS. CHOPPED ALMONDS
- 1/2 CUP PACKED BROWN SUGAR
- 1 EGG
- 2 CUPS CRISP RICE FLOUR

PREHEAT OVEN TO 350 DEGREES F.

CREAM BUTTER OR MARGARINE AND SUGAR TOGETHER UNTIL LIGHT AND FLUFFY. ADD ALMOND EXTRACT AND EGG. BEAT WELL. STIR IN FLOUR, CRISPY RICE AND ALMOND. SHAPE INTO BALLS ONE INCH IN DIAMETER AND PLACE ON UNGREASED BAKING SHEETS. PRESS WITH FLOURED FORK TO FLATTEN SLIGHTLY. BAKE FOR 12-15 MINUTES UNTIL LIGHTLY BROWNE.

FOOD INGREDIENTS THAT MAY CONTAIN GLUTEN

- ARTIFICIAL COLORING
- ARTIFICIAL FLAVORING
- CARAMEL COLORING
- DISTILLED VINEGAR
- EMULSIFIERS
- FOOD STARCH
- GUM
- MALT (FLAVORING & EXTRACT)
- MODIFIED FOOD STARCH
- NATURAL FLAVORINGS
- STABILIZERS
- IMITATION VANILLA & OTHER EXTRACTS
- VINEGAR FLAVORED WITH MALT

GLUTEN INTOLERANCE

CELIAC DISEASE (CD)

CELIAC DISEASE (CD) IS A CHRONIC, INHERITED DISEASE, AND IF UNTREATED CAN ULTIMATELY LEAD TO MALNUTRITION. GLUTEN INTOLERANCE IS THE RESULT OF AN IMMUNE-MEDIATED RESPONSE TO THE INGESTION OF GLUTEN (FROM WHEAT, RYE, AND BARLEY) THAT DAMAGES THE SMALL INTESTINE.

TO DEVELOP CELIAC DISEASE (CD) THREE (3) THINGS MUST BE PRESENT:

- 1) YOU MUST INHERIT THE GENE,
- 2) CONSUME GLUTEN, AND
- 3) HAVE THE GENE TRIGGERED. COMMON TRIGGERS MAY INCLUDE STRESS, TRAUMA (SURGERIES, PREGNANCY, ETC.), AND VIRAL INFECTIONS. APPROXIMATELY 1 IN 20 FIRST-DEGREE RELATIVES COULD HAVE CD TRIGGERED IN THEIR LIFETIME. THE DISEASE IS PERMANENT AND DAMAGE TO THE SMALL INTESTINE WILL OCCUR EVERY TIME YOU CONSUME GLUTEN, REGARDLESS IF SYMPTOMS ARE PRESENT.

SYMPTOMS: DIARRHEA, BLOATING, WEIGHT LOSS, ANEMIA, CHRONIC FATIGUE, WEAKNESS, BONE PAIN, AND MUSCLE CRAMPS.

GLUTEN FREE DIET

Avoid	Use instead
Hydrolyzed vegetable protein	Products whose protein source is identified as non-wheat
Hydrolyzed plant protein, textured vegetable protein, grain vinegars	Plant proteins where plant is specifically identified
Malt	Maltodextrin is okay
Modified food starch	Starch must be specifically identified
Mono and diglycerides	Check with manufacturer
Rice malt (can contain barley or koji)	Rice or other flours without malt
These grains: wheat, barley, wheat bran, couscous, drum wheat triticum, einkorn, graham flour, kamut, rye, Semo-lina, wheat germ, bulgar, millet, granary, seiten	Vary the use of: amaranth, arrowroot, bean flours, corn flour, corn meal, cornstarch, flours, potato flour, potato starch, quinoa, rice flour, sorghum flour, soy flour, tapioca flour (some oats).
Avoid hot dogs, gravy, luncheon meat, beer, mustard, cat-sup, non-dairy creamers, vinegar, curry powder	

SAMPLE MEAL IDEAS

BREAKFAST

- EGGS
- BACON
- HASH BROWNS
- YOGURT AND FRESH FRUIT

LUNCH

- GREEN SALADS
- WHEAT FREE PASTA
- TACOS
- REFRIED BEANS

DINNER

- MEAT, FISH, POULTRY
- POTATOES
- RICE (ALL VARIETIES)
- STEAMED VEGETABLES

SNACKS

- NUTS
- POPCORN
- TRAIL MIX
- FRESH OR DRIED FRUIT

ONLINE SOURCES

WWW.GLUTEN.NET/CELIAC.HTML
WWW.GLUTENFREE.COM/RECIPES.HTM
WWW.GLUTENSOLUTIONS.COM
WWW.CLANTHOMPSON.COM
WWW.MISSROBEN.COM
[HTTP://WWW.WEBMD.COM/](http://WWW.WEBMD.COM/)

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