

# Living Gluten-Free

FOR  
**DUMMIES**<sup>®</sup>

A Wiley Brand

## Learn to:

- Get the right diagnosis for your symptoms
- Enjoy a healthy, balanced, gluten-free diet
- Decipher food labelling
- Cook tasty meals and snacks

## Margaret Clough

*Former national president and public officer,  
Coeliac Australia*

## Danna Korn

*Founder, ROCK (Raising Our Celiac Kids)*

Foreword by

**Annabel Mackenzie**

*Technical officer, Coeliac Australia*



**2nd Australian Edition**

***Living  
Gluten-Free***

FOR  
**DUMMIES<sup>®</sup>**

A Wiley Brand

**THE INFORMATION IN THIS REFERENCE IS NOT INTENDED TO SUBSTITUTE FOR EXPERT MEDICAL ADVICE OR TREATMENT; IT IS DESIGNED TO HELP YOU MAKE INFORMED CHOICES. BECAUSE EACH INDIVIDUAL IS UNIQUE, A MEDICAL PRACTITIONER MUST DIAGNOSE CONDITIONS AND SUPERVISE TREATMENTS FOR EACH INDIVIDUAL HEALTH PROBLEM. IF AN INDIVIDUAL IS UNDER A MEDICAL PRACTITIONER'S CARE AND RECEIVES ADVICE CONTRARY TO INFORMATION PROVIDED IN THIS REFERENCE, THE MEDICAL PRACTITIONER'S ADVICE SHOULD BE FOLLOWED, AS IT IS BASED ON THE UNIQUE CHARACTERISTICS OF THAT INDIVIDUAL.**

**2nd Australian Edition**

***Living  
Gluten-Free***

FOR  
**DUMMIES<sup>®</sup>**

A Wiley Brand

**by Margaret Clough and Danna Korn**

FOR  
**DUMMIES<sup>®</sup>**  
A Wiley Brand

## Living Gluten-Free For Dummies®, 2nd Australian Edition

Published by

**Wiley Publishing Australia Pty Ltd**

42 McDougall Street

Milton, Qld 4064

www.dummies.com

Copyright © 2014 Wiley Publishing Australia Pty Ltd

Original English language edition text and art *Living Gluten-Free For Dummies*, Copyright © 2006 Wiley Publishing, Inc.

The moral rights of the authors have been asserted.

National Library of Australia

Cataloguing-in-Publication data:

---

Author: Clough, Margaret  
Title: Living Gluten-Free For Dummies/Margaret Clough, Danna Korn  
Edition: 2nd Australian edition  
ISBN: 9780730304845 (pbk.)  
9780730304876 (ebook)  
Series: For Dummies  
Notes: Includes index  
Subjects: Gluten-free diet—Recipes  
Gluten-free foods  
Other Authors/  
Contributors: Korn, Danna  
Dewey Number: 641.56318

---

All rights reserved. No part of this book, including interior design, cover design and icons, may be reproduced or transmitted in any form, by any means (electronic, photocopying, recording or otherwise) without the prior written permission of the Publisher. Requests to the Publisher for permission should be addressed to the Legal Services section of John Wiley & Sons Australia, Ltd, Level 2, 155 Cremorne Street, Richmond, Vic 3151, or email [auspermissions@wiley.com](mailto:auspermissions@wiley.com).

Cover image: © Sporrer/Rupp/jupiterimages

Typeset by diacriTech, Chennai, India

Printed in Singapore by

C.O.S. Printers Pte Ltd

10 9 8 7 6 5 4 3 2 1

**Limit of Liability/Disclaimer of Warranty:** THE PUBLISHER AND THE AUTHORS MAKE NO REPRESENTATIONS OR WARRANTIES WITH RESPECT TO THE ACCURACY OR COMPLETENESS OF THE CONTENTS OF THIS WORK AND SPECIFICALLY DISCLAIM ALL WARRANTIES, INCLUDING WITHOUT LIMITATION, ANY IMPLIED WARRANTIES OF FITNESS FOR A PARTICULAR PURPOSE. NO WARRANTY MAY BE CREATED OR EXTENDED BY SALES OR PROMOTIONAL MATERIALS. SOME OF THE EXERCISES AND DIETARY SUGGESTIONS CONTAINED IN THIS WORK MAY NOT BE APPROPRIATE FOR ALL INDIVIDUALS, AND READERS SHOULD CONSULT WITH A PHYSICIAN BEFORE COMMENCING ANY EXERCISE OR DIETARY PROGRAM. NEITHER THE PUBLISHER NOR THE AUTHORS SHALL BE LIABLE FOR ANY DAMAGES ARISING HEREFROM. THE FACT THAT AN ORGANISATION OR WEBSITE IS REFERRED TO IN THIS WORK AS A CITATION AND/OR A POTENTIAL SOURCE OF FURTHER INFORMATION DOES NOT MEAN THAT THE AUTHORS OR THE PUBLISHER ENDORSES THE INFORMATION THE ORGANISATION OR WEBSITE MAY PROVIDE OR RECOMMENDATIONS IT MAY MAKE. FURTHER, READERS SHOULD BE AWARE THAT INTERNET WEBSITES LISTED IN THIS WORK MAY HAVE CHANGED OR DISAPPEARED BETWEEN WHEN THIS WORK WAS WRITTEN AND WHEN IT IS READ.

**Trademarks:** Wiley, the Wiley logo, For Dummies, the Dummies Man logo, A Reference for the Rest of Us!, The Dummies Way, Making Everything Easier, dummies.com and related trade dress are trademarks or registered trademarks of John Wiley & Sons, Inc. and/or its affiliates in the United States and other countries, and may not be used without written permission. Coeliac Australia® is a registered trademark of The Coeliac Society of Australia Inc. All other trademarks are the property of their respective owners. Wiley Publishing Australia Pty Ltd is not associated with any product or vendor mentioned in this book.

# Contents at a Glance

<i>Foreword</i> .....	<i>xxi</i>
<i>Introduction</i> .....	<i>1</i>
<i>Part I: Going Gluten-Free: Who, What, Why and How</i> .....	<i>7</i>
Chapter 1: Being Gluten-Free from A to Z .....	9
Chapter 2: Understanding Why You Need to Go Gluten-Free.....	29
Chapter 3: Taking a Closer Look at Coeliac Disease.....	49
Chapter 4: Grasping the Ground Rules of the Gluten-Free Diet .....	63
Chapter 5: Finding and Using Good Resources.....	83
Chapter 6: Gluten-Free ... Nutritiously.....	93
<i>Part II: Planning and Preparing: The Preludes to Cooking</i> .....	<i>111</i>
Chapter 7: Creating a Gluten-Free-Friendly Kitchen.....	113
Chapter 8: Shopping Is Easier Than You Think.....	125
Chapter 9: Cooking: Tips and Techniques .....	141
<i>Part III: From Menus to Meals: Recipes for the Gluten-Free Gastronomer</i> .....	<i>157</i>
Chapter 10: Beginning with Breakfast .....	159
Chapter 11: Snacking on Appetisers, Nibbles and Wraps.....	181
Chapter 12: Souping Up Salads and Vegetable Dishes .....	199
Chapter 13: Enjoying the Main Event .....	225
Chapter 14: Pizza, Pasta and Bread: Foods You Thought Were a Thing of the Past.....	245
Chapter 15: Getting Your Just Desserts .....	265
<i>Part IV: Living — and Loving — the Gluten-Free Lifestyle 24/7</i> .....	<i>287</i>
Chapter 16: Getting Out and About: Eating Away from Home .....	289
Chapter 17: Raising Happy, Healthy, Gluten-Free Kids.....	313
Chapter 18: Beating the Blues: Overcoming Emotional Obstacles.....	337

<b><i>Part V: The Part of Tens</i></b> .....	<b>355</b>
Chapter 19: Ten Benefits of Being Gluten-Free.....	357
Chapter 20: Ten Tips to Help You Love the Gluten-Free Lifestyle .....	361
Chapter 21: Ten Tips and Traps for New Players .....	365
<b><i>Index</i></b> .....	<b>369</b>

# Recipes at a Glance

## ***Breakfast..... 159***

○ Gluten-free Muesli.....	162
○ Bircher Muesli.....	163
○ Gluten-free Porridge.....	164
○ Blueberry Amaranth Porridge.....	165
○ Eggs in a Bread Basket.....	167
○ Instant Eggs.....	169
○ Fetta Frittata.....	170
Little Egg and Bacon Pies.....	171
○ French Toast.....	172
○ Simple Smoothie.....	173
○ Pancakes.....	174
○ Scottish Drop Scones.....	175
○ Fruit and Nut Muffins.....	177
○ Banana and Choc Chip Muffins.....	178
○ Berry Muffins.....	179

## ***Appetisers, Nibbles and Wraps..... 181***

○ Spicy Corn Fritters.....	182
○ Zucchini and Haloumi Fritters.....	183
Rice Cake Melts.....	185
○ Quinoa Snacks.....	186
○ Artichoke and Spinach Dip.....	187
○ Guacamole.....	188
○ Mango Salsa.....	189
Vietnamese Rice Wraps or Summer Rolls (Goi Cuon).....	193
Spicy Chicken Rolls.....	194
Chicken Nori Rolls.....	196
Asian Pork Lettuce Wraps.....	198



<b><i>Soups, Salads and Sides</i></b> .....	<b>199</b>
Beef and Eggplant Soup .....	201
☉ Zucchini Soup .....	202
☉ Minted Green Pea Soup .....	203
☉ Favourite Lentil Soup .....	204
☉ Asian Salad Dressing .....	207
Caesar Salad .....	208
Caesar Salad Dressing .....	209
☉ Broccoli and Avocado Salad .....	210
☉ Fresh Summer Salsa .....	211
☉ Lemon Quinoa Crunch .....	215
☉ Rice, Fetta and Chickpea Salad .....	216
☉ Barbecued Mushrooms with Goat's Cheese .....	217
☉ Bok Choy and Mushroom Stir-fry .....	218
☉ Warm Eggplant Salad with Quinoa .....	219
☉ Vegetable Pancakes .....	220
Microwave Soft Polenta with Parmesan .....	221
Polenta Wedges with Ratatouille .....	222
Sweet Potato and Pumpkin .....	223
☉ Mexican Roasted Potatoes .....	224
 <b><i>Mains</i></b> .....	 <b>225</b>
Chicken Quinotto with Mushrooms .....	227
Spiced Moroccan Chicken with Quinoa .....	228
Asian-Inspired Baked Chicken .....	229
Steak and Peanut Pepper Noodles .....	230
Titus Chan's Beef Tomato Stir-fry .....	232
Lamb and Eggplant Tagine .....	233
Pork, Bok Choy and Noodle Stir-fry .....	235
Easy Quiche .....	236
Simple Salmon and Quinoa Loaf .....	238
Szechwan Scallops with Orange Peel .....	239
Salmon Steaks with Basil .....	240
☉ Vegetarian Lasagne .....	242
☉ Chickpea Curry in a Hurry .....	243
☉ Fresh Harvest Penne .....	244

***Pizza, Pasta and Bread* ..... 245**

☉ Asparagus and Artichoke Pizza with Pesto Sauce.....247  
 Lola Workman’s Ham and Mushroom Pizza .....248  
 ☉ Zucchini and Eggplant Pizza.....249  
 Mediterranean Pizza.....250  
 ☉ Tomato Herb Pizza Sauce .....252  
 ☉ Alfredo Sauce.....253  
 ☉ Penne with Pea Sauce.....254  
 Macaroni Bake.....255  
 ☉ Quick Zucchini and Ricotta Pasta.....256  
 ☉ Broccoli and Ricotta Penne .....257  
 ☉ Quick Bread .....260  
 ☉ Great Gluten-free Bread.....261  
 ☉ Favourite White Bread .....263  
 ☉ Besan (Chickpea) Bread.....264

***Desserts* ..... 265**

☉ Hot Fudge Pudding .....267  
 ☉ Fresh Mango Mousse.....268  
 ☉ Little Teff Puffs (Syrnike) .....269  
 ☉ Friands.....271  
 ☉ Last-minute Fruit Cake .....272  
 ☉ Favourite Flourless Chocolate Cake .....273  
 ☉ Flourless Almond Cake.....274  
 ☉ Apricot Fruit Loaf.....275  
 ☉ Sweet Sorghum Blueberry Loaf.....276  
 ☉ Boiled Chocolate Cake .....277  
 ☉ 1-2-3 Fruit Cake.....278  
 ☉ Choc Cherry Slice .....279  
 ☉ Caramel Cornflake Biscuits.....280  
 ☉ Chocolate Pistachio Macaroons .....281  
 ☉ Chocolate Chip Biscuits.....282  
 ☉ No Sugar Fruit Balls .....284  
 ☉ Blueberry Layers .....285



# Table of Contents



***Foreword*.....xxi**

***Introduction* ..... 1**

About This Book .....2  
Foolish Assumptions .....3  
Icons Used in This Book .....5  
Beyond the Book .....5  
Where to Go from Here .....5

***Part 1: Going Gluten-Free: Who, What, Why and How .... 7***

**Chapter 1: Being Gluten-Free from A to Z ..... 9**

What Is Gluten, Anyway? .....10  
    Common foods that contain gluten .....10  
    Wheat-free doesn't mean gluten-free.....11  
Discovering the Benefits of a Gluten-Free Lifestyle.....11  
    Eating isn't supposed to hurt.....13  
    Making nutrition your mission: Head-to-toe health benefits.....13  
    But I thought wheat was good for me! .....14  
Mastering the Meals .....15  
    Planning and preparing.....16  
    Shopping shrewdly .....16  
    Kitchen considerations .....16  
    Cooking outside the recipe box .....17  
Getting Excited about Your Gluten-Free Future .....17  
    'A' is for adapting your perspective on food .....17  
    Savouring gluten-free flavours .....18  
    Getting out and about .....18  
    Raising kids to love their food .....19  
    Setting realistic expectations .....20  
    Arming yourself with good information.....20  
Getting Started — A Guide for Your First Two Weeks.....20  
    Working out what you can eat.....21  
    A 'getting started' shopping list.....23  
    A two-week meal plan.....26

**Chapter 2: Understanding Why You Need to Go Gluten-Free . . . . . 29**

Looking at Allergies, Intolerances and Coeliac Disease.....	30
Food allergies .....	30
Food intolerance .....	31
Coeliac disease.....	32
Blaming the Bread: How Gluten May Affect Behaviour .....	38
Exploring dietary treatment for autism .....	39
Depression and other mood disorders .....	40
Getting Tested .....	41
Testing for coeliac disease — blood tests .....	41
Biopsies .....	42
Genetic tests .....	44
Allergy tests .....	44
I've tested positive! Now what?.....	44
Paying the Price if You Continue to Eat Gluten.....	45
Looking at associated conditions .....	45
Living with compromised health .....	48
Healing Begins on Day One .....	48

**Chapter 3: Taking a Closer Look at Coeliac Disease . . . . . 49**

Exposing One of the Most Common Genetic Diseases .....	50
Pinpointing Who Develops Coeliac Disease and Why .....	51
It's in the genes .....	52
Gluten is the guilty party .....	53
Triggering coeliac disease through the environment .....	53
Understanding Coeliac Disease and What It Does to the Body .....	53
How your guts are supposed to work .....	54
How your guts work with coeliac disease .....	55
After diagnosis .....	56
Scratching the Surface of Dermatitis Herpetiformis .....	58
What Does the Future Hold For Coeliacs? .....	59
Healing the bowel .....	59
Keeping the gluten out .....	60
Letting the gluten in safely .....	61

**Chapter 4: Grasping the Ground Rules of the Gluten-Free Diet . . . . 63**

Defining Gluten So You Can Avoid It.....	64
Determining Gluten-Free Standards .....	65
Reading and Understanding Food Labels.....	65
No means no and gluten-free means gluten-free.....	67
All ingredients from wheat, rye, barley and oats are shown on the label.....	67
All sources of gluten must be listed .....	68
What about glucose syrup? .....	68
Low gluten .....	68

'May contain traces of gluten' .....	69
When in doubt, leave it out .....	69
Recognising Gluten-Free Foods at a Glance .....	69
Forbidden grains .....	70
Grains and starches you can safely eat.....	72
Other foods that are gluten-free.....	73
Foods that usually contain gluten .....	74
Exploring Alternative Grains and Superfoods .....	75
Amaranth .....	75
Arrowroot .....	76
Buckwheat (soba).....	76
Millet.....	77
Quinoa.....	77
Sorghum .....	78
Teff .....	78
Happy Hour — Choosing Your Alcoholic Beverages .....	79
Cheers to these .....	79
Step away from the bottle.....	80
Making Sure Your Medications and Supplements Are Safe.....	81
Using Non-Food Products: What You Need to Know.....	81
Make-up matters .....	82
Lotions and potions.....	82
Coming unstuck on glues.....	82
Getting the drill on dental products.....	82

## **Chapter 5: Finding and Using Good Resources. . . . . 83**

Searching for Information: The Good, the Bad and the Completely Ludicrous .....	84
Knowing who to believe.....	84
Ignoring the hype.....	87
Checking with food manufacturers .....	87
Books .....	88
Support Groups .....	89
The Internet, for Better and for Worse .....	91

## **Chapter 6: Gluten-Free ... Nutritiously. . . . . 93**

Appreciating Your Food .....	94
It's a Matter of Balance .....	94
Good Carbs, Bad Carbs: Tuning In to the Glycaemic Index and Glycaemic Load.....	96
Getting into the glycaemic index.....	96
Why blood-sugar levels are important.....	99
The effects of high insulin .....	100
Looking at the glycaemic load (GL).....	100
Looking for the GI Symbol .....	100

Avoiding Nutritional Pitfalls on the Gluten-Free Diet .....	102
Getting the fibre you need on a gluten-free diet .....	103
Packing a punch with protein.....	104
Winning the Weight Wars.....	105
Losing weight on the gluten-free diet .....	106
Gaining weight when you need to.....	107
Keeping on Top of Nutrition as You Get Older .....	107
Reviewing the Principles of Good Nutrition.....	109

## ***Part II: Planning and Preparing: The Preludes to Cooking* .....** 111

### **Chapter 7: Creating a Gluten-Free-Friendly Kitchen** ..... 113

Sharing the Kitchen with Gluten.....	113
Avoiding cross-contamination .....	114
Storing foods separately for convenience .....	118
Taking Inventory of the Pantry and Fridge .....	118
Special ingredients to stock .....	119
Mixes to have on hand .....	121
Commercial products to consider .....	122

### **Chapter 8: Shopping Is Easier Than You Think** ..... 125

Knowing What You Want.....	126
Planning your meals .....	126
Making lists .....	127
Deciding What to Buy .....	128
Remembering naturally gluten-free foods .....	130
Asking for opinions.....	131
Deciding Where to Shop .....	132
Supermarkets .....	132
Health food shops.....	133
Farmers' markets .....	133
Ethnic markets .....	134
Gluten-free retail stores.....	134
Websites and catalogues.....	134
Sorting through the health food aisle .....	135
Living Gluten-Free — Affordably .....	136
Scaling back on commercial foods .....	137
Eating nutritiously .....	138
Eating in .....	138
Using gluten-free mixes .....	138

**Chapter 9: Cooking: Tips and Techniques . . . . . 141**

Creatively Gluten-Free: Improvising in the Kitchen .....	142
Adapting any dish to be gluten-free .....	143
Avoiding cross-contamination when cooking .....	144
Using standby substitutions.....	144
Cooking with Wheat Alternatives .....	147
Incorporating alternative gluten-free grains .....	147
Thickening with gluten-free starches and flours .....	148
Trying Your Hand at Gluten-Free Baking .....	150
Mixing it up with mixes .....	150
Introducing xanthan gum: The star of the dough.....	151
Substituting gluten-free flours.....	151
Making your own gluten-free flour mixtures .....	152
Baking bread the gluten-free way .....	153

***Part III: From Menus to Meals: Recipes for the  
Gluten-Free Gastronome..... 157*****Chapter 10: Beginning with Breakfast . . . . . 159**

Getting Your Day Off to a Gluten-Free Start.....	160
Grab 'n' go starters .....	161
Power-start your gluten-free day with protein.....	166
The Incredible, Edible Egg.....	166
Starting Your Day Smoothly .....	173
Brighten Your Breakfast with a Muffin.....	176

**Chapter 11: Snacking on Appetisers, Nibbles and Wraps . . . . . 181**

Fun Finger Foods and Nibbles.....	181
Digging into Dips and Dippers .....	186
Going Wild with Wraps.....	190
Rice rolls .....	191
Nori rolls or sushi .....	195
Exploring lettuce wraps .....	197

**Chapter 12: Souping Up Salads and Vegetable Dishes. . . . . 199**

Souping it Up.....	200
Serving Salads with Style.....	205
Serving salads with green, leafy stuff.....	205
Adding oomph to your salads.....	212
Move Over, Mashed Potatoes: Trying New Ways with Vegetables.....	214



<b>Chapter 13: Enjoying the Main Event . . . . .</b>	<b>225</b>
Choosing Chicken .....	226
Eating Meat .....	229
Cooking with pork .....	234
Diving into seafood .....	237
Enjoying Vegetarian Dishes .....	241
<b>Chapter 14: Pizza, Pasta and Bread: Foods You Thought Were a Thing of the Past. . . . .</b>	<b>245</b>
Pizza with Pizzazz .....	245
Base: The pizza foundation .....	246
Pizza Sauces .....	251
No More Pining for Pasta .....	253
Making Bread .....	258
Bread in a Bread Machine — Or Not .....	262
Using a bread machine .....	262
Baking in a conventional oven .....	262
<b>Chapter 15: Getting Your Just Desserts . . . . .</b>	<b>265</b>
Delighting in Desserts .....	266
Having Your Cake — and Eating It Too .....	270
Indulging in Biscuits and Slices .....	279
Being Sensible: Sweets for the Health-Conscious .....	283
<b><i>Part IV: Living — and Loving — the Gluten-Free Lifestyle 24/7</i> .....</b>	<b>287</b>
<b>Chapter 16: Getting Out and About: Eating Away from Home . . . . .</b>	<b>289</b>
Following the Golden Rules of Going Out Gluten-Free .....	290
Don't assume others will accommodate your diet .....	290
Ask what's for dinner .....	291
Fill up before you go .....	291
BYOF: Bring your own food .....	291
Bite your tongue when they make a mistake .....	292
Enjoy the company .....	292
Dining Out: Restaurant Realities and Rewards .....	293
Choosing the restaurant .....	294
Calling ahead .....	299
Making smart menu choices .....	299
Talking with the staff: Ask and thou shalt receive .....	300
The Incredible, Edible Journey: It's Travel Time! .....	305
Researching your destination .....	305
Choosing gluten-free-friendly accommodation .....	306

Packing your own provisions .....	306
Spechen zie gluten? Speaking gluten-free in other countries .....	307
Getting There .....	309
Flying the friendly skies .....	309
Cruising the high seas .....	310
Gluten-free on track.....	310
Travelling near or far by car.....	311

## **Chapter 17: Raising Happy, Healthy, Gluten-Free Kids . . . . . 313**

Forging through the Feelings .....	314
‘My child’s life is changed forever’ .....	315
‘I don’t want my child to feel different’ .....	315
‘Will he turn out okay?’ .....	315
‘This is harder for me than it is for her’ .....	316
Focusing on the good stuff .....	317
Talking to Your Kids about Being Gluten-Free .....	318
Including the whole family.....	318
Keeping the discussion upbeat .....	319
Explaining the new diet.....	320
Reinforcing the idea that gluten makes your child feel yucky .....	322
Handling your child’s reaction .....	323
Helping your child talk to others about the diet .....	323
Deciding Whether the Whole Family Should Be Gluten-Free.....	325
The pros .....	325
The cons.....	326
Middle ground .....	327
Giving Your Child Control of the Diet.....	327
Working together to make good choices .....	328
Trusting kids when you’re not there .....	329
Hitting the Road with the Gluten-Free Gang.....	329
Leaving Your Gluten-Free Kid in the Care of Others .....	330
Trusting your kids with friends, family and babysitters.....	330
Sending your child to school.....	331
Gearing up for school camps .....	332
Guiding Your Gluten-Free Teens .....	333
Noticing changing symptoms .....	334
Understanding why teens may cheat on the diet .....	334
Helping teens after they move out .....	335

## **Chapter 18: Beating the Blues: Overcoming Emotional Obstacles . . . . . 337**

Recognising Common Emotional Struggles.....	338
Sheer shock and panic .....	339
Anger and frustration .....	340

Grief and despair.....	340
Loss and deprivation.....	341
Sadness and depression.....	342
Dealing with Denial.....	343
When you're the one in denial .....	343
When others are in denial.....	345
Getting Back on Track When You're Feeling Derailed.....	346
Regaining control.....	346
Getting beyond big words with heavy implications.....	347
Focusing on what you can eat.....	347
Deflecting the temptation to be annoyed or offended .....	349
Practising optimism.....	349
Spreading attitudes — they're contagious .....	350
Redefining Who You Are .....	351
Resisting the Temptation to Cheat .....	352
Realising why you want to cheat .....	352
Assessing the consequences .....	354
Overcoming the temptation .....	354

## ***Part V: The Part of Tens..... 355***

### **Chapter 19: Ten Benefits of Being Gluten-Free . . . . . 357**

You Know How to Improve Your Health .....	357
Your Health Improves Straightaway.....	358
You Don't Need Medication or Surgery to Get Better.....	358
The Diet Can Be Extra Healthy.....	358
You Learn to Appreciate Life a Little More.....	358
Your Diabetic Child Will Do Better .....	359
You May Add Years to Your Life .....	359
Fertility Problems May Diminish .....	359
Your Weight Can Be Easier to Manage .....	360
You're More Aware of Nutrition .....	360

### **Chapter 20: Ten Tips to Help You Love the Gluten-Free Lifestyle . . 361**

Focusing on What You Can Eat .....	361
Expanding Your Culinary Horizons with Alternative Grains.....	362
Thinking Globally.....	362
Controlling the Diet .....	362
Eating to Live, Not Living to Eat .....	363
Remembering You're Different — So What?.....	363
Enjoying a (Gluten-Free) Splurge.....	363
Helping People to Help You.....	364
Turning Away from Temptation .....	364
Dealing with It, Not Dwelling on It .....	364

**Chapter 21: Ten Tips and Traps for New Players . . . . . 365**

I Can Easily Work Out This Diet by Myself .....365  
I'm Too Embarrassed to Ask for a Gluten-Free Meal.....366  
The Package States 'Gluten-Free', but Wheat Is Listed in the  
Ingredients .....366  
The Waitress Is Pretty Sure This Dish Has No Gluten.....366  
Can I or Can't I? It's Made from Buckwheat.....367  
I'm Sure My Friend Will Remember I'm Gluten-Free.....367  
I Don't Want to Offend My Mother-in-Law .....367  
I'm Sure I'll Pick Up Something Gluten-Free on the Way There .....368  
I've Requested a Gluten-Free Meal for Each of My Flights .....368  
I Feel Really Left Out Watching Everyone Tuck In, So I'll Just  
Have a Nibble.....368

***Index*..... 369**



# Foreword

---

**L**iving *Gluten-Free For Dummies* provides an excellent introduction to coeliac disease and the gluten-free diet, all of which can be quite overwhelming for the newly diagnosed (you are probably nodding as you read this!) Changing to a gluten-free diet dramatically alters your most social and daily activity — eating — so the information provided in this book is invaluable, and it's easy to understand and put into practice. No matter your age or social situation, this book provides you with tips and ideas on how to stay gluten-free. Whether you're newly diagnosed, an old hat at gluten-free, or a friend or family member of somebody who needs to be gluten-free, this book provides vital information and the assurance that you're doing the right thing.

For the uninitiated, I cannot stress enough the importance of being medically diagnosed prior to commencing a gluten-free diet. With the advent of the internet and vast quantities of information available at the fingertips, it's tempting to self-diagnose and commence a gluten-free diet without undergoing the appropriate medical investigations. However, a self-guided trial of the gluten free diet 'to see if it works' isn't recommended. Any suspicion of coeliac disease must be confirmed through blood tests and a bowel biopsy while your diet still contains adequate levels of gluten to obtain accurate results. A self-diagnosed gluten-free trial may provide a reduction in symptoms, but other serious health conditions may go undetected.

Australia has the strictest standard for gluten-free products in the world and, therefore, an Australian edition of *Living Gluten-Free For Dummies* is crucial. The Codex Alimentarius, which is the international food standard, is based on the best available science and consultation with the FAO (Food and Agriculture Organisation) and WHO (World Health Organization). Codex defines gluten-free as having less than 20ppm gluten, and Europe and the United States have adopted this standard — as recently as January 2012 (Europe) and August 2013 (US), from a previous standard of less than 200 ppm. In 2012, Argentina introduced a gluten-free standard of less than 10 ppm. In contrast, since early 2000 Food Standards Australia New Zealand (FSANZ) defines gluten-free as no detectable gluten — hence the need for country-specific information. Being aware of this difference is important, because information found on the internet from other countries in regard to coeliac disease, gluten-free products and recipes is based on different standards.

If ever in doubt, Coeliac Australia provides support to patients, health-care professionals and the food industry through membership of a state coeliac organisation. State offices are in Adelaide (servicing SA and NT), Brisbane, Melbourne (servicing VIC and TAS), Sydney (servicing NSW and ACT) and Perth.

I wish you well as you embark on your gluten-free journey. I know that *Living Gluten-Free For Dummies* will assist in a smooth and easy transition.

**Annabel Mackenzie**

**BSc(Hons) Biochemistry, BSc (Med) Hons Nutrition & Dietetics,**

**M Nutrition, APD & AN**

**Coeliac Australia Technical & Endorsement Officer**

# Introduction

---

**N**ot so many years ago, the gluten-free diet was reserved for an obscure cluster of people who often found themselves missing out or ‘making do’ whenever food was being consumed.

Today, the gluten-free diet is sweeping many parts of the world faster than the latest celebrity slimming diet, and the benefits are huge. Gluten-free products abound (and are a far cry from the foods we used to choke down), food labels tell you all you need to know and people no longer look at you as though you have four heads when you ask for something gluten-free.

Being gluten-free isn’t as simple as it sounds. Whether you’ve been gluten-free for decades or are only starting out on the diet, this book is loaded with information that covers many aspects of your life, from the obvious — your health and how you shop, cook and eat — to more subtle facets, like finances, socialising, dealing with friends and family, and managing various emotional ups and downs.

Your authors live a gluten-free lifestyle and have for years. We know what it’s like to ‘go without’ when others are tucking into delicious food. We’ve been on the receiving end of the occasional odd look or rolled eyes. We’ve learnt to eat whatever is available at the time rather than what we might like to eat and we know all about carrying little packs of food with us when we go out or away on holidays. Over the years, we’ve gathered a lot of knowledge, made many discoveries, come to terms with the realities of living gluten-free and learnt that living on a gluten-free diet is really not so difficult. It’s all a matter of adapting and making changes and then getting on with the wonderful adventure of life.

In writing this book, we’ve done our best to tell you everything you need to know about living a gluten-free lifestyle so you too can adapt your diet and make informed decisions. You can use this book as your reference for living — and loving — a gluten-free lifestyle.



## About This Book

*Living Gluten-Free For Dummies*, 2nd Australian Edition, like all *For Dummies* books, is divided so you don't have to read it all at once, or even front to back, if you don't want to. You don't have to read from A to Z: You can skip from B to R to A and even reread B if you wish. You can read it sideways and standing on your head if you like; all you have to do is find a section you're interested in and dig in.

We suggest you begin with the Table of Contents, see whether any particular chapter or subject really takes your fancy and start there. Or you can flip through the book and see whether any of the headings catch your interest.

If you've just been diagnosed as needing a gluten- or wheat-free diet and have stacks of questions, you're probably best off starting at Chapter 1 and working your way through most of the book in order.

If you've been gluten-free for years, do yourself a favour and take a look at Chapter 4. You may be surprised at some of the foods that are allowed on the gluten-free diet that used to be considered no-nos. You may find this chapter opens a lot of cupboard doors that you once thought were closed! And in Chapter 3 you can also learn about the latest research in treating — and maybe, some day, even curing — coeliac disease.

To keep things consistent and easy to follow, here are some of the basic ground rules and conventions this book uses:

- ✔ All Web addresses appear in monofont, which looks like `this`.
- ✔ When this book was printed, some Web addresses may have needed to break across two lines of text. If that happened, rest assured that we haven't put in any extra characters (such as hyphens) to indicate the break. So when using one of these Web addresses, just type in exactly what you see in this book, as if the line break doesn't exist.
- ✔ Feel free to tinker with the recipes. If you don't have an ingredient a recipe calls for, don't worry — make a substitution (gluten-free, of course). You may find your swap is a huge improvement. If you haven't bothered too much about measuring ingredients before, treat yourself to a set of plastic measuring cups and spoons. Gluten-free cooking — at least baking — is just that little bit more tricky, and taking more care with measuring will definitely cut down the risk of crumbly cakes and disastrous desserts.
- ✔ If you want a vegetarian recipe, just look for the tomato icons.

Here are some conventions for the ingredients themselves:

- ✔ If an ingredient appears in a recipe, it's assumed to be gluten-free. For instance, we don't specify 'gluten-free vanilla' because all vanilla is gluten-free. But when we call for an ingredient that may or may not contain gluten, we state 'gluten-free soy sauce' or 'gluten-free cornflour'.
- ✔ Baking with gluten-free flours works best if you use a mixture of flours. Chapter 9 goes into detail about how to mix gluten-free flours to get the best results.
- ✔ If a recipe calls for self-raising flour we specify this, as distinct from plain flour.
- ✔ You can use milk substitutes in place of milk in most recipes.
- ✔ Eggs are large.
- ✔ Butter and margarine are interchangeable.
- ✔ All temperatures are Celsius.

If you're a skimmer, you can skip some stuff and not miss anything too important. You'll still get the message if you skim over the following:

- ✔ **Anything that has a Technical Stuff icon:** The Technical Stuff icon represents information that's interesting (downright fascinating sometimes!), but not crucial to your general understanding of the subject matter.
- ✔ **Sidebars:** These are the stories and titbits of information in shaded boxes scattered throughout the chapters. Just like the Technical Stuff, you may find the information in the sidebars interesting, but you won't be missing anything critical if you skip them.
- ✔ **Recipes:** Unless you're actually using them to cook or to decide what to make for dinner, recipes aren't the best late-night reading material. Obviously you'll want to skip those until you're ready to whip up some gluten-free goodies, or you're desperate for some new gluten-free ideas.

## *Foolish Assumptions*

We know you're not foolish, and neither are we. You spent your own hard-earned money on this book and that means either you want to learn more about the gluten-free diet or you're related to us. Because our family members and friends already hear far more about this stuff than any human

should have to endure, we've written this book with you in mind — and we've taken the liberty of making a few assumptions about you. One or more of the following probably apply:

- ✔ You or your child has been medically diagnosed as needing a gluten-free diet and you're looking for the 'manual' that can tell you how to manage the diet.
- ✔ You love someone who's gluten-free and you're so cool that you want to learn about the diet so you can be supportive.
- ✔ You've been gluten-free for years and want the latest, most accurate information about dietary guidelines and current research.
- ✔ You're a professional who has gluten-free clients, customers or patients and you want to learn more about coping with the gluten-free diet and its benefits.

At the same time, you can make a few assumptions about us and what we tell you in this book:

- ✔ We generally know what we're talking about. We've both lived a gluten-free lifestyle for many years. Our experience is worth noting, because some people who write about gluten-free living aren't gluten-free themselves. We assure you, we didn't take on this book because we were bored and looking for extra projects: We really do live — and love — the gluten-free lifestyle and want to make the path easier for those who follow in our footsteps.
- ✔ Every effort has been made to establish the accuracy of the information in this book. Much of the material has been provided by experts from Coeliac Australia or from their publications. Dr Robert Anderson, MB ChB BMedSc PhD FRACP, a world authority on coeliac disease, and Dr Jason Tye-Din, MBBS FRACP PhD have supplied medical and research information. The book has been reviewed by professionals who are extremely knowledgeable in their fields. Graham Price, OAM, BSc (Hons), former Technical Officer for The Coeliac Society, was a member of an advisory team on gluten labelling issues established by Food Standards Australia New Zealand (FSANZ) and was the consumer representative on a Therapeutic Goods Committee that reviewed labelling of medications. Penny Dellsperger BSc Nutrition (Hons) is a dietitian for Coeliac Australia and Annabel Mackenzie BSc (Hons) Biochemistry, BSc (Med) Hons Nutrition & Dietetics, M (Nutrition) was Technical Officer for Coeliac Australia and now acts in an advisory capacity.
- ✔ We wrote this book to provide information and explanation, not medical or dietary advice. Please seek medical or other professional advice before relying or acting on the information in this book.

## Icons Used in This Book

Some people are more visual than others. That's where icons come in handy. This book uses several icons and each has a little tidbit of information associated with it. Here's what each icon means:



Everyone can use a friendly little reminder. The Remember icon is a quick and easy way to identify some of the more important points that you may want to make note of throughout the book.



Sometimes we get carried away with technical and scientific stuff. Some of you will love it; others will be bored to tears. That's why we put it in its own area, marked by a Technical Stuff icon, so you can skip it (if you want to) without missing the gist of what's going on in that chapter or section.



Cleverly designated as Tips, these are, well, *tips* that can help you live (and love!) the gluten-free diet. They include info to help you save time or cut down on frustration.



Heeding the advice offered in text flagged with the Warning icon can keep you out of trouble.

## Beyond the Book

In addition to the material in the print or ebook you're reading right now, *Living Gluten-Free For Dummies*, 2nd Australian Edition, also comes with some access-anywhere goodies on the internet. Check out the free Cheat Sheet at [www.dummies.com/cheatsheet/livingglutenfreeau](http://www.dummies.com/cheatsheet/livingglutenfreeau) for some quick, helpful tips. For free extra companion material for this book, visit [www.dummies.com/extras/livingglutenfreeau](http://www.dummies.com/extras/livingglutenfreeau).

## Where to Go from Here

What we suggest you do at this point is curl up in your comfiest chair and dive into the book. You don't need us to tell you where to start — your individual needs will guide you.

If you're feeling a little down about going gluten-free, we hope you'll find the information you need to feel reassured and comforted by the knowledge that there are thousands of Aussies out there living gluten-free lives to the full.



## Part I

# Going Gluten-Free: Who, What, Why and How

getting started  
with

**living  
gluten-  
free**



Visit [www.dummies.com](http://www.dummies.com) for free access to great Dummies content online.