

**Making Everything Easier!™**

**Pocket Edition**

# **Living Gluten-Free**

FOR

# **DUMMIES®**



**Danna Korn**

*Leading authority on the gluten-free diet*

Making Everything Easier!™

Pocket Edition

# Living Gluten-Free FOR DUMMIES®



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# Living Gluten-Free For Dummies<sup>®</sup>, Pocket Edition

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# Introduction

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Not so many years ago, the gluten-free lifestyle was reserved for an obscure cluster of people who were forced to settle for wannabe foods that resembled sawdust but didn't taste as good.

Today, the gluten-free lifestyle is sweeping the world with the force of a really big blowtorch, and the ramifications are enormous. Gluten-free products abound (and are a far cry from the foods we used to choke down), labels are far less ambiguous, and people no longer look at you like you have four heads when you ask for a burger without the bun.

Being gluten-free isn't about being on a diet. It's about living a lifestyle. Whether you've been gluten-free for decades or are only considering the idea of giving up gluten, this book is loaded with information that can affect every aspect of your life, from your health and your bank account to your shopping, cooking, and eating habits.

I live a gluten-free lifestyle, and I have for years. I have no ulterior motives, other than some quirky desire to don a cape, call myself the Glutenator, and travel far and wide to extol the virtues of a gluten-free diet. I have no supplements to sell you and no gluten-free food products that I endorse. What matters to me is that I do my best to tell you what you need to know about living a gluten-free lifestyle so you can make healthy decisions. That's why I've made this book your reference guide for living — and loving — a gluten-free lifestyle.

# About This Book

This guide offers clear guidance on how to make the transition to a gluten-free lifestyle. And like all *For Dummies* books, this one is divided up so you don't have to read it all at once, or even front to back, if you don't want to. You can skip from B to R to A and even reread B if you want. You can read it sideways and standing on your head, if you'd like; all you have to do is find a section of interest to you and dig in (how's *that* for liberating?).

## Conventions Used in This Book

I make up words, but they're pretty easy to figure out. For instance, *glutenated* means a product has been contaminated with gluten, *glutenous* means it has gluten in it, a *glutenivore* is something that eats gluten, a *Glutenator* is one who battles the evils of gluten, and so on. It's fun! In fact, I bet you'll soon be making up your own glutenologisms.

Here are some conventions that are specific to the recipes in Chapter 7:

- ✓ If an ingredient appears in a recipe, it's assumed to be gluten-free. For instance, I don't specify "gluten-free vanilla" because all vanilla is gluten-free. And soy sauce usually has gluten, but when I call for soy sauce in a recipe, I'm assuming you'll use a gluten-free version.

- ✓ Baking with gluten-free flours works best if you use a mixture of flours. (Chapter 5 goes into detail about how to mix gluten-free flours to get the best results.)
- ✓ Milk substitutes can be used in place of milk in most recipes.
- ✓ Eggs are large.
- ✓ Butter and margarine are interchangeable.
- ✓ All temperatures are in Fahrenheit.

## Foolish Assumptions

You spent your hard-earned cashola on this book, which I'm guessing means you want to find out more about the gluten-free lifestyle. Well, good news! I've written this book with you in mind — and I've taken the liberty of making a few assumptions about you:

- ✓ You're considering going gluten-free and plan on using this book to determine whether to take the plunge.
- ✓ You love someone who's gluten-free, and you're so cool that you want to find out more about the lifestyle so you can be supportive.
- ✓ You're new to the diet and are looking for the "manual" that can tell you how to live a gluten-free lifestyle.
- ✓ You've been gluten-free for years and want the latest, greatest information about dietary guidelines and state-of-the-art research.