

Implementing A Gluten-Free Diet: Use the Top Down Approach

Top Down Approach

- 1) (Head) Research and decide what is right for you
- 2) (Heart) The emotional buy-in is the hard part! Find out what will motivate you to keep eating healthy
- 3) (Stomach) Finally, use the following tips on how to have a gluten-free lifestyle

See qualified nutritionist, dietitian, or other professional who understands this topic before starting!

What Has Gluten In It?

Flours and Ingredients	Common Foods	Not Obvious Items
White Flour	Pasta	Broth in soups
Whole Wheat Flour	Couscous	Bouillon cubes Breadcrumbs
Durum Wheat	Bread	Croutons
Graham Flour	Flour Tortillas	Some candies
Triticale	Cookies	Fried foods
Kamut	Cakes	Imitation fish
Semolina	Muffins	Some lunch meats
Spelt	Pastries	Some hot dogs
Wheat Germ	Cereal	Malt
Wheat Bran	Crackers	Matzo
	Beer	Modified food starch Seasoned chips and other seasoned snack foods
	Oats	Salad dressings
	Gravy Dressings	Self-basting turkey
	Sauces	Soy sauce
		Seasoned rice
		Pasta mixes

Source: <http://www.diabetes.org/>

Determine Why You Are Doing this

Maybe you don't have a choice

Figure out what works for you to keep you motivated: Remind yourself daily, Read a few pages of a book, Picture of someone healthy, Exercise, Meditate

How to Start

Look at the items in your kitchen and label the gluten ones: Give away, Separate, or Use a gradual method

Determine if you need to replace some appliances: Toaster, Stone baking wear, Cutting boards, Etc

Go cold turkey (beware of withdrawal symptoms)

Or Go Gradual

- Once used an item, replace it with a gluten-free one
- Start with replacing one item a day
- Start with one meal a day
- Start with Mon – Fri

Be prepared to cook! If you don't like to cook, I believe it would be difficult to implement some of the more restrictive diets. If you are just doing gluten-free then that is pretty easy as most restaurants have a gluten-free menu. However if you are planning SCD or GAPS diet then you should plan on cooking a lot. This may help you decide which to try!

Pre-planning is key! Before going to a party, event, public attraction or anywhere there will be food, check what is being served several days in advance. I travel with my own food. A day or so in advance I make the same foods that are diet friendly. I try to mimic the same foods being served so my kids don't feel left out. Also if you are attending an event at a location that doesn't allow "outside" food, make sure to call and inform them you would like to bring food because of a food allergy. I have never had a problem bringing in one serving of food for just my son.

Stock up! I make extra cupcakes, pizza crust, muffins, donuts, cookies, etc. and freeze some to take with me for future events. I carry snacks in my car at all times in case we are out and have no food options. Bagged apple slices, raisins, mixed nuts, certain bars, carrots, and apple sauce pouches all make great snacks that fit most diets.

Find good recipes! Well, you have to find good recipes that you can use for your new lifestyle. One of my favorites are:

- detoxinista.com. (She is one of my favorites and has great recipes! She is not specifically gluten-free but many of her recipes work!)
- glutenfreecookingschool.com
- glutenfreemom.com
- thenourishingcook.com
- nourishingmeals.com
- againstaalgrain.com

Find a good grocery store and bakery! Eating on any whole food, nutritional diet can be expensive. Shop all the grocery stores in your area and found the ones that had the most offerings with the best prices. You may not be able all of your items from one store. So plan special trips outside of your regular weekly grocery store trip where I stock up on those few items. Also look for gluten-free, allergy friendly bakeries.

Be prepared to leave! There will be times when you are not completely prepared and you know they are serving something that will upset your child if they can't have it. In those cases, I just leave. I prefer to avoid any meltdowns. And luckily, I always have snacks in my car!

You will look at your food differently! Since I have been reading labels so closely I have been shocked at what I've been putting in my body for years and didn't even know about it! (You know how hard it is to find a tomato sauce without sugar?) The real gift from implementing special diets for my son is how much I've learned about our food and that's benefited our whole family!

Want to learn more?

- *Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health* - by William Davis
- *Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers* - by David Perlmutter, Kristin Loberg
- *Going Gluten Free* - by Jennifer Wells
- *Gluten-Free on a Shoestring* - by Nicole Hunn
- *Practical Paleo: A Customized Approach to Health and a Whole-Foods Lifestyle* - by Diane Sanfilippo, Bill Staley and Robb Wolf