



gluten-free

resource guide

Are you trying to learn the basics of how and why to eat gluten free? Look no further. Here are simple answers to commonly asked questions

By Melissa Diane Smith

Q&A

1. How can I get tested for celiac disease?

Ask to have a blood test done that measures blood levels of gluten-related antibodies (IgA and IgG antigliadin, antitissue transglutaminase, and possibly antiendomysial antibodies). If those indicators come back positive, a doctor typically recommends an intestinal biopsy to confirm a diagnosis of celiac disease.

A small percentage of gastroenterologists now use capsule endoscopy, also known as pill cam or EndoCapsule. This is a newer procedure in which the patient swallows a camera that is the size and shape of a pill to take pictures inside the small intestine that the doctor can analyze.

2. What if my doctor doesn't support me (i.e., thinks it's all in my head)?

If your doctor won't order the blood tests to screen for celiac disease, request a referral to a gastroenterologist. If your physician won't go along with that, it's probably time to find a new doctor. Celiac disease is a serious condition that should not go undiagnosed and untreated. Ask a celiac support group near you for the name of a celiac-knowledgeable doctor it can recommend. To find a group in your area, check out the Web sites listed under question 5 on p. 44.

3. How do I test for gluten sensitivity?

If you test negative on traditional blood tests for celiac disease or can't get a doctor to test you, consider ordering an at-home gluten sensitivity test from enterolab.com. The test can detect gluten-related antibodies in the stool before they are detected in the blood. Mainstream doctors often are reluctant to accept the results of the EnteroLab test, but many people who haven't been diagnosed using blood tests find they do have gluten sensitivity by using this test.

Instead of tests, some people take gluten out of their diets to see if they feel better. Try avoiding gluten for three weeks, the minimum time needed for the small intestine to repair itself.

4. Any essential foods you would recommend for every gluten-free kitchen?

Staples in every gluten-free kitchen should be foods that are naturally gluten free, such as vegetables, fruits, nuts, seeds, olive oil, eggs, meat, poultry, and fish. Add in gluten-free soups, condiments, grains, and grain products depending on your individual tolerances and tastes. Handy products for many people include gluten-free broth (e.g., Pacific Natural Foods Organic Chicken Broth; Imagine Organic Vegetable Broth), grains (e.g., Ancient Harvest Quinoa; Lundberg Farms or Lotus Foods rices), bread (e.g., Food for Life), and cereal (e.g., Bob's Red Mill Creamy Brown Rice Farina and Organic Creamy Buckwheat Cereal).

5. What are the best Web sites for information and recipes for living a gluten-free lifestyle?

The Gluten-Free Page at gflinks.com.

Celiac disease and gluten-free information at celiac.com, where you can sign up for e-mail alerts.

Gluten-free and grain-free eating for optimal health at againstthegrainnutrition.com, where you can sign up for a free newsletter.

The gluten-free recipes and food preparation tips at gfrecipes.com.

Search for gluten-free recipes on the following food Web sites: allrecipes.com; epicurious.com; and recipezaar.com.

6. Where can I find a comprehensive list of foods to avoid on a gluten-free diet?

For the most complete list of foods to avoid on a gluten-free diet, read the Unsafe Gluten-Free Food List article at celiac.com. ♦

Meet Our Gluten-Free Expert

Melissa Diane Smith is the author of several books, including Going Against the Grain, and a nutritionist specializing in therapeutic gluten-free diets. To learn about her online Going Against the Grain group, visit againstthegrainnutrition.com. For info about her books, consultations, or nutrition coaching programs, visit melissadianesmith.com.

Editor's note: See our product guide on p. 46.

EAT SMART | FOOD Clip-and-Save Product Guide

Made with quality ingredients and filled with flavor, these are some of our favorite gluten-free products.

GRAINS AND RICE	Bob's Red Mill Garbanzo Bean Flour; Arrowhead Mills Organic Buckwheat Flour; Lotus Foods Forbidden Rice
BAKING MIXES AND SUPPLIES	Tropical Source Semi-Sweet Chocolate Chips; Arrowhead Mills Gluten-Free Brownie Mix; Cherrybrook Kitchen Sugar Cookie Mix
BREAD	Food for Life Whole-Grain Bhutanese Red Rice Bread; Ener-G Tapioca Hamburger Buns
CEREALS	Barbara's Bakery Honey Rice Puffins Cereal; EnviroKidz Organic Koala Crisp Cereal
COOKIES AND BARS	Nana's No Gluten Ginger Cookie; Pamela's Products Chocolate Chip Walnut Cookies; Organic Active Greens Food Bar; LaraBar Cashew Cookie; Maya Organic Chocolate Coffee Bar (from LaraBar)
CRACKERS	Mary's Gone Crackers Caraway Crackers; Lundberg Farms Organic Mochi Sweet Rice Cakes; Edward & Sons Cheddar Brown Rice Snaps; Lydia's Organics Italian Crackers
SNACK FOODS	Amy's Organic Salsa; Barbara's Bakery Original Cheese Puffs; Green Mountain Gringo Tortilla Strips
PASTA AND SAUCE	Ancient Harvest Quinoa Pasta; DeBoles Rice Lasagna; Tinkyada Organic Brown Rice Spirals; Newman's Own Sockarooni Sauce
CANNED SOUPS AND BEANS	Amy's Organic Refried Beans with Green Chiles; Imagine Creamy Butternut Squash Soup; Edward & Sons Organic Red Miso Cup
PREPARED ENTRÉES	Road's End Organics Penne & Chreese; Amy's Black Bean Vegetable Enchiladas; Lundberg Farms Organic Risotto Alfredo
CONDIMENTS	Annie's Naturals Roasted Red Pepper Vinaigrette; Spectrum Canola Mayonnaise; San-J Organic Reduced Sodium Tamari Soy Sauce

Gluten-Free Shopping List

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