



A Gluten Free Diet can be extremely hard if you don't know which foods are the best choices. This is a list of the foods that contain Gluten and the foods that are naturally Gluten Free. There's also some easy to make, nutritious, healthy Gluten Free Recipes you can follow to help you kick start in the right direction!

Naturally gluten free foods

Corn (maize), rice, soy, potato, buckwheat, millet, quinoa, lentils and amaranth are all gluten free. It is important to read the labels of all packaged or prepared foods.

Some gluten free foods that people with coeliac disease can enjoy include:

Meat products – unprocessed meat, fish, chicken, bacon, ham off the bone	Pasta and noodles – gluten free pasta, rice noodles, rice or bean vermicelli and 100 per cent buckwheat noodles, corn pasta.
Fruits and vegetables – fresh or frozen, nuts and seeds	Condiments – tomato paste, tahini, jam, honey, organic maple syrup, cocoa, all kinds of vinegars (except malt), some sauces and some salad dressings.
Crackers – most rice crackers, corn cakes, rice crispbreads, corn tortillas and corn taco shells.	Snacks – plain chips and corn chips, popcorn, nuts and seeds.
	Drinks – tea, coffee, mineral water, wine, spirits and liqueurs.

Foods to avoid

Meat products – any products prepared with breadcrumbs or batter, sausages and other processed meats or smallgoods (unless labelled gluten free), thickened soups and frozen meals.	Bread, cakes and biscuits – all bread, cakes and biscuits prepared with flours from a gluten source.
Cereal and baking products – wheat, wheaten corn flour, semolina, couscous, wheat bran, barley, oats, porridge, breakfast cereals containing wheat, rye, oats or barley, corn or rice cereals containing malt extract, some icing sugar mixtures and baking powder.	Drinks – cereal coffee substitutes, milk drink powders.
Pasta and noodles – spaghetti, pasta, lasagne, gnocchi, hokkein noodles, soba noodles	Alcoholic drinks – beer, stout, ale, Guinness and lager (most beers contain gluten).



Gluten containing grains

- **Wheat** cornflour, bran, burghul, durum, flour, semolina, spelt, triticale, wheat germ, kamut,
- **Rye** malt rye, rye flour
- **Barley** barley flour
- Couscous
- **Malt** malt extract
- **Oats** oat bran, oatmeal, rolled oats

Products made from gluten containing grains

When the grain is processed we are left with the following forms, which still contain protein, therefore gluten and are not safe for those on a gluten free diet;

- Flour
- Starch
- Thickener
- Modified starch
- Vegetable protein
- Maltodextrin
- Dextrin
- Flavour
- Malt
- Malt extract

These products can also be made from many other crops; for example potatoes, rice or corn. In Australia if an allergen is present it must be clearly stated on the label next to the ingredient which contains it. If a product contains starch produced from a gluten containing grain it would have to state it in brackets after the ingredient. If one of the above ingredients is listed on a label but no source grain is mentioned it must be made from something other than a gluten containing grain.

Gluten Free Grains

Ingredients in this list are not derived from wheat or other gluten-containing grains, and therefore do not contain gluten.

- Arrowroot
- Buckwheat
- **Corn / Maize** corn meal, corn starch, maize cornflour, modified maize starch
- Lupin
- Millet
- Polenta
- Psyllium
- **Rice** white rice flour, brown rice flour
- Sago
- **Seeds / Nuts** hazelnut flour, coconut flour, almond flour, hemp seed flour, quinoa, garbanzo & fava bean flour
- Sorghum
- Soy
- Tapioca
- Wine Vinegar
- Xanthan Gum

NatMed Natural Medicine

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Gluten free derivatives

These are derivatives of gluten containing grains but through processing they no longer contain any protein, therefore are gluten free and safe for those on a gluten free diet (although we don't encourage consuming large amounts);

- Dextrose
- Fructose
- **Glucose** glucose powder, glucose syrup
- Maltitol
- Maltose
- Caramel colour
- Colour (150)

Allowed Food	Avoid unless labeled Gluten Free	Avoid Food
Beans, seeds, nuts in their natural, unprocessed form	Beer	Barley (malt, malt flavoring and malt vinegar)
Fresh eggs	Breads, bread crumbs	Rye
Fresh meats, fish and poultry	Cakes, pies, cookies, crackers	Triticale (a cross between wheat and rye)
Fruits and vegetables	Candies	Wheat, bulgur
Most dairy products	Cereals	Seitan
Teff (tef)	Salad dressings, sauces including soy sauce	Durum flour
Amaranth	Croutons	Farina flour
Buckwheat	French fries	Graham flour
Corn (maize)	Gravies	Kamut
Millet	Imitation meat or seafood	Semolina
Quinoa	Matzo	Spelt
Rice	Pastas	Couscous
Sorghum	Processed luncheon meats	Triticale



Gluten free products

There is an Australian Food Standard for processed foods labelled 'gluten free'. When foods are tested using the prescribed test, there must have 'no detectable gluten'. This test is sensitive to 0.005 per cent (five parts per million).

Flour and Breads:



Pasta:



Cereals:



Muesli:



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Crackers:



Coles Gluten Free Range:



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Gluten Free Recipes

These gluten free recipes produce delicious gluten free food for all. Home cooked meals become a very important part of a gluten free lifestyle because it is easier to ensure the food you prepare at home is definitely gluten free and uncontaminated. We have put these gluten free recipes together so that you have plenty of simple, nutritious and delicious gluten free foods to keep you going. These gluten free recipes are fairly simple, so they are perfect for those who are new to gluten free cooking or cooking in general.

Breakfast

Gluten free muesli with fresh or Stewed fruit and milk or yogurt

Fresh or stewed Fruit and Yogurt

Queens Porridge (Serves 1)

1 cup rice flakes or left over rice

Handful of sultanas

1 cup Soya milk

½ cup water

Combined together in a small saucepan and heat for 25 minutes or until the mixture looks like porridge

Breakfast Frittata (Serves 6)

2 dozen eggs

500g frozen spinach, defrosted

2 carrots, grated

mushrooms, sliced

grated

soy, oat or rice milk

ground black pepper

Herbamare

2 tsp olive oil

Preheat oven to 150C (fan forced) or 180C (not fan 2 cups forced). Sautee mushrooms with the olive oil, set ½ zucchini, aside to cool. Whisk eggs with milk. Add to the milk ½ cup mixture, spinach, carrots, zucchini and mushroom, Freshly stir well. Season with freshly ground black pepper and add herbamare. Lightly grease a baking dish and pour in mixture. Bake in the oven for about 45 to 55 minutes.

Berry Nice Smoothie (Serves 1)

½ cup of frozen berries (strawberries, raspberries, blackberries, boysenberries etc)

1 to 2 scoops of Whey protein powder, (available from NatMed)

2 tablespoons or more if you prefer it thick of pot set organic sheep yoghurt (available at most supermarkets)

*200ml of rice, soy
or oat milk*

Combine all ingredients and blend in a blender. Drink immediately.



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Lunch

Mediterranean Salad (Serves 1)

1 cup salad greens

Slices of red onion and cucumber

1 egg sliced

Small can tuna

4 black olives

Combine all ingredients. Toss salad with olive oil and vinegar or lemon juice.



Main meal

Lentil and Walnut Loaf (Serves 4)

2 cups lentils, cooked and drained

½ cup vegetable stock or lentil broth (from cooking the lentils)

½ cup gluten free bread crumbs (available from health food stores or make your own.)

½ onion, diced

1 tsp olive oil

½ cup carrot, grated

½ cup walnut, chopped

½ tsp sage

½ tsp ground cumin,

tsp ground coriander

tsp ground ginger

1 Tbsp vinegar

1 tsp tamari

Preheat oven to 180C. Sauté onion in the olive oil, add dry spices, In a separate bowl combine all ingredients & add ½ onions and spices. Mix well. Place in oiled loaf tin. Cover ½ and bake for 30 minutes. Then uncover and bake for a further 10 minutes

Spicy Lentil Salad (Serves 1)

2 cups chopped vegetables and herbs such as red onion, pepper, baby spinach or rocket leaves, shallots, fresh coriander, basically what ever you fancy

1 cup brown lentils, cooked and drained

1 tsp each ground coriander and cumin

1 tbsp lemon juice and Grated lemon rind

Pinch turmeric

2 tbsp olive oil

Combine all ingredients, season with sea salt & black pepper if required.





Vegetable Frittata (Serves 2)

4 eggs

½ cup of thinly sliced sweet potato

¾ of a cup goat's feta

1 small tin artichoke hearts

cups of baby spinach

cup of zucchini, grated

Salt and pepper

Pre- heat oven to 180C (or 150C fan forced) Grease a pie 2 dish. Beat eggs in large bowl. Add remaining ingredients $\frac{1}{2}$ and mix well. Bake for 35-40 minutes remove foil for last 10 minutes. Serve with salad or steamed veggies.



Cream of Cauliflower Soup (Serves 4)

1 litre of vegetable stock (*Campbell's salt reduced vegetable stock is ok*)

400g can cannelloni beans, *drained and rinsed*

1 leek, *diced*

½ cauliflower, chopped

Combine stock, leek and cauliflower in a medium saucepan, bring to the boil, reduce heat and simmer until cauliflower is soft. Add drained beans. Simmer for 5 minutes, and then process until smooth.

Capsicum and Cashew Pilaf (Serves 4)

2 Tbsp vegetable stock (*Campbell's salt reduced vegetable stock is ok*)

Handful of fresh parsley, chopped

1 red, yellow and green capsicum, *sliced*

1 onion, *chopped*

2 garlic cloves, *crushed*

4 celery sticks, *chopped*

300g brown rice

900ml vegetable stock

125g cashews, *chopped*

Freshly ground pepper

Heat 2 Tbsp of vegetable stock in a large pan and sauté the onion, garlic, celery and capsicum for 5 minutes. Add the brown rice and stir for another 2 to 3 minutes. Add vegetable stock, bring to boil, then simmer for 30 to 35 minutes until the liquid has been absorbed and the rice is cooked. Watch as you may need to add some liquid. Stir in the cashews and parsley, then season to taste.

Desserts

Baked Bananas (Serves 4)

4 large bananas

2 Tbsp honey or maple syrup

½ teaspoon mixed spice

60g raisins

1 Tbsp lemon juice

4 Tbsp water

Slice the bananas into 2.5cm chunks. Place in a baking dish and combine with the remaining ingredients. Bake at 200C for 15 minutes.

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Summer Fruit Salad (Serves 4)

125g strawberries

150ml freshly squeezed orange juice

4 nectarines, sliced

4 apricots, chopped

4 kiwi fruit, sliced

To serve, spoon into individual bowls

Combine all ingredients into a large bowl.



Snacks

Nut and Seeds – Recipe for a perfect snack

Place equal portions of sunflower seeds, pepitas, Brazil nuts, cashews and macadamia nuts. Mix and eat a small hand full daily for all your essential fats.

Spiced Sunflower Seeds

Place sunflower seeds on a baking tray. Lightly sprinkle seeds with tamari sauce and then sprinkle with ground coriander and ground cumin. Dry roast seeds in a pre-heated oven for 5 minutes. Store seeds in an air tight container, make only enough that will last you a week. They make a great snack or added to salads, stir fries or steamed vegetables.

Avocado Boat (Serves 1)

A few toasted pumpkinseeds or spiced sunflower seeds

½ avocado

1 tomato, finely chopped

Freshly ground black pepper.

Remove avocado stone. Roughly mash the avocado flesh in its skin. Add chopped tomato and pumpkinseeds, season with black pepper to taste.

Carrot and Apple Kick Start (Serves 1)

4 sticks of celery cut into small chucks

6 carrots, peeled and cut into small chucks

4 apples cut into quarters

Using blender, blend all the ingredients and drink immediately

Fruit Spritzers (Serves 1)

25% fruit juice, freshly squeezed, blended or juiced

75% still spring water, sparkling mineral water or soda water

Combine a single juice or a combination, in a tall glass and fill with still or sparkling water.

Fruit juice ideas include – apple, berry, apricot, peach, grapefruit, lemon, lime, pear, mango, watermelon etc. Use your imagination.

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How to Adapt Recipes

Almost any food can be adapted to become gluten-free. Some of the guidelines for gluten-free cooking are:

1. Focus only on the items in the recipe that need to be adapted. Choose a recipe with very little flour or gluten-containing items. Concentrate on the major flavours. Think "omit" or "substitute" while reviewing a recipe.
2. Avoid recipes that rely on convenience foods. Learn to make the basic sauces and gravies often used in casseroles and soups.
3. Look in a gluten-free cookbook for a similar recipe. Compare proportions, they are the key. Flour and other ingredients that act as thickeners are compared to the amount of liquids in the recipe. Keep proportions nearly the same for your recipe. Given the same amount of liquid, it takes less starch to thicken than flour (cornstarch vs. cornflour). Use the Conversion Chart below as a handy reference when substituting.

 GLUTEN-FREE CONVERSION CHART				
AMOUNT OF WHEAT FLOUR IN RECIPE	RICE FLOUR	POTATO STARCH	TAPIOCA STARCH	XANTHAN GUM
1/2 C	1/3 C	2 TBSP	1 TBSP	1/4 TSP
1 C	1/2 C	3 TBSP	1 TBSP	1/2 TSP
1-1/4 C	3/4 C	1/3 C	3 TBSP	2/3 TSP
1-1/2 C	1 C	5 TBSP	3 TBSP	3/4 TSP
1-3/4 C	1-1/4 C	5 TBSP	3 TBSP	1 TSP
2 C	1-1/2 C	1/3 C	1/3 C	1 TSP
2-1/2 C	1-1/2 C	1/2 C	1/4 C	1-1/8 TSP
2-3/4 C	2 C	1/2 C	1/4 C	1-1/4 TSP
3 C	2 C	2/3 C	1/3 C	1-1/2 TSP

Courtesy of www.Gggi.com/blog



Wheat flour substitutes

There are so many excellent substitutes for wheat flour that it is hard to know where to start. Try these first:

1. **For flouring or breading meats:** Omit; or try cornmeal, potato flakes, almost any mixture of rice, bean or sorghum flours you normally use; gluten-free cereal or gluten-free bread crumbs. Choose a product similar to what it replaces.
2. **For gravies and sauces:** Sweet rice flour or cornstarch. See product boxes for proportions of liquid or thickener and cooking instructions. Remember starches break down and get thin under high heat or long cooking times.
3. **For pudding and pie fillings:** Cornstarch, potato starch, tapioca or arrowroot. Since starches get watery after a day or so, a mild flavoured gluten-free flour may be used. Look for a gluten-free flour combination with the least "gritty feel" such as sweet rice flour or a general rice flour and starch mixture.

Remember

- *Read labels well and watch for hidden sources of gluten*
- *Always check that medications and vitamins are Gluten free*

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