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GLUTEN
INTOLERANCE
GROUP



GUIDE TO **Gluten-Free Living**

100+ recipes, resources, and shopping tips

Contents



Gluten-Free Menu Planner

If you're in need of a little gluten-free inspiration, check out our month's worth of gluten-free menus!

Connect with us

In this guide, you'll also find links to dozens more GF tips, news, recipes, and products from deliciousliving.com and Gluten.net.

Share your experiences with living gluten-free and ask our team of GF experts your questions.



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Find a GIG Branch
Support Group

Maybe you've just discovered that sensitivity to gluten is causing or exacerbating your longstanding health issues. Or maybe you've been diagnosed with celiac disease (CD)—either recently or years ago. Wherever you fall on the gluten spectrum, this guide is for you.

We've collected the best, most practical information you'll need for a healthy, gluten-free life, from research news and kitchen wisdom to shopping tips and terrific recipes. Consider this interactive collection your go-to resource for all things gluten-free.



Gluten and your health

- 3 What is gluten?
- 3 Celiac disease
- 4 Non-celiac gluten sensitivity
- 5 Common nutritional deficiencies
- 6 5 steps for starting a GF life



Shopper's guide

- 7 Is it gluten-free?
- 7 Certified Gluten-Free label
- 8 How to be nutritiously gluten-free
- 9 Tips for dining out
- 10 GF beauty and supplements



In the kitchen

- 11 Stock your GF kitchen
- 12 Being GF in a mixed household
- 13 5 GF baking flours
- 14 Cooking with GF grains
- 16 Video: Easy ways to use quinoa
- 16 Favorite GF desserts

Celiac disease affects
1 in 133
people in the U.S., as many
as 3 million people—and
only a fraction of
those with celiac disease
have been diagnosed.

What is gluten?

Gluten is the common name for proteins in specific grains. These proteins are found in all forms of wheat (including durum, semolina, spelt, Kamut® khorasan wheat, einkorn, and faro) and related grains, rye and barley.

A gluten-free diet is free from these grains and any foods or ingredients derived from them. This includes the obvious breads, pastas, and baked goods made with gluten-containing flours, but may also include unexpected foods such as sauces, salad dressings, soups, and other processed foods.

Celiac Disease (CD)

A chronic, inherited digestive disease that can lead to malnutrition if untreated, CD results from the immune system response to gluten that damages the small intestine. When the small intestine is damaged, nutrients pass through it, rather than getting absorbed. To develop CD, you must inherit a gene and be consuming gluten, and the disease must be activated; triggers include stress or trauma such as surgery. The disease is permanent; damage to the small intestine will occur every time you consume gluten, regardless if symptoms are present.

SYMPTOMS

Effects can range from no symptoms to any combination of the following:

- Diarrhea
- Bloating
- Weight loss
- Anemia
- Chronic fatigue or pain syndromes
- Weakness
- Bone pain
- Muscle cramps
- Constipation
- Constipation alternating with diarrhea
- Premature osteoporosis
- Migraines
- Nerve problems
- Infertility or miscarriages
- Behavioral or concentration problems
- Growth failure for kids
- Dental enamel defects
- Projectile vomiting

DIAGNOSIS

Common misdiagnoses include irritable bowel syndrome (IBS), spastic colon/bowel, and Crohn's disease. To find out if you have CD, your physician will order a Celiac Diagnostic Blood Panel, a test that reveals whether you have elevated levels of certain autoantibodies—proteins that react against the body's own cells or tissues. Test results will determine whether you need additional testing. A positive small intestine biopsy (showing damaged villi) is the "gold standard" for a CD diagnosis.

TREATMENT

The only known and effective treatment is lifelong elimination of gluten.

Non-Celiac Gluten Sensitivity (NCGS)

If you experience distress when eating gluten-containing products and show improvement when following a gluten-free diet, you may have NCGS. People with NCGS are unable to tolerate gluten and develop an adverse reaction when they eat it. Though it hasn't been well researched, significant clinical evidence supports the existence of this condition. In early 2012, an international group of recognized celiac disease experts classified NCGS as a distinct condition.

SYMPTOMS

NCGS symptoms may resemble those associated with CD. However, with NCGS there is no indication that gluten causes the same type of intestinal damage that it does in CD.

DIAGNOSIS

There are no agreed-upon medical tests that can confirm NCGS. Rule out celiac disease and wheat allergy. Then, if removing gluten relieves your symptoms, you may have NCGS.

TREATMENT

Although there are currently no scientific studies that support specific treatment for NCGS, many people find that a gluten-free diet dramatically improves their health. Consult an expert in CD and NCGS for dietary guidelines.

It's estimated that NCGS affects up to **six to seven** times more people than CD does.

CLICK

Learn more about non-celiac gluten sensitivity

Common nutrient deficiencies

Low-intake nutrients

Unlike traditional grain products, very few gluten-free grain products are enriched with vitamins and minerals, potentially resulting in deficiencies. Eat these foods to help you get enough of these important nutrients.

Folate: Green leafy vegetables (spinach, romaine lettuce, turnip greens), asparagus, lentils, beets, broccoli

Iron: All types of meat, lentils, soybeans, tofu

Magnesium: Green leafy vegetables (spinach, Swiss chard), pumpkin seeds, sunflower seeds, black bean

Niacin: Mushrooms, avocados, broccoli, tuna, salmon, chicken breast

Riboflavin: Mushrooms, cooked spinach, soybeans

Thiamin: Sunflower seeds, black beans, tuna, green peas, lentils



Celiac disease linked to weak bones

Children with celiac disease may be at risk for lower bone mineral density, according to the *European Journal of Clinical Nutrition*, which found poor absorption of bone-boosting vitamins D and K in children with the autoimmune disorder. Before cutting out gluten, 43 percent of children had suboptimal vitamin D levels, which decreased to about 20 percent after a year of going GF. Twenty-five percent had suboptimal vitamin K levels to start, and all but one returned to normal vitamin K levels after a year following a GF diet. Past findings also indicate that adults with celiac disease have a high risk of bone disease, too. Discuss the possibility of supplementing with your healthcare provider.

Poorly absorbed nutrients

Damage to your small intestine from celiac disease may impair absorption of the above nutrients, as well as the following ones, so focusing on these foods can help you get more of these nutrients.

Vitamin A: Green leafy vegetables (spinach, turnip greens), sweet potatoes, carrots, red bell peppers

Vitamin B12: All types of meat and fish, eggs

Vitamin E: Green leafy vegetables (spinach, mustard greens, turnip greens), sunflower seeds, almonds, hazelnuts

Vitamin K: Green leafy vegetables (kale, spinach, Swiss chard, collard greens), broccoli, Brussels sprouts



5 steps for starting a GF Life



1 Omit obvious gluten-containing foods from your diet, such as cereals, breads, and pasta. Try eggs, cream of rice, or fruit for breakfast. Substitute rice cakes, rice, potatoes, or corn tortillas for breads and pastas. Have sherbet or fruit for dessert. Use vinegar and oil on salads instead of premade, bottled dressings. Drink milk, 100 percent fruit juice, coffee, or teas.



2 Read food labels for less-obvious sources of gluten and learn what to watch out for. Avoid anything you think is suspect. Be patient as you learn the terminology and look at food and food preparation in a new way. To remain positive and focused, stay connected with someone at a [local GIG support group](#).



3 Try calling or writing to a food manufacturer. In doing this, make sure you use the proper terms and be very specific in what you are asking.



4 Look at products you may have never thought of as containing gluten: medicines, chewing gum, and toothpaste. Consider cross-contamination issues such as sharing toasters and foods like mayonnaise, margarine, and jam that may get contaminated through use.



5 Explore new foods that are naturally gluten-free. There are many gluten-free grains you may not have tried before, like sorghum, quinoa, teff, and buckwheat. Often when some doors close, others open. Look at your gluten-free diet as an opportunity to discover new healthy foods and exotic cuisines.



Learn the best method to wash and cook quinoa in this episode of Natural Kitchen.



Pasta, baked goods, cereals, and more! Search hundreds of GFCO certified products.

Is it gluten-free?

Gluten can sneak into a dizzying array of foods and ingredients. And “wheat-free” doesn’t necessarily mean “gluten-free.” Aside from well-known culprits such as wheat, rye, and barley, be aware of these gluten-containing and questionable ingredients.

ALWAYS CONTAIN GLUTEN

- Bulgur
- Couscous
- Durum
- Farina
- Faro
- Graham
- Kamut® khorasan wheat
- Malt
- Malted milk
- Seitan
- Semolina
- Spelt
- Wheat bran

MAY CONTAIN GLUTEN

- Breading and coating mixes
- Brown rice syrup
- Communion wafers
- Dextrin
- Drugs and medications
- Emulsifier
- Energy bars
- Filler
- Groats
- Herbal supplements
- Hydrolyzed vegetable protein
- Imitation bacon
- Imitation seafood

- Marinades
- Oat bran
- Processed lunch meats
- Salad dressings
- Sauces, gravies
- Self-basting poultry
- Soup bases
- Soy sauce or soy sauce solids
- Stabilizer
- Tamari
- Teriyaki sauce
- Thickeners (roux)
- Vegetable protein
- Vitamin and mineral supplements

CLICK

Get details and updates on the FDA Gluten-Free Labeling Proposed Rule.

Certified



Gluten-Free

What's the best way to know if a product is GF?

Look for this seal from GIG's [Gluten-Free Certification Organization \(GFCO\)](#). It indicates that the manufacturing facility was inspected and the product was tested to contain 10 ppm or less of gluten.

Looking for wheat

Finding wheat on food labels has become much easier since the Food Allergen Labeling and Consumer Protection Act (FALCPA) became law in 2004. It requires that the top 8 allergens, including wheat, be clearly identified on labels. Now even derivatives of wheat such as “modified food starch” must clearly indicate that “wheat” is the source. “Wheat” either appears in parentheses in the ingredient list or in a separate “Contains” statement.

Vitamin A	0%	Vitamin C	0%
Calcium	0%	Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			
INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B ₁], RIBOFLAVIN [VITAMIN B ₂], FOLIC ACID), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, CRUSHED WHEAT, STONE GROUND WHOLE WHEAT FLOUR, MALT EXTRACT, CORN SYRUP, CONTAINS TWO PERCENT OR LESS OF LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE), SALT, SOY LECITHIN.			
CONTAINS WHEAT AND SOY INGREDIENTS.			





What are your favorite nutritious GF meals?



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How to be nutritiously gluten-free

When newly diagnosed with CD or gluten sensitivity, your first reaction might be to replace foods like muffins, bagels, and pizza with their gluten-free counterparts. But remember that some of the healthiest, most nutrient-dense foods are naturally gluten-free: fruits, vegetables, fish, lean meats, low-fat dairy, beans, seeds, and nuts. Simple, real-food combinations like caramelized squash with coconut, kale sautéed with garlic, figs stuffed with lavender goat cheese, roasted cauliflower, and avocados mashed with cilantro and lime juice are all delicious, bursting with nutrients, and, yes, gluten-free. In other words, don't just focus on gluten-free; focus on flavor and health, too.

When you do buy packaged foods, think twice before choosing processed foods that substitute white-rice flour, potato starch, tapioca flour, or corn for wheat (and pack in sugar and salt for flavor). For bread, cereal, snacks, pasta, and other goods that would traditionally contain gluten, look for those made with more wholesome flours such as amaranth, teff, quinoa, and millet, as well as other healthful ingredients, including ground flaxseed, hemp seed, chia, and nuts.



Mobile version here!



Learn easy ways to use nutrient-dense, GF chia in this episode of Natural Kitchen.

Recipes: Chia-Crusted Tofu
Chocolate-Coconut Chia Pudding



Salad for supper

Serve a Mediterranean Lentil Salad with easy Quinoa-Corn Muffins for a fresh, healthy, GF meal. Get these recipes—and 30 more gluten-free menus—with our GF Menu Planner!

Tips for dining out

Gluten-free diligence is paramount when eating out or attending dinner parties. Here are some pointers.

CALL AHEAD.

When you're not in the mood to cook, phone your chosen restaurant and talk with the manager or chef (not the host or hostess). The best time to do this is midmorning or midafternoon, when they're less busy.

CHOOSE CUISINES WISELY.

Some cuisines tend to be gluten-free more often than others. Mexican food, for example, emphasizes beans, meats, corn, rice, avocados, and other fresh produce. Indian food is another good option to explore. Some Asian dishes are fine, but many are doused in gluten-containing soy sauce.

ASK DETAILED QUESTIONS.

Even dishes from a dedicated "gluten-free" menu section can suffer from cross-contamination. Use the [GIG restaurant card](#). Ask your waiter to take the card to the chef for more assistance in selecting safe menu items. The only person who really knows what went into a dish is the person who made it.

BE PREPARED FOR DINNER PARTIES.

To avoid staring longingly at off-limits foods, offer to bring your own gluten-free entrée, appetizer, or dessert. Most beer harbors gluten, so consider bringing that, too. If you're still worried about finding enough to eat, eat a small meal beforehand.

Is the entrée
gluten-free?

CLICK

Find GF restaurants!

Search GIG's Gluten-Free Restaurant Database based on cuisine type for spots that provide gluten-free options.

GF personal care and supplements

If you've got celiac disease or severe gluten sensitivity, any gluten you consume, including gluten in supplements and oral care products, can cause adverse reactions. But what about topical beauty aids? Does your shampoo, body lotion, and makeup need to be gluten-free?

Many beauty and personal care products do contain gluten. Coarse-grain ingredients such as oats and bran aid in exfoliation in facial and body scrubs; lipstick may contain gluten in the form of wheat germ oil and color sources. Other common gluten-containing beauty ingredients include triticum vulgare (or hydrolyzed wheat protein, hydrolysate wheat protein), sodium benzoate, potassium stearate, and hordeum vulgare (barley).

IS THERE CONCERN ABOUT GLUTEN'S PRESENCE IN PERSONAL CARE ITEMS?

1. Gluten reactions occur when gluten is ingested and exposed to the digestive tract.
2. Gluten is a protein that's too large to be absorbed through the skin.
3. Substances absorbed through the skin do not have direct access to the gastrointestinal system.
4. Skin reactions to gluten are most likely an allergic reaction and not related to celiac disease.
5. The true content of gluten in cosmetics is not clear; however, the amount of gluten used in most products is insignificant, and it would take ingestion of unusual amounts to cause a reaction.

GF SUPPLEMENTS

In natural and herbal supplements, gluten may be found in the form of added grains, grain grasses, or ingredients derived from these grains. When over-the-counter and prescription medications and supplements do contain gluten, it is often from the inactive ingredients such as the fillers and binders, so it's important to read labels carefully. Gluten in prescription medication is less common but still should be thoroughly investigated before using medications on a regular basis. [Find Certified GF supplements here.](#)

YOUR BEAUTY REGIMEN TIPS

- Don't swallow shampoos, rinses, conditioners, and body wash products (and watch your kids, too).
- If you have open sores or a rash, do not use skin care products with gluten.
- If you have a skin reaction to any topical products, stop using them immediately.
- To be extra careful, look for Certified Gluten-Free cosmetics and personal care products.

[Find Certified GF personal care here.](#)



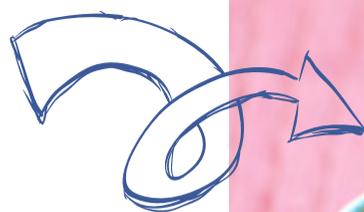
Do you look for GF personal care & supplement products?



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Stock your GF kitchen



PASTA. GF pastas such as rice, corn, 100 percent buckwheat, and quinoa noodles now emulate the texture of wheat pastas and can offer more nutrients. Cook with plenty of water, stir often, and check frequently for doneness. After draining, rinse with cool water.

→ Find Certified GF pastas

BAKING AIDS. Today's GF flour mixes work much like all-purpose flour; some boost nutrition with almond, sorghum, or bean flours. For a 1:1 all-purpose flour replacement, use a neutral-flavored blend that already contains a binder such as xanthan gum. Baking soda and baking powder are gluten-free.

→ Find Certified GF baking aids

BREAD. GF breads have vastly improved. You'll find excellent loaves which contain whole grain flours, buns, and rolls made with millet, brown rice, teff, chia, and other GF flours and seeds, as well as classic white sandwich bread and even GF rye bread (made with caraway seed). Gluten-free breads are often better toasted.

→ Find Certified GF breads

CEREAL. Choose cereals made with buckwheat, rice, and corn, plus add-ins like chia, hemp, and flax. Although inherently GF, oats often come in contact with wheat during growing and processing, so look for "certified gluten-free." They also contain a protein similar to gluten's protein, so people with celiac disease should consult a healthcare practitioner before eating any oats.

→ Find Certified GF cereals

CONDIMENTS. Many, including plain ketchup and mustard, are naturally gluten-free, but mixed condiments like bottled salad dressings and marinades may contain gluten ingredients, such as barley malt or



Use GF tapioca, arrowroot, and 100 percent cornstarch instead of flour to thicken sauces, gravies, or soups. Nut-based flours, such as almond or chestnut, lend natural sweetness to quick breads and baked treats.



wheat starch. Bottled Asian sauces like teriyaki and soy sauce often contain gluten; choose gluten-free-labeled tamari instead.

→ Find Certified GF sauces and dressings

GRAINS AND BEANS. Rice, quinoa, corn, popcorn, lentils, and beans are naturally gluten-free. Buy packaged instead of from bulk bins.

OILS AND VINEGARS. Plain oils such as olive and canola are naturally gluten-free. All vinegars except malt vinegar are gluten-free.

SNACKS. Most plain all-natural potato and corn chips don't contain gluten. But you can do even better with crackers enhanced with nutrient-dense chia and flaxseeds, nuts, and whole grains. Kids' fruit snacks may be coated with flour, so read labels carefully.

→ Find Certified GF chips and pretzels

→ Find Certified GF cookies and cakes

SWEETENERS AND SPICES. Basic sweeteners are gluten-free. Single-ingredient dried spices don't contain gluten, but watch out for seasoning mixes, which might contain wheat flour or starch.



What are your experiences or challenges living in a non-gluten-free household?



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Being GF in a mixed household

Although a totally gluten-free house would make things easier for GF eaters, it's not always realistic based on cost and percentage of the family that requires it. Follow these tips for living GF in a non-gluten-free (NGF) household.

1 STAY CLEAN. Start by giving the kitchen a thorough cleaning. Pull everything out of the fridge, cupboards, cabinets, and drawers and wash things down with warm soapy water. In a NGF household, you'll have to do this regularly.

2 ORGANIZE AND SEGREGATE. Create designated shelves, drawers, and cupboards specifically for GF foods and for NGF foods. If they're sharing pantry space, place GF foods inside sealable containers and put them above the gluten-containing items.

3 DEDICATE KITCHEN HARDWARE. Get duplicates of all kitchen tools that could harbor gluten. Mark all GF items in red.

→ **Toasters.** If you've ever toasted gluten-containing products in it, get yourself a new one and mark it clearly. (For toaster ovens, see if you can purchase another rack for it.)

→ **Colanders, strainers, and flour sifters.** Since pastas and gluten often get stuck in the small holes and slits, cleaning them fully is problematic if not impossible. Have separate items for GF foods.

→ **Wooden utensils, boards, rolling pins.** Porous items can harbor gluten.

Kitchen hardware:

These items should be replaced and/or designated for strictly GF use.

→ **Cutting boards (plastic or wood).** Due to cuts and grooves that can develop in these items, it's best to get new ones to designate for GF use only.

→ **Baking sheets and pans.** Baking sheets and pans often develop cuts and grooves. For baking sheets, one option is to use parchment paper with existing pans when baking GF cookies. To simplify matters and to ensure safety, consider having separate GF designated baking sheets and pans for all GF baking.

→ **Non-stick pots and pans**
If there are any cuts or scratches in the surface of an item, it needs replacing.



5 GF baking flours

Instead of relying on less-healthy white-rice and tapioca flours, cook and bake with nutrient-rich gluten-free grains and flours. Here are five to try.

QUINOA FLOUR.

Milled from South American quinoa seeds, quinoa flour is easy to digest and full of protein, magnesium, fiber, zinc, and folate. Its delicate nutty flavor is ideal for banana bread, biscotti, light muffins, shortcakes, and pizza crust. Also great for dredging fish, chicken, or pork cutlets before cooking.

GARBANZO BEAN FLOUR.

Also known as chickpea flour, this is sky-high in protein and fiber—6 and 5 grams per quarter cup, respectively. Garbanzo flour has a complex, slightly “beany” flavor; work it into breads, savory piecrusts, falafel, and burger or meat-loaf mixtures. Also try it as a thickener for soups, stews, and gravies.

BUCKWHEAT FLOUR.

Related to rhubarb, not wheat, this flour gleaned from buckwheat groats has a robust, earthy flavor and is chockablock with B vitamins, fiber, and rutin, a powerful antioxidant. Buckwheat flour adds a distinct taste to pancakes, crepes, bars, scones, quick breads, and maple cookies.

TEFF FLOUR.

Teff is the world's tiniest grain and yields a sweet, malty flavor when milled. The tan-colored flour is a good source of iron and bone-boosting calcium. Teff flour perks up flat-breads, waffles, gingerbread cookies, and anything baked with chocolate.

CHIA FLOUR.

Dark chia flour is mildly nutty; white chia is more neutral in flavor. Chia is a particularly rich source of omega-3s, which offer various health benefits including promoting heart health. Chia flour works well in muffins, brownies, sweet breads, fruit crisps, and homemade crackers. Or mix a heaping spoonful into oatmeal or granola.



Cooking with GF grains



BROWN RICE

Rice comes in many varieties: short grain, long grain, jasmine, basmati, and more. Long-grain rice tends to be fluffier, while short-grain rice is stickier. Compared with all grains, brown rice contains the most B vitamins.

Tip: Add leftover cooked brown rice to cold salads.

Recipes: [Jasmine Brown Rice Soup](#)
[Creamy Rice and Quinoa Pudding](#)



BUCKWHEAT

Despite the name, buckwheat is a gluten-free member of the rhubarb family. It is also sold unroasted as kasha. Buckwheat is high in B vitamins, fiber, iron, magnesium, phosphorous, and zinc.

Try: Use buckwheat flour to make delicious crepes.

Recipes: [Spiced Apple, Buckwheat, and Oat Porridge](#)
[Tuscan Kale Soup with Buckwheat](#)



CORNMEAL, POLENTA, GRITS

Ground, whole-grain cornmeal is a rich source of complex carbohydrates and also provides B vitamins and iron. Polenta is cooked cornmeal that can either be served moist as a porridge or left to set and served in wedges. Grits are made from cornmeal with the germ and bran removed.

Try: Cooked polenta makes a great alternative to pizza crust—top with tomato sauce, cheese, and vegetables, and bake.

Recipes: [Sunshine Polenta](#)
[Rustic Polenta Pudding](#)



4 easy tips for cooking GF grains

1. Always rinse grains thoroughly under cool running water to remove debris.
2. For fluffier grains, toast the grain first in a dry skillet over a burner for a couple of minutes until the grain starts to give off a nutty aroma or pop.
3. For stickier grains, add the grains directly to cold water before bringing to a boil.
4. No need to stir! Once water is boiling, reduce heat to low, cover, and let cook until you can tip the pot and no liquid comes to the surface.



Get additional quinoa tips and tricks in [Your Essential Quinoa Recipe Guide](#).

Cooking with GF grains



3 simple ways to use millet

Breakfast: Combine cooked millet with chopped, toasted almonds, apples, dates, cinnamon, and your favorite milk or nondairy milk substitute for an allergen-free breakfast.

Baby food: Use apple juice instead of water when cooking millet, and then purée the mixture for a nutritious first food.

Salad: Add cooked millet to finely chopped kale, scallions, carrots, bell peppers, cooked beans, or any vegetable combination; toss with a nut-based dressing for a healthy lunch salad.

MILLET

This golden, beadlike, U.S.-grown grain tastes nutty and mildly sweet, is highly digestible and gluten-free, and provides fiber, protein, minerals, and B vitamins.

Try: Coarsely grind uncooked millet in a spice grinder; mix with garlic salt, paprika, or dried herbs for a gluten-free breading for chicken.

Recipes: [Millet, Shrimp, and Squash Risotto](#)
[Orange-Banana Bread with Pecans](#)

QUINOA

Technically a grass, quinoa is related to spinach and comes in several color varieties. Quinoa is high in protein, fiber, vitamin E, magnesium, iron, phosphorous, copper, and zinc.

Try: Serve quinoa in a traditional salad with corn, tomatoes, bell peppers, and kidney beans.

Recipes: [Pink and Purple Quinoa](#)
[Golden Quinoa Pilaf with Tart Cherries](#)

SORGHUM

Sorghum contains antioxidants including anthocyanins, also found in blueberries. It's also a good source of fiber, B vitamins and iron.

Try: Sorghum flour mixes well with most other gluten-free flours in baking.

Recipes: [Mint Chocolate and Pecan Cookies](#)
[Adrienne's GF Flour Mixture](#)

TEFF

A tiny grain with a sweet flavor, teff is high in protein, calcium, iron, copper, and zinc. It is traditionally used as flour but can also be cooked whole and used as a side dish.

Try: Cook teff on the stovetop and use as a hot breakfast cereal or a seasoned side dish.

Recipes: [Ginger-Pear Teff Muffins](#)
[Super Fudge Brownies](#)



Mobile version here!



Easy ways to use quinoa

In less than three minutes, learn three easy ways to use quinoa, a protein-rich and naturally gluten-free grain.

Recipes: Quinoa, black bean, and red pepper salad

Chocolate-date quinoa cookies

Continue to celebrate GF, easily, throughout the year. Click here to join GIG today!



Favorite GF desserts

Thank you for downloading our Guide to Gluten-Free Living. We want to leave you with a few of our favorite GF desserts.

Cinnamon-Walnut Cookies

Carrot Cake with Coconut-Cream-Cheese Frosting

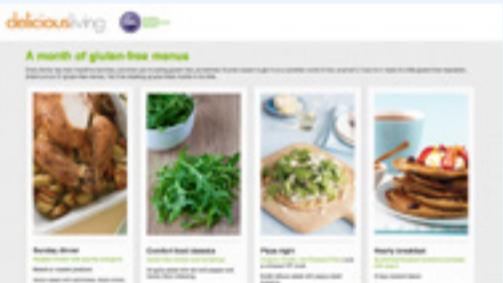
Pumpkin-Almond Bread

Lemon Raspberry Muffins

Chocolate, Pecan, and Ginger Tart

Adrienne's Best-Ever GF Brownies

Hazelnut-Pear Torte



GF Menu Planner

Every family has its mealtime favorites, but when you're eating gluten-free, sometimes it's even easier to get in a rut (another round of rice, anyone?). If you're in need of a little gluten-free inspiration, check out our month's worth of gluten-free menus. You'll be shaking up your meal routine in no time.

Don't forget to download our GF Menu Planner

