

GETTING GLUTENATED?!



Gluten: A natural protein found in rye, barley, wheat and all products that contain these grains. Oats are now making their way on the gluten-containing list due to the high likelihood of *cross contamination*.

Function: Keeps dough together, gives food a “chewy texture” and helps foods rise and maintain their form.

Latin Terminology: The word “gluten” translated in Latin literally means “**glue.**” Let this be a warning the next time you reach for a slice of Wonder Bread!

Specifics: Many people choose not to eat gluten-containing products because *omitting gluten often times means omitting processed foods*. Others have no choice but to eliminate gluten because of health issues caused from gluten consumption.

Gluten Intolerance and Celiac Disease: Gluten intolerance and celiac are two common conditions related to gluten. *Signs and symptoms*—gas, bloating, diarrhea, malnutrition from poor nutrient absorption, weight loss, fatigue and osteoporosis, skin disorders, and neurological disorders. Symptoms are most severe with actual celiac disease. Also note that most celiacs have secondary *lactose intolerance*.

Cause: Auto-Immune response in the small intestine where the *villi* get damaged and do not absorb nutrients properly—the body basically sends signals to start attacking itself. This response causes fat, protein, and nutrients to be eliminated from the body.

Recognizing the Signs: Do you feel bloated or have pain in your abdomen after eating? Have you noticed a change in your child’s focus/behavior/mood? Are you overly fatigued? Have you recently lost or gained weight without altering your lifestyle? Do you have red, splotchy skin? *These can all be signs of gluten intolerance that can be CORRECTED by changing your diet!!!*

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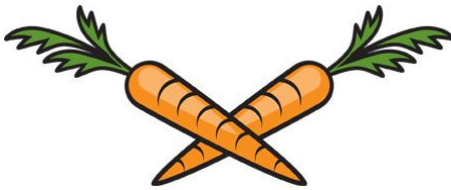
Testing for Gluten Intolerance: Simple blood test at your doctor's office, but highly inaccurate. Also be aware than many doctors do not take gluten intolerance seriously? Stool testing or small intestine biopsy is more accurate. *Even better—fully eliminate gluten for one week then let your body tell the story!*

Hidden Substances: Barely grass, beer, soy sauce, modified food starch, monosodium glutamate (MSG), malt, malt flavoring, malt vinegar, fillers, natural flavor, textured vegetable protein, hydrolyzed vegetable protein, wheat protein binders, emulsifiers, “Krab” found in many store bought California sushi rolls, cosmetics, lotions, shampoo, grain alcohol, and grain vinegar. ***If a product does not specifically say it is gluten-free, it most likely is NOT!***

Safe Starches and Grains: Quinoa, corn, cornmeal, tapioca, amaranth, buckwheat, potato/rice/bean/almond flours.

Voluntary Avoidance: If you are trying to lose weight, going gluten-free “only” is not your hookup. You still cannot hide from the fact that you need to cut calories and get off the couch!!!

Closing Comments: Recognize the signs. If you eat a peanut butter and jelly sandwich on white bread and your stomach hurts like hell, you might want to rethink your diet! *Pay close attention to how your body reacts after eating something that contains gluten.* If you have any form of reaction, entertain the idea of cutting gluten from your diet.



Lean Beret Approved Companies: [Ener-G Foods](#), [Enjoy Life Foods](#), [Glutino](#), [Kinnikinnick](#), [Pamela's Products](#), [Mi-Del Cookies](#), [Udi's Gluten Free Foods](#).

Gluten-Free Information & Coaching Services: Contact Lean Berets contributor Jill Molchan @ GoGlutenFreeGracefully.Com.