

Step 1: Replace Major Sources of Gluten First

Day 1 is all about discovering where gluten is hidden and what you can't eat. It may seem depressing after seeing this long list of foods and ingredients to avoid but believe me, it's best to start here and then tomorrow is all about the foods we can eat, and I assure you, there are loads!

Let's look at the most obvious sources of gluten that you need to avoid first:

- Breads, buns, flour tortillas, croissants
- Crackers, pastries, cake, crusts, cookies
- Pasta/noodles, dumplings
- Condiments such as tomato sauce, barbecue sauces, mayonnaises, relishes, sauces such as soy sauce, Worcestershire sauce, hoisin sauce, chutneys, stocks, and gravies
- Cereals – corn flakes and rice puffs often contain malt extract/flavouring, granola often made with regular oats
- Flours – plain flours, wholemeal flour, self-raising flour, spelt flour all contain gluten
- Processed meats like sausages, meatloaf, meatballs – often contain wheat-based fillers, or bread based as fillers. Vegetarian based meat alternatives are often made with a product called seitan, also known as wheat gluten. Note: Tofu is naturally gluten-free, but be cautious of soy sauce marinades and cross-contact when eating out, especially when the tofu is fried)
- Soups – noodles and barley are common ingredients that contain gluten or often thickened with flour. Packed stock or bouillon will often contain gluten
- Processed potatoes – potatoes are naturally gluten free but often potato chips and fries you need to be careful of. Potato chips may be seasoned with malt vinegar (which is indicative of barley) or contain wheat starch
- Be aware of such words as fried, coated, crispy or crusted. Often restaurants purchase frozen french fries which may have a wheat coating on them to help them fry up crisper. Or they might use the fryer to cook other foods with breading or flour
- Eggs served at restaurants – some restaurants put pancake batter in their scrambled eggs and omeletes to make them fluffier, but on their own, eggs are naturally gluten-free
- Energy bars/granola bars – some bars may contain wheat as an ingredient, and most use oats that are not gluten-free
- Candy and candy bars
- Multi-grain or "artisan" tortilla chips or tortillas that are not entirely corn-based may contain a wheat-based ingredient
- Salad dressings and marinades – may contain malt vinegar, soy sauce, flour
- Starch or dextrin if found on marinated or self-basting meat or poultry product could be from any grain, including wheat
- Alcohols – beer and any wheat/barley-based alcohols that are not properly distilled

Why is Sourdough good for you and is it gluten-free?

The reason sourdough is good for us is because the process of fermentation has been proven to be beneficial for good gut health. The long fermentation process of making sourdough releases nutrients like iron, zinc, magnesium, antioxidants, folic acid and other B vitamins. The natural way this occurs allows our bodies to process them more easily.

Wheat sourdough bread may contain less gluten than regular yeast bread but it's not gluten-free. It is often tolerated however more by those with an intolerance because the fermentation process that gives the bread its distinctive sour taste makes it more gut-friendly. If you're on a gluten-free diet for coeliac disease, regular sourdough bread isn't safe.

Instead, buy sourdough bread made with gluten-free grains or invest a few days and activate your own gluten-free sourdough starter.