

Day 2: Focus on Naturally Gluten-Free Foods

Now that we've established what foods we can't eat, let's focus on what we can eat!

Focussing on naturally gluten-free foods is the best place to start, then you don't need to ask any questions or worry about reading labels. Foods that are processed may contain gluten additives so sticking with fresh stuff from the start is the best way to beat the overwhelm.

I've also attached is a **Gluten-Free Swap Out Guide for Common Ingredients** that you can print off and pin to your fridge when you're wondering what you can substitute a gluten ingredient with.

Naturally gluten-free products are:

- Fruits
- Vegetables
- Fresh, unprocessed, unflavoured meats, chicken, fish and seafood
- Eggs
- Potatoes and other root vegetables, like kumara, pumpkin, yams, beetroot, onions...
- Milk and naturally plain cheese and other dairy products such as cream, yoghurt, coconut yoghurt, coconut milk, sour cream, cream cheese
- Whole grains : Rice, quinoa, polenta, buckwheat, sorghum, amaranth, millet, quinoa flakes
- Unflavoured chickpeas, lentils and beans
- Butters and oils
- Unprocessed or flavoured nuts and seeds

Other gluten-free products include:

- Gluten-free bread, pasta, buns, corn tortillas, gluten-free breadcrumbs
- Gluten-free soy sauce – Tamari or coconut aminos
- Gluten-free Worcestershire sauce
- Fish sauce
- Spreads including peanut butter, honey, jam, marmalade
- Nutritional yeast flakes (different to brewers yeast)
- Fresh salt and pepper, herbs, spices, vinegars (eg rice wine, apple cider vinegar, balsamic), homemade fresh soups, gluten-free soups, sauces and seasonings
- Tea, coffee, fizzy drinks, cordials, 100% fresh juices, cider, spirits, wine, liqueurs, sherry, port
- Gluten-free stocks/gravies
- Gluten-free flours including: almond meal (also known as almond flour), white and brown rice flour, coconut flour, chickpea flour, quinoa flour, baking powder, baking soda, cornflour (ensure all gluten-free), vanilla essence, cacao/cocoa powder (check label), coconut sugar, desiccated and thread coconut
- Pure maple syrup
- Psyllium husks – a great form of fibre and use a lot in gluten-free breads and crackers to make it stick together
- Taco shells, plain unflavoured nacho chips
- Tinned fruits, vegetables, nuts, beans, pulses and seeds (check the label of some baked bean brands)
- Rice noodles, vermicelli noodles, 100% buckwheat noodles (soba noodles)
- Prawn crackers, rice/quinoa cakes/wafers, rice crackers (often the plain are gluten-free and flavoured aren't), poppadums (check labels), homemade popcorn
- Seaweed snacks (check labelling of flavoured varieties)
- Gluten-free chips

GLUTEN-FREE SWAP OUT GUIDE FOR COMMON INGREDIENTS

Gluten is not only in plain sight with pastas and breads, it is also hidden in all kinds of common foods, from soy sauce to couscous. With a little creativity and cooking know-how, swapping out ingredients for gluten-free alternatives is quick and easy, especially with the help of this guide!

by Wick Nixon

1 BREAD/BUNS/WRAPS

Gluten-free bread/buns/wraps, rice wafers, toasted kumara toast slices, toasted eggplant slices, egg wraps, corn tortillas, coconut based tortillas, lettuce or cabbage wraps, portobello mushrooms



2 FLOUR BASED NOODLES/PASTA

Gluten-free pasta, pad thai rice noodles, vermicelli noodles, 100% buckwheat (soba) noodles, bean-based noodles (black bean, edamame, chickpea), spiralised veggie noodles (zucchini, kumara, carrot, potato), spaghetti squash, kelp noodles, sweet potato noodles



3 GRAINS CONTAINING GLUTEN (FARRO, BARLEY, BULGUR, SPELT, KAMUT, COUSCOUS, OATS)

Rice, millet, quinoa, amaranth, polenta, buckwheat, cauliflower & broccoli rice, quinoa flakes



4 CRACKERS

Unflavoured rice crackers, rice/quinoa wafers, seedy crackers, gluten-free crackers, toasted corn tortillas

5 WHEAT FLOUR

Coconut flour, cornflour, white & brown rice flour, almond flour or meal, tapioca flour, potato flour, chickpea flour, sorghum flour, amaranth flour, quinoa flour, buckwheat flour, teff flours, arrowroot powder



6 BREADCRUMBS

Gluten-free breadcrumbs, almond flour or meal, desiccated coconut, fine polenta, chia seeds, ground pumpkin seeds, nutritional yeast flakes or a combination of all

7 PIZZA CRUST

Gluten-free pizza crust, cauliflower crust, portobello mushrooms, zucchini slices, eggplant slices, kumara slices, almond flour pizza crust



8 SOY SAUCE

Tamari, coconut aminos, Kikkoman gluten-free soy sauce

