



GLUTEN-FREE MADE EASIER

THE BEGINNER'S GUIDE TO GLUTEN-FREE SHOPPING

Simple tips to implement straight away

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Welcome to Your 'Beginners Guide To Gluten-Free Shopping'

If you're just delving into the gluten-free world, or you've been at it for a while but you're still majorly confused, you're in the right place! This ebook will guide you through what gluten is, where to look out for it and some basic alternatives. I've also included a gluten-free essentials pantry list which will help you cut down on last minute take aways and streamline your weekly trips to the supermarket.

Don't worry if you don't have many of these items in your pantry yet. Take your time stocking up, become BFF's with the bulk bins and shop the outer isles where possible.

HERE'S TO THE SIMPLIFIED, ABUNDANT HEALTHY GLUTEN-FREE SHOPPING OF YOUR DREAMS!



Going gluten-free might seem like a simple process. You just don't eat normal flour, bread and pasta, right?

Wrong! Very wrong, unfortunately.

Going gluten-free is going to mean changes in your weekly shops. But, once you know what you are looking for, it doesn't have to be complicated at all.

The following tips will make the process super simple for any beginner.

So, let's dive in!



What is gluten?

Firstly, you want to know what you are dealing with. What is gluten exactly? And how can you look out for it in products?

Gluten is a general name for the proteins that are found in wheat, rye, barley and triticale (a newer grain with similar properties to wheat and rye). Offering no nutritional value, gluten helps various foods to hold their shape, like a binding agent.

When out shopping, you need to be cautious as gluten can appear in many foods - some may even be unexpected.

While you have your main red flag items like bread, baked goods, pasta and cereals, gluten can be present in many other foods. These can include soups, sauces, dressings, beer, malt, and even oats.

What should you be looking out for to make sure you don't accidentally buy a product with gluten?

Well, the following tips will help you make the decisions easy.



1 Shop Whole Foods

When you read the back of a packet, often there is a list of ingredients as long as your arm. Food has become complicated! Whole foods are a return to simplicity. They are foods without all the added ingredients - as close to their natural form as possible.

Think fruits, veggies, nuts, seeds, beans and legumes - just like your grandparents used to cook!

2 Embrace the Mighty Beans and Lentils

Beans and lentils are packed full of goodness! Until recently, they were a very underrated food. However, people are beginning to embrace how versatile they are. Not to mention the fact that they contain plenty of dietary fibre, protein, and important vitamins and minerals.

Buy them fresh, canned or dried for a great gluten-free nutrient boost to your meals.

3 Avoid Oats

Many of the oat options in the supermarket are contaminated with gluten. This is due to them being processed in the same factories or plants as grains like wheat, rye and barley.

Some oats are labelled gluten-free, but will still contain a protein called avenin. This protein is known to trigger inflammation in some people with Celiac disease. So, in the early stages of shopping, it is best to avoid oats. However, if you know you're gluten insensitive and can tolerate them like some people can, add them to your shopping trolley.

4 Include All Food Groups

Even though you are not consuming gluten any more, you want to make sure you have a balanced diet that includes all of the food groups.

Ensure your shopping includes a good variety of fruits and vegetables, meat, beans, legumes, healthy fats, protein, and some sugar.

Products that are naturally gluten-free include fruit and veg, rice, potatoes, corn, plain meat, eggs, cheese, milk, peas, beans, lentils, natural yoghurt, fish, and oils.

5 Remember Wheat Free Doesn't Mean Gluten-Free

The term 'wheat-free' is often used interchangeably with 'gluten-free'. However, they are not the same thing. Often, food that is labelled as 'wheat-free' can still contain gluten from other sources.

So, wheat-free foods are safe for someone to consume if they have a wheat allergy. Yet, not safe for someone with Celiac or a gluten sensitivity. It is best to avoid 'wheat-free' products in your first gluten-free shopping trips.

6 Shop the Perimeter

The perimeter of the shop is where you will find most of the naturally gluten-free foods. Think about it, that is where the produce section is located, along with the meat cases, and the natural dairy options like milk and cheese.

Be mindful that some of these products will still contain things like thickeners, malt and food starches. But on the whole, they are the safer areas to shop for gluten-free products.

7 Read the Packaging

The easiest way to locate a gluten-free product is to read the labels. Any product labelled as 'gluten free' that is manufactured in New Zealand or Australia truly are gluten-free. In fact, we have the strictest testing standards in the world when it comes to gluten detection in food.

However, products that are imported into the country are not labelled under NZ's labelling laws. So, you need to know how to hunt out hidden gluten. If a product says that it contains traces of wheat, rye, barley or oats, it is best to avoid it.



Also, be mindful if a product label says 'Contains Gluten', 'Contains traces of Gluten', or 'Low Gluten'. This may mean that they have sources of gluten that are not included in the ingredients list.

Bonus Tip: Get Support & Learn Faster

Your first few gluten-free shopping trips can feel like a bit of a minefield. Like you might accidentally buy the wrong product and trigger a reaction in yourself or a family member.

I know how you feel, I have been there myself.

When I first went gluten-free, I was scared to buy many products in case they had the dreaded hidden gluten in them. That is why I decided to develop a programme that would make the transition to gluten-free eating easier & quicker for you and your family.

In this easy 3 week online course called Kick the Gluten, you'll go from feeling clueless, overwhelmed and scattered, to feeling empowered and having a sense of absolute relief that you CAN do this with ease, without it costing you a fortune!

[CLICK HERE](#) to find out more about Kick the Gluten - Your Economical Roadmap to Going Gluten-Free in 21 Days.