



# HOW TO GET STARTED

**REMEMBER -- THIS LIST IS NOT EXHAUSTIVE. THIS IS JUST TO GET YOU STARTED! MANY MORE DETAILS WILL FOLLOW WHEN YOU MEET WITH OUR HEALTH COACH.**

## **DAIRY-FREE MILK OPTIONS**

- Almond milk - slight nutty flavor, rather thin and watery
- Cashew milk - rich and creamy
- Coconut milk - also rich and creamy, definite coconut flavor
- Rice milk - pretty plain, pretty watery

## **GLUTEN-FREE GRAINS**

- Choose millet over tapioca when possible (millet contains more nutrients and has a better glycemic index than tapioca which does not have much nutritional value)
- Almond flour wraps/crackers/baked goods are especially tasty
- Lentil & chick pea pastas are great options -- they are delicious and hold their shape well -- plus they give you a little bit of protein. Rice pastas taste good, but tend to be mushier and fall apart. Gluten-free pasta typically cooks in a shorter amount of time than it says on the box!

## **WHAT TO CHOOSE WHEN EATING OUT**

- Pass on the bread or tell the server you don't need it at all if you don't even want it at the table.
- Opt for any veggies and/or protein (meat, fish, poultry). If anything comes in a sauce or a marinade, make sure it isn't thickened with flour.
- Rice is a great side dish.
- Choose oil & vinegar for the dressing on your salad.
- Anything fried (like french fries) is typically fried in the same oil as fried, breaded items (like chicken tenders), so they are cross-contaminated and should be avoided. Fried foods aren't good for you, anyway!
- Hamburgers are fine without the bun -- load them up with guacamole, onions, tomatoes, etc. and enjoy! Many places will serve them in a lettuce wrap.
- Mexican food can be a great option as most of it is corn-based. Just be sure to ask for your dish without cheese.
- Asian food is almost always cooked in soy sauce, which contains gluten. Call ahead to see if they offer any gluten-free options.



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- **What is gluten?** Gluten is a protein found in wheat (durum, einkorn, farina, farro, semolina, spelt), barley, rye, malt & brewer's yeast and triticale.
- **Where is gluten found?** Gluten can be found in beer, ale, lager, cake, cereal, cheesecake filling (sometimes), communion wafers, cookies, brownies, crackers, croutons, dextrin, drugs & medications, eggs in restaurants (they add batter), energy & protein bars, flour, french fries (they're often battered), granola, gravy, maltodextrin, marinades, modified food starch, nutritional supplements, oats (if they don't say "certified gluten-free"), pasta, pancakes, play dough, pretzels, pre-seasoned meat, salad dressing, sauce, soy sauce and starch.
- **What are some alternatives to gluten?** Look for products made from (or with the flour of) amaranth, arrowroot, beans, buckwheat, corn, fava, flax, millet, nuts (like almond flour -- the Simple Mills line is great), oats (as long as they say gluten-free), potato, quinoa, rice, sorghum, non-GMO soy and tapioca.
- **What foods contain dairy?** Dairy is found in cream, half and half, yogurt, sour cream, cheese, butter, sherbet, ice cream & ice milk, milk chocolate & white chocolate (even some dark chocolates), creamed soups & veggies, pudding, custard and whey products. NOTE: EGGS ARE NOT CONSIDERED DAIRY.
- **What should I look out for?** Read labels and make sure you don't see any of the words listed above. The following products MAY contain dairy: margarine, dairy-free cheese (believe it or not), lactic acid, artificial flavoring, semi-sweet chocolate, hot dogs, sausages, lunch meats, cosmetics and medicine.
- **What are some alternatives to dairy?** Enjoy almond, rice, coconut or cashew milk, nut-milk cheeses like Chao brand, ghee (great for cooking with, in place of butter), pareve creams & creamers (anything kosher non-dairy is fine -- we love the Califia Farms Unsweetened Better Half), nutritional yeast (nice in soups and sprinkled on veggies), almond, rice, coconut or cashew milk ice creams, sorbet and Italian ices.