

Glutenology MasterClass: Module 5 – Where to Start

This Module Covers

- Clean Eating Vs. Gluten/Grain Avoidance
- Navigating the Grocery Store
- Cleaning out your fridge and pantry
- Label Reading, Hidden Gluten, Et Cross-Contamination
- Navigating Social Situations and Eating Out
- Gluten-Free Alcohol
- Staying Gluten-Free While Traveling

Navigating the Grocery Store

- Most people approach this from an entirely wrong perspective
- There are 2 places where you can spend the majority of your time;
 - Products department
 - Meat department
- General guidelines
 - Food should be real:
 - Non-GMO
 - Organic
 - Hormone and steroid free
 - Chemical-free
 - Minimally processed or not processed at all
 - Appropriately raised and cared for
 - Low in calories and high in nutrient density
- The cardinal rules
 - 1. Never go to the store hungry
 - People tend to make bad decisions when blood sugar levels are too low
 - 2. Always have a list
 - Buy what you need
 - 3. Shop the perimeter of the store
 - Meat and produce department
 - Always buy organic produce
 - Meat (fish, beef, poultry)
 - Wild-caught, grass-fed, free-range, organic
 - Minimal processed or packaged foods
 - Learn to read food labels
 - Learn the meaning of package claims
- Failing to plan is planning to fail
 - Meal planning
 - Try to plan meals several days in advance
 - This will ensure that you do not stray from a healthful diet
 - Start a receipt binder for your kitchen

Key point: Grain-fed beef has less Omega 3, CLA, and vitamin E than grass-fed. There is no research to show that grain-fed chickens have gluten in their meat or eggs.

- By what you need
 - Buy what you need as you need it
 - Real food has a short shelf life
- Teach your children
 - It is parents' responsibility to teach their kids
 - Children depend on what their parents will tell them
 - Statistic
 - More than half of US kids are overweight
 - Don't rely on the school to do this
- Beware of common package claims; marketing tactics are designed to get you to buy
 - Some common marketing tactics are shown to buyers;
 - 0 trans fat
 - It may help lower cholesterol
 - Heart-healthy
 - Gluten-free
 - Fat-free
 - Sugar-free
 - Paleo
 - Keto-friendly
- Organic seal



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- Single item foods such as fruits and vegetables must be labeled with the official USDA organic label sticker
 - You can also find this sticker on single item packaged foods such as eggs and meat
- When packaged foods have multiple ingredients:
 - The USDA label means that the food is at least 95% organic
 - To ensure total organic status and differentiate between 95% and 100%, the label will read 100% organic-only on products that do not have other non-organic ingredients

- Foods packaging that reads *"Made with organic ingredients"* must contain only 70-94% organic ingredients
 - The label may list up to three of these ingredients on the front of the packaging
- Conventional (non-organic) vs. Organic
 - Always read the produce sticker
 - Most fruits and vegetables sold in the grocery stores will contain a sticker with numbers on it

Conventional	Organic	Genetically modified (GMO)
4 digit number	5 digits starting with a 9	5 digits starting with an 8
Example: pear-4416	Example: pear-94416	Example: pear-88416

- Food labels



Nutrition Facts	
Serving Size about 25 pieces (28 g)	
Servings Per Container about 6	
Amount Per Serving	
Calories 180 Calories from Fat 160	
	% Daily Value*
Total Fat 18g	27%
Saturated Fat 1.5g	6%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 4g	
Calcium 6%	Iron 6%
Not a significant source of Cholesterol, Vitamin A and Vitamin C.	
* Percent Daily Values are based on a 2,000 calorie diet.	

- Reading all food labels is critical
 - It means that knowing how to evaluate food labels is also critical
- Fact panel vs. ingredients
 - Most people believe in the facts that were written and highlighted on a product rather than looking at the ingredients
 - Always check the ingredients before believing the fact panel
 - It is to ensure that the product is good
- Ingredient list, avoid:
 - Words you cannot pronounce

- Chemicals
 - Unhealthy ingredients
 - Labels with long lists
- Tricky terms on food labels to avoid:
 - Abyssinian Hard (Wheat triticum durum)
 - Amp-Isostearoyl Hydrolyzed Wheat Protein
 - Atta Flour
 - Barley Grass (can contain seeds)
 - Barley Hordeum vulgare
 - Barley Malt
 - Bleached Flour
 - Bran
 - Bread Flour
 - Brewer's Yeast
 - Brown Flour
 - Bulgur (Bulgar Wheat/Nuts)
 - Bulgur Wheat
 - Cereal Binding
 - Chilton
 - Club Wheat (Triticum aestivum subspecies compactum)
 - Common Wheat (Triticum aestivum)
 - Cookie Crumbs, dough, or pieces
 - Couscous
 - Crisped Rice
 - Dinkle (spelt)
 - Disodium Wheatgermamido Peg-2 Sulfosuccinate
 - Durum wheat (Triticum durum)
 - Edible Coatings
 - Edible Films
 - Edible Starch
 - Einkorn (Triticum monococcum)
 - Emmer (Triticum dicoccon)
 - Enriched Bleached Flour
 - Enriched Bleached Wheat Flour
 - Enriched Flour
 - Farina
 - Farina Graham
 - Farro
 - Filler
 - Flour (normally this is wheat)
 - Fu (dried wheat gluten)
 - Germ
 - Graham Flour
 - Granary Flour
 - Groats (barley, wheat)
 - Hard Wheat
 - Heeng
 - Hing
 - Hordeum Vulgare Extract
 - Hydrolyzed Wheat Gluten

Cleaning out your Refrigerator

- Perspective helps:
 - *“Refrigerators are designed to keep healthy foods preserved, not to keep preserved foods cold”*
- Where to begin;
 - Know the difference between healthy food and an unhealthy food
 - Label reading and understanding is critical
 - Some general guidelines
 - Food should be pronounceable
 - Organic
 - 5 ingredients or less
 - You will most likely need a garbage bag (*maybe 2 or 3*)
- The removal
 - Bas list
 - Processed condiments with added starches and sugars:
 - Ketchup, Mayo, and Ranch dressing
 - Marinades and sauces with added starches and sugars:
 - Salad dressings, soy sauce, and meat marinades
 - Good list
 - Versions of ketchup, mayo, salad dressings, and sauces derived from natural ingredients without additives
 - Sugar, starches, and other chemically derived compounds
- Beverages
 - Bad list

- Obvious Beverages
 - Soda
 - Grain-based milk
 - Drink mixes or additives:
 - Syrups, powdered mixes
 - Not as obvious
 - Hydration drinks
 - Pasteurized juices
 - Juice knock offs (*cocktails*)
 - Good list
 - Water
 - Freshly squeezed or home-made juices
 - Mineral water
- General items
 - Bad list
 - Wilted produce
 - Pudding cups
 - Yogurts with added sugars
 - Processed cheeses made with hormone enriched dairy
 - Processed meats with nitrates and other chemical additives (real meat will go bad in a day or two)
 - Good list
 - Fresh produce
 - Eggs
 - Dairy
 - Cheese, butter, and yogurt from grass-fed cattle
 - Fresh meat from a healthy source
- Stocks to avoid
 - Hydrogenated cooking oils
 - Cereals, bread, and pasta
 - Processed or artificial sugars and sweeteners
 - Bottled spices with added sugar and MSG
 - Processed bottled salad dressings
 - Processed snack chips and microwave popcorn
- Things to stock
 - Cold or expeller-pressed organic oils
 - Extra virgin olive, coconut, sesame, avocado, etc.
 - Dried nuts, beans, lentils, and seeds
 - Raw organic honey
 - Dried organic spices
 - Organic Balsamic vinegar
 - Dehydrate your fruit chips and jerkies

Key point: Beans and seeds can be difficult to digest for those with pre-existing GI damage from gluten

Cross Contamination and Hidden Gluten

- Cross-contamination
 - It is when gluten comes into contact with gluten-free foods thus contaminating it
 - Example
 - If the oil used to cook breaded chicken is also to prepare French fries potatoes, cross-contamination will occur
 - It is not the same thing as hidden gluten
 - Whereas hidden gluten can typically be found on the label, cross-contamination cannot
 - People tend to think of bread, cereal, and pasta as foods containing gluten
 - Hidden gluten is found in items people don't typically consider to be grain products
- Cross-contamination vs. Hidden gluten
 - Cross-contamination
 - It occurs during food preparation
 - Sharing of countertop surfaces
 - Sharing of utensils
 - Spoons and can openers
 - Sharing of cookware
 - Breadcrumbs in salad
 - Flour for breading
 - Primarily occurs at restaurants
 - Hand Washing
 - Hidden gluten
 - It refers to label ingredient terms that are not clear
 - Examples:
 - MSG, maltodextrin, modified food starch
 - It refers to food not considered to contain gluten
 - Examples:
 - Soups, dressings, etc.
 - It refers to other items not considered to contain gluten
 - Examples:
 - Stamps, envelopes, lotions, etc.
- Key point
 - Eating out can sabotage your attempts to maintain your gluten-free diet
- *What to do on cross-contamination?*
 - Avoid eating as much as possible
 - It is impossible to control exposure in kitchen commercial
 - Replace your roaster oven
 - Replace any wooden utensils
 - Wash existing pots and pans thoroughly
- Eating out

- Limit dining out as much as possible and if you do eat, understand the following:
 - Most restaurant food is not healthy
 - As a general rule, eat where there is a chef, not a cook
 - Avoid chain restaurants and fast food
 - Try to pick restaurants that serve organic food
 - Call ahead when the employees are not as busy
 - Find the menu online
- Remember:
 - Even gluten-free restaurants are not truly gluten-free
 - They will serve you substitute grains (other than wheat, barley, and rye).
 - Corn, rice, millet, sorghum, etc.
 - Research shows that these grains can cause inflammation too
 - They are not served organically, therefore, contain chemical compounds

Social Guide to Going Gluten-Free

- Perspective is important
 - Diet is a choice
 - As in all walks of life, poor choices have consequences
 - Some consequences are worse than others
 - The issue is relative to the person
 - Going gluten-free may be a forced choice for you. Accept it, get over it, and start living with it
 - If you allow the negativity in, you will be much less successful going gluten-free
 - You must realize that a social life revolving around food must stop if you want to achieve greater health
- Social dilemma #1
 - People will try to feel sorry for you
 - *"You can't eat a piece of cake? You poor thing"*
 - Don't allow it
 - This will only lead you to feel sorry for yourself as well
 - The path to pity is a downward one that leads to dietary deviation
- Social dilemma #2
 - People will try to get you to eat gluten anyway
 - Most people do not understand the health implications of being gluten-sensitive
 - Many people will call you a "health nut" or make fun of your endeavors toward health
 - They will meet you with ridicule and skepticism
 - They have to make fun of you to justify their dietary inadequacies and poor health choices
- Social dilemma #3
 - You are hungry at a party
 - Your options are limited and you are not sure whether or not something contains gluten
 - Always err on the side of caution
 - Eat before you go
 - It helps to carry small snack options with you

- Bag of nuts
- Beef jerky
- A piece of fruit
- Social dilemma #4
 - Holiday Season with family members
 - Holidays can be challenging when other family members do not understand (*especially for children*)
 - You have to learn to do one of two things:
 - Eat before attending (*1-day excursion*)
 - Bring food with you
- Communicating with family
 - Family members (especially parents) will give you a hard time
 - Especially if you have only been recently diagnosed or decided to eliminate gluten
 - "This is crazy"
 - "What about the children?"
 - "One cookie won't hurt"
 - "You look unhealthy, your losing weight"
 - They will not always understand. Don't expect them to unless you want to be disappointed
 - Be firm with them
 - If they do not respect your wishes, you will have to make some tough decisions to protect yourself or your children

Reversing the Social Pressure

- Become a gluten-free warrior
- Some people are not comfortable in social situations and do not want to be made the center of attention
 - The problem here is, if you go to social events, you will be the center of attention
 - This leaves you with 2 basic choices
 - Stay
 - Attend and educate those who are around you
- As you go gluten-free, you will become healthier in many ways
 - Weight loss
 - Skin tone
 - Mental acuity
- People will take note of your improvements. Use these situations to introduce them to a gluten-free lifestyle
- The more people know, the less social pressure and skepticism you will have to deal with
- Gluten-free 5, 10, and 20 years ago was much harder to accomplish than it is today
 - Mostly because many have laid the groundwork to educate others
- Bottom line
 - Wrap your mind around the reality of the situation
 - Find support system
 - Family and friends

- Forums
- Group meetings
- Planning is a must
 - Vacation, work, busy schedule
 - Make time to keep yourself healthy
- The food suitcase
 - Take foods with you that are easy to carry and won't perish quickly
 - Beef jerky
 - Nuts and seeds
 - Dried fruit
 - Intermittent Fasting
 - This will ensure that you have something to fall back on
 - Pack Gluten Shield, Biotic Defense, and Detox C in case you get "glutened"
- Plan your itinerary
 - Call your hotel ahead of time to find out what restaurants, grocery stores, etc. are available within the area
 - Find menus online
 - Perform an internet search for local stores restaurants, etc. in the general area you plan to visit
 - Find and stay in a hotel with a kitchenette if possible