

## 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

<b>Nutrition Facts</b>	
Serving Size about 25 pieces (28 g)	
Servings Per Container about 6	
Amount Per Serving	
<b>Calories</b> 180	Calories from Fat 160
% Daily Value*	
<b>Total Fat</b> 18g	<b>27%</b>
Saturated Fat 1.5g	<b>6%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 1g	
<b>Protein</b> 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:

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| <ul style="list-style-type: none"> <li>· Abyssinian Hard (Wheat triticum durum)</li> <li>· Amp-Isostearoyl Hydrolyzed Wheat Protein</li> <li>· Atta Flour</li> <li>· Barley Grass (can contain seeds)</li> <li>· Barley Hordeum vulgare</li> <li>· Barley Malt</li> <li>· Bleached Flour</li> <li>· Bran</li> <li>· Bread Flour</li> <li>· Brewer's Yeast</li> <li>· Brown Flour</li> <li>· Bulgur (Bulgar Wheat/Nuts)</li> <li>· Bulgur Wheat</li> <li>· Cereal Binding</li> <li>· Chilton</li> <li>· Club Wheat (Triticum aestivum subspecies compactum)</li> <li>· Common Wheat (Triticum aestivum)</li> <li>· Cookie Crumbs, dough, or pieces</li> <li>· Couscous</li> <li>· Crisped Rice</li> <li>· Dinkle (spelt)</li> </ul> | <ul style="list-style-type: none"> <li>· Disodium Wheatgermanido Peg-2 Sulfosuccinate</li> <li>· Durum wheat (Triticum durum)</li> <li>· Edible Coatings</li> <li>· Edible Films</li> <li>· Edible Starch</li> <li>· Einkorn (Triticum monococcum)</li> <li>· Emmer (Triticum dicocon)</li> <li>· Enriched Bleached Flour</li> <li>· Enriched Bleached Wheat Flour</li> <li>· Enriched Flour</li> <li>· Farina</li> <li>· Farina Graham</li> <li>· Farro</li> <li>· Filler</li> <li>· Flour (normally this is wheat)</li> <li>· Fu (dried wheat gluten)</li> <li>· Germ</li> <li>· Graham Flour</li> <li>· Granary Flour</li> <li>· Groats (barley, wheat)</li> <li>· Hard Wheat</li> <li>· Heeng</li> <li>· Hing</li> <li>· Hordeum Vulgare Extract</li> <li>· Hydrolyzed Wheat Gluten</li> </ul> |
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## 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