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gluten sensitivity



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Gluten is a protein composite found in foods processed from wheat, barley, triticale, rye, and certain varieties of oats.

It is estimated that at least one percent of Canadians can not digest gluten properly, and this is a conservative estimate.

DEALING WITH GLUTEN SENSITIVITY

Go with It! – Appreciate the foods you CAN eat. Plain meat, poultry, fish, eggs, legumes, nuts, seeds, milk, yogurt, cheese, fruits and vegetables are all naturally gluten-free. Gluten-free flours and starches include amaranth, arrowroot, buckwheat, corn, flax, legume flours (bean, chickpea, lentil, pea), millet, nut flours (almond, chestnut, hazelnut, pecan), potato flour, quinoa, rice bran, sago, sorghum, soy, rice (black, brown, wild), tapioca and teff.

Watch for It! – Read the ingredient list on every product you buy and watch for the following gluten-containing ingredients - wheat, rye, barley, spelt, kamut, einkorn, emmer, faro, durum, couscous, semolina, bulgur, triticale, barley malt, barley malt extract, barley malt flavour, brewer's yeast, and malt vinegar. Avoid barley based ale, beer and lager.

Better Breakfasts – Many cereals are available in a gluten-free format. Love oatmeal in the morning? Look for gluten-free oats.

Respect the Label – Health Canada mandates that package labels list gluten sources. Read the label carefully.

Common Ground – If you have gluten sensitivity, you are not alone! There are an abundance of websites and blogs dedicated to the topic of gluten-free eating. Manufacturers are responding to the needs of this growing population by offering a wider variety of gluten-free products.

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