

Healthy Eating

January 2010

We talked this month about healthy eating. Many celiacs, after about two years on the gluten-free diet have gained weight. It may be from generally growing older, retiring and slowing down. You finally feel good, so food tastes better. And also, a lot of our gluten-free flours are not healthy. . . . potato starch, tapioca starch, etc. And they are not enriched, as is wheat flour. We can choose better flours, and there is an attachment to this e-mail which lists the various flours and their protein and fiber content. So whenever you can, substitute some of the healthier flours into your foods. Below are a lot of ideas on how to incorporate healthier grains, foods, into our diets.

- If you like hot rice cereal – add 2 tablespoons of ground flax for extra fiber.
- Add a little bit of molasses to your hot cereal – add nutrients.
- Brown rice is better for you than white rice.
- Look for the “whole grain” designation on food packages.
- Increase beans and bean flour into your foods (just increase the amount gradually to get your body used to digesting more fiber)
- Read labels (look for and compare protein content, fiber content)
- Eat a lot of pasta? Try quinoa pasta
- Soups? Look for more fiber, low salt (Like Dr. McDougall’s individually packaged soups that you can microwave for a quick lunch)
- Add dry milk powder to baked goods, soups, lots of foods.
- Use powdered eggs, add extra egg whites for protein.
- Cut down on fats by substituting applesauce for part of the butter or oil called for in recipes.
- Vitamins – we all need to take a multiple vitamin, especially for Vitamins B and D (but make sure they are gluten free!)
- Ask to have your vitamin levels checked at your next yearly physical (especially vitamin D)
- Our flours can be expensive, but are much less so when purchased at an Oriental food market.
- You can do some reading on this at the library, book store – look at the nutrition guides so you know what amounts of protein, fiber, etc. are recommended daily.

We tend to start out the new year with “resolutions” . . . perhaps try this year to add just ten things to your lifestyle that are healthier.