

Welcome to the Gluten-free World and a Lifetime of Better Health

A St. Louis Area Survival Guide

When you have celiac disease --- you know you must eliminate **gluten** from your diet. It may seem difficult and mysterious at first, but foods containing wheat, rye or barley can be replaced with safe, gluten-free alternatives. However, since many processed foods contain gluten in a variety of forms, some detective work is needed to avoid problem foods and find the ones you like. These web-links and ideas are provided to make the transition to a gluten-free life easier for you and your family. This is a resource that will help you get started. The guide provides suggestions for food during the learning process and while exploring the fast-expanding options. Most foods made with gluten have a gluten-free equivalent. Yes, there is even

beer and pizza! The menu ideas are not individualized to meet daily calorie, protein, mineral or vitamin needs. They are suggestions to help the novice with a gluten free diet. Work with a dietitian as well as your physician to determine individual nutrition needs.

The goal is to stay gluten-free for life. Concentrate on what you can eat. Although single ingredient, fresh foods are a good way to start, choices are abundant in local stores. A surprising number of restaurants have g-f selections and even offer special menus. Food processors do change ingredients, so it is important to read labels, visit web sites or call the consumer 800 numbers. Support groups, chat rooms, web forums and new recipe books do help.

This survival guide comes from the Bi-State Celiac Support Group
It was originated by the Belleville Area Celiac Support Group
and the Gateway Satellite Dietetic Association.

LOCAL SUPPORT GROUPS

Bi-State Celiac Support Group - www.bscsq.org

This non-profit group --(501c 3) organizes support group meetings, events and fundraising in Illinois and Missouri. Contact for the Bi-State Celiac Support Group: info@bscsg.org

The Mission of the Bi-State Celiac Support Group is to reach the numerous undiagnosed celiacs in the bi-state area who are unnecessarily suffering from gluten sensitivity; to provide a sense of community for those already diagnosed and to raise funds for celiac research programs.

St. Louis Alerts - A celiac support group - online news, links, products, chats, support, local restaurant information, meetings, and much more.

<http://health.groups.yahoo.com/group/stlouisalerts>-register for this free service, (get the **daily digest** version or just log on if you prefer to minimize individual email messages) *If you are unable to log on or have questions – email Marian Wisnev - maymay37@charter.net- she can help you become a member of St. Louis Alerts.*

National Support Group- <http://forums.delphiforums.com/ceeliac> - brings you to the 'start' page. Scroll to 'gluten free products' list. Many links are on this site. Click on 'messages' at the top to chat with other celiacs, plus find recipes & ideas. You may enter as a guest before joining. Then you can join with "Basic" membership to do everything you'll want to do, but they will want to sell advanced membership. You may say no and stick to basic at no cost.

National Organizations – information, education, research

Celiac Sprue Association- CSA/USA-	www.csaceliacs.org	402-558-0600
Celiac Disease Center of Columbia Univ.	www.celiacdiseasecenter.columbia.edu	
Gluten Intolerance Group (GIG)	www.gluten.net	206-246-6652
American Celiac Disease Alliance	www.americanceeliac.org	
Celiac Disease Foundation	www.celiac.org	818-990-2354
Children's Digestive Health and Nutrition Foundation	www.celiachealth.org	
NIH Consensus Conference on Celiac Disease	http://consensus.nih.gov/2004/2004Celiacdisease118html.htm	
Univ. of Chicago Celiac Disease Program	www.celiacdisease.net	
Univ. of Maryland Center for Celiac research)	www.celiaccenter.org	

www.foodallergy.org 703-691-3179 (For true food allergy information, not Celiac Disease)

Gluten-Free Products & mixes

www.celiac.com (products plus a great amount of information)

www.glutenfreemall.com	www.amys.com	www.julesglutenfree.com
www.glutino.com	www.chebe.com	
www.authenticfoods.com	www.enjoylifefnb.com	www.schar.com
www.missroben.com	www.pamelasproducts.com	
www.causeyourespecial.com	www.bobsredmill.com	
www.glutensolutions.com	www.ener-g.com	www.hain-celestial.com
www.glutenfreepantry.com	www.kinnikinnick.com	
www.glutenfreedrugs.com	www.ricepasta.com (tinkyada pasta)	
www.specialdiets.org	www.madebymona.com	www.montina.com
www.namaste.com		
www.food4celiacs.com (Gluten-Free Trading Company)	www.envirokidz.com	

Cookbooks – many found at health food stores, Whole Foods, local libraries

Fenster, Carol	Gluten Free 101 (1 of several)	www.savorypalate.com
Hagman, Bette	The Gluten Free Gourmet, etc. (more titles in this series)	
Korn, Danna	Wheat-Free Worry-Free	www.wheatfreeworryfree.com
	Kids with Celiac Disease	www.celiackids.com
Riley, Rebecca	Gluten-Free Baking	
Sanderson, Sherri	Incredible Edible Gluten-Free Food for Kids: 150 Family-Tested Recipes	
Shepard, Jules	Nearly Normal cooking for GF Eating, an e-cookbook	(www.julesglutenfree.com)

Books/Magazines

Case, Shelley	Gluten-Free diet - A Comprehensive Resource Guide	www.glutenfreediet.ca
Falini, Nancy Patin-	Gluten-Free Friends: an Activity Book for Kids	(www.savorypalate.com)
Green, Peter	Celiac Disease, A Hidden Epidemic	
Kruszka, Bonnie	Eating Gluten-Free with Emily	(www.woodbinehouse.com)
Lowell, Jax Peters	- Against the Grain; Gluten Free Bible	
Living Without –	(quarterly, celiac, dairy-free & more)	www.livingwithout.com
Gluten-Free Living-	Quarterly celiac magazine	www.glutenfreeliving.com
www.glutenfreebakingandmore.com	(books and products for sale)	

Shopping



Dierberg's Markets— A much expanded specialty area.
Cleta's Nutrition-3004 Godfrey Rd, Godfrey IL 62035 618.446.1659
Cornerstone Nutrition & Coffeehouse – 17701 Edison AV.
Chesterfield (Long & Edison) 63005 636.537.5858
Good 4 U Nutrition- 3940 Jeffco Blvd Arnold, MO 636.467.2000
Green Earth Grocery -441 S. Buchanan St., Edwardsville, IL 618.856.3357
Natural Way- 3 locations: 8110 Big Bend– 63110 314.961.3541
12345 Olive Blvd– 63141 & 468 Old Smizer Mill -63026
New Dawn Natural Foods – 3536 Arsenal-63118 314.772.9110
Nutrition Stop- 4101 Mexico Rd, St. Peters MO 636.928.7550
River City Nutrition - 833 S. Kirkwood Rd Kirkwood MO 63122 822-1406
Roosters Health Food Store- 820 Admiral Weiner, Columbia; 618.281.7177
The Healthy Nut- 449 Market Place Dr. Freeburg, IL 62243 618.539.6888
Schnucks & Shop N Save all locations have some items, check your local stores.
Trader Joe's – (1) 48 Brentwood Promenade 314.963.0253
(2) 1679 Clarkson Rd - 636.536.7846 (3) 11505 Olive Blvd – 314.569.0427
(4) 13343 Manchester Rd. 314.984.5051 (store tours available here) www.traderjoes.com
Whole Foods 1601 Brentwood Blvd. 314-968-7744
& 1160 Town &Country Commons 636-527-1160

Bakeries - Local and GF!

Andrea's Fine Foods
759 Spirit of St. Louis Blvd
www.andreasglutenfree.com
636-563-9953 much variety!

Beck's Gluten Free
15622 Manchester Rd.
www.becksgf.com
636-527-5000
Breads, cookies, prepared
meals, cakes, side dishes

Free Range Cookies
425 S. Florissant Rd
www.freerangecookies.com
314-882-0163
Breads, Buns and Cookies
Some products also at:
Winslow's Home (U. City)

Labeling – FALCPA-Food Allergen Labeling and Consumer Protection Act- effective 1-1-06. All products containing wheat or ingredients made from wheat must be labeled. Barley and rye are not included in this law. Watch out for **Barley Malt**, it is often used in chocolate candies & cereal. **Advisory statements**, such as *-processed in a facility that also...*, are often used, but are not regulated by FALCPA. Call company 800#'s for more detailed information.

Gluten-Free Certification Organization – *Gluten Free You Can Easily See*

www.gfco.org G-F food is an expanding section of the food industry. Many companies such as Amy's and Ian's make g-f and non-g-f products, so foods that are clearly labeled are easier to find. Many companies now label food when it is gluten-free, but the labels vary. GFCO is promoting a standard mark, plus providing guidelines & inspections so products will be reliable.

For extensive product information

1. 13th edition CSA Gluten-Free Product listing CD or binder– (see CSA/USA)
2. Delphi forums (see page 2)- on-line listings that can be printed.
3. Canadian Celiac Association (pocket dictionary) www.glutenfreediet.ca
4. www.clanthompson.com – lists & alerts for changes in products/ recalls



CONDIMENTS AND EVERY DAY FOODS

These are some suggestions, not a complete listing. For more complete information, see one of the sources listed above. Many items are available in each category.

Butter/Margarine -Blue Bonnet, Parkay, Land O Lakes, Smart Balance

Bar-B-Q sauce- Sweet Baby Ray's regular and honey Bar-b-que, Bone Suckin Sauce

Dairy Products; - Prairie Farms (except for obvious wheat products such as cookie dough ice cream, etc.) Cheese: Borden's, Healthy Choice, Sargento's, (All Natural Cheeses EXCEPT some shredded cheeses – check labels carefully. Kraft -read labels.

Milk Alternative: Silk (Soy milk.)

Ketchup -Del Monte, Heinz

Mayo -Hellmann's; Smart Balance

Mustard -French's (all EXCEPT Honey Dijon), Plochman's (all)

Peanut Butter- Jif (Regular and Smooth Sensations), Peter Pan Smart Choice, Skippy

Syrups- pure maple syrup, Golden Griddle, Brer Rabbit – light and dark

Salad Dressing: Hendrickson's, Wishbone (Italian, Ranch, Deluxe French), Annie's Naturals, Henri's Salad dressings (all except Tomato Flavor Balsamic Vinaigrette)

Soy Sauce- La Choy, Wheat-Free Tamari, and Bragg's Liquid Amino (a soy sauce sub.)

Spices: pure spices – McCormick's (including vanilla), Durkee, Frontier; blends are labeled

Vinegar – Vinegar is distilled and this process eliminates the large protein molecules of gluten – except for **malt** vinegar which is not distilled and therefore not gluten free. Read labels of flavored vinegar.

Distilled Alcoholic Beverages – including rum, gin, whiskey and vodka – these are also gluten-free regardless of the source. Distillation removes large proteins (gluten)

BEER- not distilled, so **not gluten-free – BUT** note the rapidly expanding g-f beer options:

www.ramapovalley.com

Randall's Wines & Spirits 618-394-9800

www.bardsbeer.com

Bard's Tale (Whole Foods)

www.newgrist.com

New Grist

www.redbridgebeer.com

Redbridge Beer (use on-line zip code locator for sources)

www.glutenfreebeers.co.uk

Green's Beer

CIDER – Woodchuck Draft Cider (several flavors) is gluten-free

Breakfast Ideas

Pancakes – Trader Joe’s frozen or use Pamela’s Baking mix top with maple syrup
Johnsonville– Sausage patties or links (except brown sugar and honey flavor)
www.johnsonville.com Fresh fruit or Juice (Del Monte, Minute Maid, Dole 100% jc)

Breakfast in a hurry? Milk or Silk (soy alternate) with Carnation Instant Breakfast
Eggs –make hard-boiled eggs a day ahead Whole Foods Cream Biscuits
Juice or fruit, with Lara Bar or Enjoy Life bar (www.enjoylifeb.com)

Eggs and bacon – (Oscar Mayer, Hormel – any gluten source would be clearly listed)
Ore Ida hash browns
Trader Joe’s Ryeless Rye Bread - butter/margarine (Parkay)

Nestle hot chocolate
Kinnikinick bread, or Lundberg rice cakes with peanut butter and jelly
Yogurt: Yoplait (except Yo-baby cereal); Stonyfield Farm(except brownie);
Blue Bunny Yogurt – labels will clearly state when gluten-free

French Toast – (made with Andrea’s bread), syrup or powdered sugar
Fresh fruit, strawberries or banana

Nabisco Cream of Rice or Lundberg Hot’ n Creamy Rice cereal;
Rice or Corn Chex – **now gluten free**, on the regular grocery shelf (www.generalmills.com)
Dole or Sun Maid Raisins

Bob’s Red Mill Mighty Tasty G- F Hot Cereal Or * Oatmeal – seen *Notes on Oats below-
Van’s frozen GF waffle Fresh Fruit

Nature’s Path Envirokidz cereal - Gorilla Munch plus banana or strawberry
Silk (soy) or regular milk Fruit and Cheese



Time for Tea and Coffee

Coffee

Folgers; Hills Brothers; Maxwell House (any source of gluten will be labeled)

Teas – check labels, there are a few herbal teas that have barley.

*Notes on Oats – most brands are contaminated. Cream Hill Estates is one that is tested and considered gluten-free. www.creamhillestates.com 866-727-3628 (There are other brands in stores now) (*oats are not yet accepted by some organizations as gluten-free*)

Gluten Free Lunch Ideas

Lettuce with assorted vegetables, sunflower seeds, and GF salad dressing (Annie's)
 Baked potato topped with butter, sour cream, and Hormel real bacon bits
 Fruit juice

Rice & frozen vegetables with GF soy sauce (La Choy) or Eden Foods g-f tamari
 Grilled/ microwaved chicken breast seasoned with McCormick's spices
 Fresh fruit

Thai Kitchen Instant Rice Noodle Soup – www.thaikitchen.com
 Crackers- Mary's Crackers- great with cheese or Glutino – Breadsticks or crackers
 Del Monte peaches or fresh fruit salad

Hormel Chili with Beans	Chi Chi's corn tortilla chips
Celery and carrot sticks	Old Orchard fruit juice

Frozen entrées –several choices found at Dierbergs- frozen food section
 Diced tomatoes and onions with Italian green beans Cantaloupe

Delimex cheese, chicken, or beef taquitos	Frontera Salsa (www.fronterakitchen.com)
Orange	Carnation Hot Cocoa

Salad with assorted vegetables and GF salad dressing
 Chicken of the Sea or Starkist tuna V8 Splash Berry Blend
 Fresh fruit or Del Monte canned pears

Chicken quesadilla made with Piñata or Mission corn tortilla		
Shredded cheese and Hormel canned chicken.		
Chopped fresh tomatoes	sour cream	Dole fruit juice

Imagine Organic Creamy Tomato Soup
 Glutino crackers with peanut butter and jam (try sunflower butter if you have nut allergies)
 Fresh fruit

Oscar Mayer or Ballpark hot dog	and Hormel Chili with Beans	Andrea's g-f buns
Lay's Classic potato chips	Ice Cream – Ben & Jerry's	

Meatloaf made with GF corn flakes or GF crushed crackers
 Mashed potatoes (Barbara's mashed potatoes) butter& sour cream
 Steamed cauliflower or raw vegetables

Hormel Natural Choice –honey deli turkey or Hillshire Farms lunchmeats
 Sandwich (Trader Joe's Ryeless rye) or wrap in Boston lettuce
 Prairie Farms cottage cheese and Del Monte canned fruit

Glutino Duo cheese pizza (add extra cheese and McCormick's pizza spice), salad & fruit
 Soda – Hansen's Natural; Coke, 7-UP, Pepsi, Sierra Mist, Dr. Pepper

Imagine Foods creamy broccoli soup or Campbell's Select Italian Tomato/basil/garlic
 Cheese sandwich- made with Borden's or Kraft cheese slices and Kinnikinnick bread

The Dinner Plate

Tinkyada brand pasta & Del Monte spaghetti sauce (without meat) Kraft Parmesan Cheese
Chebe breadsticks (www.chebe.com)
Lettuce salad with fresh vegetables & GF salad dressing steamed broccoli

Baked pork chop & baked fresh potato wedges seasoned with McCormick's pure spices
Steamed carrots/broccoli/cauliflower GF soy sauce (La Choy) or wheat-free tamari (optional)

Taco Night - Old El Paso corn taco shells
Fresh ground meat (beef, turkey, or chicken), cooked with McCormick's seasoning
Old El Paso refried beans, Old El Paso salsa, sour cream
Fresh lettuce, tomatoes, onions, Kraft cheese or regular Velveeta cheese, melted

Cookout - Hamburger - flavor with GF BBQ sauce or Heinz ketchup and ground mustard
Wrap in Roma lettuce leaf or use packaged Kinnikinnick buns (or see Carol Fenster for recipes)
Tomato and onion slices Green pepper and mushroom skewers brushed with olive oil
Carrot/celery sticks Lays classic potato chips

Baked fresh chicken breast Wild rice
Steamed green beans Sliced peaches – fresh or canned

Dinty Moore Beef Stew Corn bread –made with Ener-G Corn Mix
Lettuce salad with fresh vegetables GF salad dressing

Baked fresh fish – catfish, salmon –pick your favorite
Baked potato stuffed with fresh steamed broccoli, regular Velveeta cheese, melted,
crumbled Oscar Meyer bacon, or Hormel bacon bits, chopped green onion, sour cream, butter

Old El Paso corn taco shells stuffed with scrambled eggs, ham and Kraft cheese
Old El Paso salsa, optional
Fried cubed potatoes (in Crisco or Mazola Oil) Corn on the cob or frozen corn, steamed

Stir-fry any fresh meat (sirloin, chicken) and fresh vegetables with GF soy sauce or Tamari
White or brown rice

Roast beef seasoned with salt & pepper; garlic & onion
Boiled potatoes; carrots& celery Chebe bread rolls fresh fruit
Lettuce salad with chopped fresh vegetables, GF salad dressing

Grilled fresh chicken breast with GF BBQ sauce (Sweet Baby Ray's)
Fresh coleslaw mix with mayo or GF Italian dressing
Cooked broccoli mixed with white or brown rice and melted regular Velveeta cheese

Fresh pork roast Boiled cabbage
Roasted red potatoes Chebe rolls or bread sticks, butter or margarine

Macaroni and cheese (Tinkyada macaroni noodles with regular Velveeta cheese and milk) or
Annie's brand g-f mac & cheese Oven baked chicken zucchini

HoneySuckle White Turkey, roasted Fresh mashed potatoes
Gravy - using corn starch, Sweet Sue chicken broth or Herb-Ox chicken bouillon
Steamed mix of broccoli, cauliflower and carrots

SNACKS AND DESSERTS

CHIPS and COOKIES

Cape Cod plain potato chips Miss Meringue
Snyder's Chips: White Corn Tortillas; Yellow Corn
Lay's Classic Potato Chips Pamela's Chunky Chocolate Chip cookies
Tostitos Gold Tortilla Chips Chi Chi's corn tortilla chips
Ener-G brand pretzels Midel Ginger Snaps

POPCORN & RICE CAKES

Act II (except extreme butter)
Orville Redenbacher Microwave Popcorn; all varieties
 EXCEPT the caramel pour-over popcorn.
Crunch 'n Munch flavored popcorn
Lundberg Family Farms rice cakes

ICE CREAM

Breyers- All Natural Ice Creams: Vanilla, Chocolate, Choc, Chip, Coffee, French Vanilla, Mint choc Chip, Peach, Rocky Road, Strawberry, Vanilla Fudge Twirl, Vanilla/Chocolate/Strawberry
Blue Bunny – company states they will have any gluten ingredient clearly on the label - www.blubunny.com
Dairy Queen Vanilla and Chocolate Soft Serve; Arctic Rush Freeze; Shakes (no malts); Sundaes; Lemonade/ Limeade Frozen; DQ novelties (except DQ sandwich); (visit www.dq.com for a full list)
McDonalds All ice cream sundaes are GF
Ben & Jerry's except for flavors with obvious gluten such as cake batter, cookie dough (www.benjerry.com)

GUM

Care Free Gum (sugarless only), Clorets, Dentyne,
Freudent (peppermint, winter fresh, spearmint), Trident (all), Wrigley's Gum – all varieties

CANDY

Snickers, Skittles, Starburst, M&Ms (except the "crispy" blue bag version)
Dove (milk & dark choc), Mars Almond Bar, 3Musketees
Milky Way Midnight only (all other Milky Way's are not GF)
Mini versions of the above are GF except Snickers in Canada)

Miscellaneous

Jell-O Brand; Gelatin Desserts (dry gelatin mixes): Sugar Sweetened Gelatin (all flavors); Sugar Free Gelatin (all flavors)
(The dry mix sugar sweetened is also corn free)
Gelatin Snacks (ready to eat gelatin): Sugar Sweetened
Gelatin Snacks (all flavors), Sugar Free Gelatin (all flavors)

Baking Ingredients and Tips: To improve taste/texture –

Add Xanthan gum or an extra egg or egg white (beaten stiff) or egg white powder

Pans – use smaller pans, round shapes, or try the new silicone bakeware

Toasting – many breads, crackers, taste better toasted

Rice flours – may be a bit gritty, check books for tapioca/potato starch/rice combos

St. Louis in the Summer ☀

Sweet News: Ted Drewes basic custard is GF – ask for a clean spindle.

G-F Ice Cream Cones- ☺ Buy your own - www.edwardandsons.com and sometimes available in stores- and scoop away the heat.

Shop Area Farmers' Markets for local fresh fruit and veggies:

Name	Location	Contact	Open
Clayton Farmer's Mkt	Ellisville	636-779-8500X246	Sat. 5/23-10/24
Ferguson F.M.	Ferguson	314-524-1820	Sat – May-Oct
Kirkwood F.M.	Kirkwood	314-822-0084	April-Sept
Soulard	St. Louis City	314-622-4180	Wed-Sat, year round
Market in the Loop	University City	314-991-3300	Th,Fri, Sat all year

→Don't forget **Sappington Farmer's Market** – Complete grocery store, great fruits and vegetables and they stock some gf products plus some of Andrea's products.



For Local Restaurant Information – Log on to St. Louis Alerts & See the Reviews

Many restaurants are now g-f friendly and some have g-f menus.



Travel: There are several sources of grocery shopping guides, restaurant information, cards in other languages, and guides:

www.triumphdining.com

www.ceceliasmarketplace.com

Testing: Celiac Disease: A Hidden Epidemic by P. Green and R. Jones is an excellent source of testing and diagnosis information. (See ch 4 and ch 17)

Information on testing for celiac disease can be found at the web site of Prometheus laboratories. You can also find details about saliva based genetic testing. www.prometheuslabs.com

HELPFUL HINTS

Avoid Contamination:

- Buy squirt bottle style for mayo, mustard, ketchup
- Mark GF containers with “GF” on the lid.
- Use a dedicated toaster for GF foods, or toaster bags.
- Clean out silverware drawers. These are great crumb collectors.
- Use separate strainers/utensils if cooking non-GF and GF pasta at the same time.
- Clean food prep areas.
- Check labels on deli meats (most deli meats have no gluten) & ask for a clean slicer.

Organize and Simplify:

- When purchasing bread, divide loaf into 2-slice sections, putting these into baggies and then back into the larger bag before freezing.
- Dedicate shelves in your kitchen and refrigerator to gluten free food.
- Make extra portions and freeze individual meals in plastic containers.
- When you have a favorite recipe, make several bags of the dry ingredients.

Gluten Isn't Always Obvious:

- Check vitamins and medicine. www.glutenfreedrugs.com
- Ask about dedicated fryer baskets in fast food places and restaurants
- Play clay –may not be gluten free - <http://www.discountschoolsupply.com> and search for gluten-free dough

In a Nutshell – Gluten-Free:

Glue on stamps & envelopes
Caramel coloring, citric acid (in the U.S.)
Natural flavorings
Mono and Diglycerides
Maltodextrin

→Casein- For those who want a gluten-free and casein-free diet: www.gfcfdiet.com

→Continue to read all labels - companies do change products and ingredients.

→Observations, Updates, Questions?? Subscribe to St. Louis Alerts and post comments or email- info@bscsg.org Links to other resources, news, and events can be found at the website: www.bscsg.org rev. – Summer 2009