

GLUTEN FREE DIET

Creating delicious , healthy options for a growing population

AGENDA

- **GLUTEN 101**
What is 'gluten' and why should we become experts?
- **Application**
Wheat flour replacement.
- **REFRESH YOUR PANTRY**
Foods to include. Foods to avoid.
- **Application**
Inherently gluten-free.
- **AWARENESS & RESOURCES**
Help, please.
- **Application**
Eclectic avoidance



- **WHAT IS GLUTEN?**

Certain proteins found in wheat, barley, rye & their derivatives.

- **WHO IS AVOIDING IT?**

Gluten Intolerance: an immune-mediated response to the ingestion of gluten that damages the small intestine. Nutrients are then quickly passed through the small intestine, rather than being absorbed.

Celiac Disease: Potentially affecting 1 in 133 people in the US. It is a chronic, inherited disease, and if untreated can ultimately lead to malnutrition.

- **WHY SHOULD WE BECOME EXPERTS?**

Growing, Tight-Knit Population:

Nutritional deficiencies: can occur because of both low intake and poor absorption.

- Malabsorption of key nutrients.
- Very few gluten-free grain products are enriched.
- Many people with Celiac Disease also have lactose intolerance.



Application

WHEAT SUBSTITUTIONS

Tabouleh Salad

Toasted Crushed Almonds replace
bulghur



REFRESH YOUR PANTRY: Ingredients to Avoid

WHERE IS GLUTEN FOUND?

MAJOR SOURCES

- Wheat: durum, graham, kamut, semolina, spelt
- Barley
- Malt: malt flavoring, malt vinegar (generally made from barley; verify source)
- Rye
- Triticale



HIDDEN SOURCES: Must be verified.

- Brown rice syrup
- Breading, coating mixes, Panko, croutons
- Cereal products (ie Rice Krispies use malt flavoring; *new GF Rice Krispies option*)
- Imitation bacon & seafood
- Marinades, sauces, gravies, thickeners (roux)
- Oats (generally grown in fields next to wheat; produced on shared equipment)
- Processed luncheon meats, self-basting poultry
- Soy sauce
- Soup bases

CROSS-CONTAMINATION

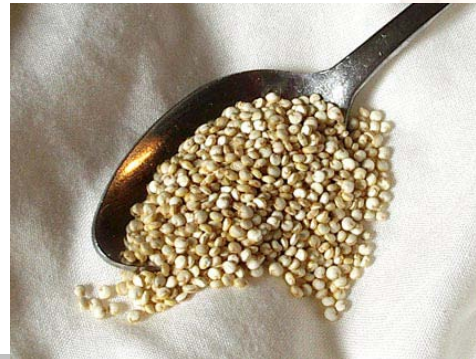
- Foods prepared on common surfaces, or with same utensils (toasters, spreadable condiments in shared containers, deep-fryer)
- Airborne: wheat flour can stay airborne for many hours
- Improperly cleaned equipment



REFRESH YOUR PANTRY: Ingredients to Include

COMMON SUBSTITUTIONS

- Rice
- Corn
- Soy
- Potato
- Tapioca
- Beans
- Garfava
- Sorghum
- Quinoa
- Millet
- Buckwheat
- Arrowroot
- Amaranth
- Teff
- Montina®
- Flax
- Nuts



WHEAT SUBSTITUTIONS

Almond Sacher Torte

Nut Meal
Rice Flour
Gum



Application

INHERENTLY GLUTEN-FREE

Tandoor...

A wheat free, RICH marinade and sauce.



AWARENESS

BLOGS & WEBSITES



RESTAURANT TRAINING & CERTIFICATION



www.gluten.net



GLUTEN-FREE RESTAURANT SEARCH RESULTS

Outback Steak House

Location: 2063 Huguenot Road, Richmond, VA 23235

Carrabba's Italian Grill

Location: 11450 Midlothian Turnpike, Richmond, VA 23235

The Melting Pot

Location: 9704 Gayton Road, Richmond, VA 23233

Bonefish Grill

Location: 6081 Harbour Park Dr, Midlothian, VA 23112

Bertucci's

Location: 11721 Broad Street, Richmond, VA 23233





THANK YOU!