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2nd Edition

# Living Gluten-Free FOR DUMMIES®

## Learn to:

- Decide whether adopting a gluten-free lifestyle is the right choice for you
- Recognize medical conditions that benefit from a gluten-free diet
- Decipher food labels and make smart choices when eating out
- Live a healthy, happy, gluten-free lifestyle

**Danna Korn**

Leading authority on the gluten-free diet and  
co-author of *Gluten-Free Cooking For Dummies*



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**by Danna Korn**

**Foreword by Alessio Fasano, MD**



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## About the Author

**Danna Korn** is also the author of *Gluten-Free Cooking For Dummies*, *Wheat-Free, Worry-Free: The Art of Happy, Healthy, Gluten-Free Living* and *Kids with Celiac Disease: A Family Guide to Raising Happy, Healthy Gluten-Free Children*. Respected as one of the leading authorities on the gluten-free diet and the medical conditions that benefit from it, she speaks frequently to health care professionals, celiacs, parents of celiacs, parents of autistic kids involved in a gluten-free/casein-free dietary intervention program, and others on or considering a gluten-free diet. She has been invited twice to be a presenter at the International Symposium on Celiac Disease.

Danna has been researching celiac disease since her son, Tyler, was diagnosed with the condition in 1991. That same year, she founded R.O.C.K. (Raising Our Celiac Kids), a support group for families of children on a gluten-free diet. Today Danna leads more than 100 chapters of R.O.C.K. worldwide. She is a consultant to retailers, manufacturers, testing companies, dietitians, nutritionists, and people newly diagnosed with gluten intolerance and celiac disease. She also coordinates the International Walk/Run for Celiac Disease each May in San Diego.

# *Dedication*

This book is dedicated to the people who have patiently supported my sometimes overzealous and usually over-the-top efforts as The Glutenator, singing the praises of a gluten-free lifestyle throughout the land. Most importantly, to my family and friends — especially Tyler, Kelsie, and Bryan — who encourage, inspire, and energize me. Your support means more to me than you could ever know, and I couldn't have written a word without you. And to those of you who embrace or are planning to embrace the gluten-free lifestyle, I hope I can make a difference, if even only a small one, in your lives by inspiring you to love the gluten-free way of life.

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# Foreword

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**A**nybody out there ever experienced stomach aches, bloating, headaches, mood swings, short memory loss, difficulty concentrating, fatigue, constipation, diarrhea, short temper, hair loss, tingling of the arms or legs, joint pain, or anemia for unknown reasons? If not, go ahead and eat as much pasta and pizza you like. If, on the other end, you have experienced any of these symptoms (and I'll bet all of us have, at some point), chance are, you and gluten do not agree. These symptoms are a few examples of how these chameleonic conditions called celiac disease and gluten sensitivity can present clinically. But what really are celiac disease and gluten sensitivity?

You can read lots of details about celiac disease and gluten sensitivity in this book. But let's take a quick look at these conditions and why they're so often misdiagnosed.

Celiac disease is an autoimmune disease that targets the intestines and renders them unable to properly handle foodstuff. The condition leads to a wide range of clinical manifestations of variable severity. Besides the typical malabsorption symptoms (chronic diarrhea, weight loss, and abdominal distension), celiac disease can manifest itself in a previously unappreciated spectrum of symptoms that potentially can affect any organ system. What's more, because many people who have celiac disease don't even exhibit the typical gastrointestinal symptoms. More common are patients with non-intestinal symptoms, such as anemia, joint pain, chronic fatigue, short stature, skin lesions, and neurological and behavioral problems (including peripheral neuropathy, epilepsy, dementia, schizophrenia, and seizure with intracranial calcifications).

Because celiac disease often presents in an atypical or even "silent" manner, many cases remain undiagnosed. Such cases carry the risk of long-term complications in adolescence and adulthood, including osteoporosis, infertility, miscarriages, cancer, and the onset of other autoimmune diseases.

Until recently, celiac disease was mostly restricted to Europe. New epidemiological studies suggest that celiac disease is going more global, with no continent on the planet spared by the disease. An estimated 3 millions Americans are affected by celiac disease, with only about 120,000 diagnosed so far.

Celiac disease is unique among autoimmune diseases, in that its trigger has something to do with nutrition. Like other autoimmune diseases, celiac disease results from the interplay of a genetic predisposition and an environmental trigger. Conversely, gluten sensitivity, the new kid on the block of the gluten village, does not involve an autoimmune process and, therefore, does not damage the intestine. Nevertheless, its clinical presentations can mimic celiac disease, so distinguishing gluten sensitivity from celiac disease is difficult based merely on the symptoms experienced.

Nevertheless, it is becoming apparent that gluten sensitivity is much more frequent than celiac disease: For each celiac patient, five to seven patients are affected by gluten sensitivity. Despite some similarities, substantial differences exist between these two diseases:

- ✔ Celiac disease is with you for life, whereas gluten sensitivity is not necessarily a lifelong condition.
- ✔ Celiac disease requires 100% compliance with a gluten-free diet, since even traces of gluten can be harmful. This is not necessarily true for gluten sensitivity.
- ✔ Not complying with the recommended diet causes immediate and cumulative, long-term consequences for celiac sufferers, whereas people with gluten sensitivity pay only the price of immediate symptoms.

The trigger for celiac disease and gluten sensitivity involves grains like wheat, rye, and barley. These grains contain a protein called gluten that is toxic to certain individuals. Thus, the cornerstone of their treatment is adhering to a strict gluten-free diet devoid of proteins from wheat, rye, barley, and related cereals. Unfortunately, gluten is a common — and, in many countries, unlabeled — ingredient in the human diet, presenting a big challenge for celiac patients. Gluten-free products are now becoming more widely available, but they're still difficult to find and certainly more expensive than their gluten-containing counterparts.

Some people find the gluten-free diet just too challenging to follow. That, indisputably, is the main reason people with celiac disease and gluten sensitivity don't comply with the diet sometimes. But the reason they find it so challenging is because there's a lack of information, poor awareness among health care professionals, and major confusion in what foods are safe and what are not. After people are diagnosed, it is not unusual for doctors to advise them to go on a gluten-free diet and "good luck with that."

Even with an idea of what to look for, shopping for gluten-free products can be a daunting proposition, with hours of shopping to get two to three items in your cart. The idea of a lifelong gluten-free diet can quickly morph into a sense of deprivation and a powerless feeling against what will be a tangible change in lifestyle. Every single event suddenly needs to be carefully planned in advance to attend to one of the most natural activities of humankind: eating. Shopping, cooking, avoiding cross-contamination, having a balanced and palatable diet — all become overwhelming enterprises, *unless you have in your hand Danna's second edition of Living Gluten-Free For Dummies.*

As someone who has “been there, done that,” Danna masterfully navigates the challenges of implementing a new lifestyle that celiac disease and gluten sensitivity impose. This book alleviates the stress of learning the new rules of the game, using a direct and friendly approach to offer practical suggestions for eating healthy, eating well, and staying safe. This is truly a “must” for both beginners and veterans on the celiac and gluten sensitivity circuit. It's a book you want to have handy in your kitchen take with you when you travel, and give to friends and loved ones – it's a resource to help you get back to eating with a smile on your face. Enjoy!

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Director, Mucosal Biology Research Center  
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# Introduction

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Not so many years ago, the gluten-free lifestyle was reserved for an obscure cluster of people who were forced to settle for wannabe foods that resembled sawdust but didn't taste as good.

Today, the gluten-free lifestyle is sweeping the world with the force of a really big blowtorch, and the ramifications are enormous. Gluten-free products abound (and are a far cry from the foods we used to choke down), labels are far less ambiguous, and people no longer look at you like you have four heads when you ask for a burger without the bun.

Being gluten-free isn't about being on a diet. It's about living a lifestyle. Whether you've been gluten-free for decades or are only considering the idea of giving up gluten, this book is loaded with information that can affect every aspect of your life, from the obvious — your health and how you shop, cook, and eat — to more subtle facets, like minimizing expenses, socializing, dealing with friends and family, and managing various emotional ups and downs.

I live a gluten-free lifestyle, and I have for years. I have no ulterior motives, other than some quirky desire to don a cape, call myself the Glutenator, and travel far and wide to extol the virtues of a gluten-free diet. Whether you go gluten-free really doesn't matter to me. I have no supplements to sell you, no gluten-free food products that I endorse — I don't even get paid for running the world's largest support organization for gluten-free kids!

What *does* matter to me is that I do my best to tell you everything you need to know about living a gluten-free lifestyle so you can make healthy decisions. This book is the reference guide you need to help you with all those aspects. It's your reference for living — and loving — a gluten-free lifestyle.

## About This Book

*Living Gluten-Free For Dummies*, 2nd Edition, like all *For Dummies* books, is divided up so you don't have to read it all at once, or even front to back, if you don't want to. You can skip from B to R to A and even reread B if you want. You can read it sideways and standing on your head, if you'd like; all you have to do is find a section you're interested in and dig in (how's *that* for liberating?).

I recommend you peruse the table of contents and see whether any particular chapter or subject really floats your boat, and start there. Or you can flip through the book and see whether any of the headings catch your interest.

If you're new to the gluten-free lifestyle and have tons of questions, you're probably best off starting at Chapter 1 and working your way through most of the book in order.

If you've been gluten-free for years, do yourself a favor and take a look at Chapter 5. You may be surprised by some of the foods allowed on the gluten-free diet that used to be considered no-nos. You may find that this chapter opens a lot of cupboard doors you once thought were closed!

## Conventions Used in This Book

To keep things consistent and easy to follow, this book uses some basic ground rules and conventions:

- ✔ I make words up, but they're pretty easy to figure out. For instance, *glutenated* means a product has been contaminated with gluten. *Glutenous* means it has gluten in it, a *glutenivore* is something that eats gluten, a *Glutenator* is one who battles the evils of gluten, and so on. It's fun! Before you know it, I'll bet you'll be making up your own *glutenologisms*.
- ✔ All Web addresses appear in monofont, which looks like `this`.
- ✔ When this book was printed, some Web addresses may have needed to break across two lines of text. If that happened, rest assured that we haven't put in any extra characters (such as hyphens) to indicate the break. So when using one of these Web addresses, just type in exactly what you see in this book, as though the line break doesn't exist.
- ✔ Feel free to tinker with the recipes. If you don't have an ingredient a recipe calls for, don't worry — make a substitution. You may find your swap is a huge improvement. And don't worry if you don't want to measure. I estimated the measurements anyway, because I'm not sure I even own measuring spoons and cups!
- ✔ If you want a vegetarian recipe, just look for the tomato icons.

Here are some conventions for the ingredients themselves:

- ✔ If an ingredient appears in a recipe, it's assumed to be gluten-free. For instance, I don't specify "gluten-free vanilla" because all vanilla is gluten-free. And soy sauce usually has gluten, but when I call for soy sauce in a recipe, I'm assuming you'll use a gluten-free version.
- ✔ Baking with gluten-free flours works best if you use a mixture of flours. Chapter 10 goes into detail about how to mix gluten-free flours to get the best results.

- ✓ Milk substitutes can be used in place of milk in most recipes.
- ✓ Eggs are large.
- ✓ Butter and margarine are interchangeable.
- ✓ All temperatures are in Fahrenheit.

## *What You're Not to Read*

You won't get into trouble if you *do* read everything, but if you're a skimmer, you can skip some stuff and not miss anything important. In other words, there won't be a pop quiz on the following:

- ✓ **Anything that has a Technical Stuff icon:** The Technical Stuff icon represents information that's interesting (downright fascinating sometimes!) but not crucial to your understanding of the subject matter.
- ✓ **Sidebars:** These stories and tidbits of information appear in shaded boxes scattered throughout the chapters. Just like the Technical Stuff, you may find the information interesting, but you won't be missing critical information if you skip them.
- ✓ **Recipes:** Unless you're actually using them to cook or to decide what to make for dinner, recipes aren't the best late-night reading material. Feel free to skip them until you're ready to whip up some gluten-free goodies.

## *Foolish Assumptions*

You spent your hard-earned cashola on this book, and that means either you want to find out more about the gluten-free lifestyle or you're related to me. Because my family members already hear way more about this stuff than any human should have to endure, I've written this book with you in mind — and I've taken the liberty of making a few assumptions about you. One or more of the following should apply:

- ✓ You're considering going gluten-free and will use this book to determine whether to take the plunge.
- ✓ You love someone who's gluten-free, and you're so cool that you want to find out more about the lifestyle so you can be supportive.
- ✓ You're new to the diet and are looking for the “manual” that can tell you how to live a gluten-free lifestyle.
- ✓ You've been gluten-free for years and want the latest, greatest information about dietary guidelines and state-of-the-art research.

- ✔ You're a professional who has gluten-free clients, customers, or patients, and you want to know more about the gluten-free lifestyle and the medical conditions that benefit from it.

At the same time, you can make a few assumptions about me and what I tell you in this book:

- ✔ I generally know what I'm talking about. I *do* live a gluten-free lifestyle and have been immersed in it since 1991. My experience is worth noting, because some people who write about gluten-free living aren't gluten-free themselves. I assure you, I wasn't brought onboard to write this book because I was bored and looking for a project: I really do live — and love — the gluten-free lifestyle (and I have way too many projects, thank you very much!).
- ✔ To the best of my knowledge, the information in this book is correct. This book has been reviewed by experts who are extremely knowledgeable in their fields.
- ✔ This book is not intended to provide medical advice, so you're not allowed to sue me for anything. Please see your physician for further follow-up if you feel you need it; void where prohibited; all rights reserved; good only while offer valid; only while supplies last; till death do us part; and all other legal disclaimers heretofore. There, my hiney is covered!

## *How This Book Is Organized*

*Living Gluten-Free For Dummies*, 2nd Edition, is organized so that all the “like” material goes together. So that I don't repeat too much information, I sometimes include cross-references to related topics. This book has five parts. Each part has several chapters, and each chapter is divided into sections. In the following sections, I explain how the parts are divided up.

### *Part 1: Going Gluten-Free: Who, What, Why, and How*

As the name implies, this part dives into the big-picture basics of being gluten-free. Chapter 1 is an overview. If you read nothing else in this book, read Chapter 1, because then you'll at least sound like you know what you're talking about. The rest of this part talks about who may want to consider going gluten-free and why, what you can and can't eat on the gluten-free diet, and how to dig a little deeper so you're *sure* the foods you're eating are really safe for you.

## ***Part II: Planning and Preparing: The Preludes to Cooking***

Part II takes you to the next level: getting ready to eat. It starts with some guidance on choosing the most nutritious approach to the gluten-free lifestyle and then helps you with preparing your kitchen, planning menus, shopping, and developing the techniques unique to gluten-free cooking that you'll want to know before you cook.

## ***Part III: From Menus to Meals: Recipes for the Gluten-Free Gastronome***

You'll find many recipes in this part submitted by a not-a-cookbook author: me. Okay, I admit I made 'em up. And I admit I don't measure, nor is any one recipe ever the same the second time around. But my publisher has a real-live tester on hand to make sure the recipes work — and, much to my surprise, they do! So stop snickering, and start stewing — or baking — or whatever it is you want to do in the kitchen. Whether you're a culinary fledgling or a Martha Stewart protégé, you'll find these recipes to be simple, delicious, sometimes impressive, and most definitely gluten-free.

## ***Part IV: Living — and Loving — the Gluten-Free Lifestyle 24/7***

For some people, the gluten-free lifestyle presents unique social, practical, and emotional challenges. In this part, I help you figure out ways to handle some of the practical issues like attending social events; eating at restaurants; traveling; talking with friends and loved ones about your lifestyle; and raising happy, healthy, gluten-free kids. I also help you deal with some of the emotional challenges that sometimes come up so you can truly learn to love the gluten-free lifestyle.

## ***Part V: The Part of Tens***

What would a *For Dummies* book be without a Part of Tens? Incomplete, that's what, because nearly all *For Dummies* books have them, and this one's no exception. The Part of Tens is a few short chapters, each with (cleverly enough) *ten* tips, questions and answers, factoids, and tidbits of information about the gluten-free lifestyle.

## Icons Used in This Book

Some people are more visual than others. That's why icons are cool. This book uses several icons, and each has a little tidbit of information associated with it. Here's what each icon means:



Cleverly designated as Tips, these are, well, *tips* that can help you live (and love!) the gluten-free lifestyle. They include info to help you save time or cut down on frustration.



Everyone can use a friendly little reminder. The Remember icon is a quick and easy way to identify some of the more important points that you may want to make note of throughout the book.



Text flagged with the Warning icon can keep you out of trouble.



Sometimes I get really into juicy, technical, and scientific stuff. Some of you will love it; others will be bored to tears. That's why I put it in its own area, marked by a Technical Stuff icon, so you can skip it (if you want to) without missing the gist of what's going on in that chapter or section.

## Where to Go from Here

What I suggest you do at this point is curl up in your comfiest chair and dive into the book. If you find the section you start with to be boring (puh-lease!), or for whatever reason it doesn't pop your cork, then skip it and move on.

If you're feeling a little down about going gluten-free, I hope my sincere passion for the gluten-free lifestyle and the healthy benefits that go along with it touch you by offering comfort, optimism, and inspiration.