

## **Clinical Nutrition**

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## **Gluten Free Diet Guidelines**

### **What is Celiac Disease?**

- A medical condition in which the intestine is damaged by gluten. Gluten is a protein found in **wheat, rye, barley, and triticale**. This damage results in not absorbing some nutrients. There is no cure, but it can be treated with a gluten-free diet.
- Common KIDS symptoms may include fat in the stool with or without vomiting and occasional cramping with abdominal pain. These usually occur anytime after cereals are introduced into the diet (1-2 years of life). Typically, a child fails to grow well, is indifferent and irritable, and has muscle wasting with a bloated abdomen. Once a gluten-free diet is started, the small intestine heals, nutrients are absorbed and kids quickly catch up their growth. Even if symptom-free, it is important to continue to follow the diet to help your body to continue to absorb nutrients and to reduce the risk of long-term complications.
- Common ADULT symptoms may include anaemia, extreme tiredness, depression, bone or joint pain, and osteoporosis.

### **Other Potential Sources of Hidden Gluten**

#### **Food Sources:**

- Bouillon/soups/soup bases
- Candy (Smarties® in Canada)/some chocolates/bars/liquorice
- Drink mixes/herbal tea/flavoured coffee beans
- Flavourings
- Gravy/sauces
- Hydrolyzed plant protein
- Hydrolyzed vegetable protein
- Imitation bacon and seafood
- Modified food starch
- Oatmeal, oat bran, oat flour from non-dedicated mill
- Salad dressings and marinades
- Sausages, hot dogs and deli meats
- Seasonings and soy sauce
- Self-basting turkeys

#### **Non-Food Sources:**

- Lipstick/lip balms
- Medications (pills and capsules) –  *speak to your Pharmacist*
- Nutritional supplements
- Play-Doh

## What about Oats?

- Recent evidence is now showing that pure oats, uncontaminated with gluten from wheat, rye, or barley is safe for most individuals with celiac disease in moderate amounts of consumption.
- Suggested safe amounts of pure oats:
  - Children: 20-25 grams per day (1/4 cup dry rolled oats)
  - Adults: 50-70 grams per day (1/2 -3/4 cup dry rolled oats)
- However, a small number of individuals with celiac disease may not tolerate even pure, uncontaminated oats.
- Before incorporating oats into your diet, you should be well controlled on a gluten-free diet, with no gastrointestinal complaints.

## Reading Labels:

- Remember to check the ingredient list every time you shop since food companies often change ingredients.
- Not all foods list gluten as an allergen so it is always advised to read the ingredient list to ensure none of the ingredients are derived from gluten.
- Beware of foods labelled "**Wheat-free**" they may contain grains such as barley, rye, spelt or kamut that are not gluten-free. Some imported foods labelled "gluten-free" may be made with wheat starch.
- The Food and Drug Administration (FDA) as well as Health Canada allows manufactures to label a food "gluten-free" as long as they do not:
  - Contain ingredients that are wheat, rye, barley or crossbreeds of these grains
  - Contain ingredients made from these grains that have not been processed to remove gluten
  - Contain ingredients derived from these grains that have been processed to remove gluten and contains more than 20 parts per million of gluten.
- 20 parts per million of gluten is a level that is considered protective for the majority of people with celiac disease.
- ***If in doubt, leave it out!***

## Cross Contamination:

### ***Cross contamination in the home:***

- Have designated dishes and cutting boards that are used for GF foods only.
- Use a separate toaster for GF breads. A toaster oven, where the rack can be removed and washed if others have used it may be good.
- Always make sure that the counter space you are using to prepare GF food is washed to ensure it is free from crumbs or flour dust.
- Do GF baking and cooking first, and have the food well wrapped and stored before preparing anything that may contain gluten. This prevents flour dust (in the air) from regular flours settling on the GF products.
- Use clean utensils and avoid "double dipping" - knives or spoons are OK the first time, but can not go back into the container once they have touched food with gluten.
- Use a separate set of utensils with porous surfaces, such as wooden spoons, for your GF baking. These utensils might retain some gluten particles after cleaning.

### ***Cross contamination away from home:***

- Products in bulk bins can become contaminated when scoops are used in more than one bin. There is no assurance that the other customers will be as cautious as you.
- At the deli counter gluten free meats are cut using the same utensils without cleaning in between.

Foods at a buffet may become contaminated with gluten when customers use the same serving spoons in various dishes.

- French fries cooked in oil may become contaminated with gluten if battered foods have been fried as well.
- Meat cooked on a grill which hasn't been cleaned after cooking gluten-containing food.

Food Group	Foods Allowed	Foods to Question	Foods Not Allowed
<b>Grain Products</b> <i>**oats must be pure, with no cross contamination</i>	Items made with amaranth, arrowroot, buckwheat, corn bran, corn flour, cornmeal, cornstarch, flax, legume flours (bean, garbanzo or chickpea, Garfava™, lentil, pea), mesquite flour, millet, Montina™ flour (Indian rice grass), nut flours (almond, chestnut, hazelnut), potato flour, potato starch, <b>pure</b> oat products**, quinoa, rice bran, rice flours (brown, glutinous, sweet, white), rice polish, sago, sorghum flour, tapioca (cassava, manioc), taro.	Items made with buckwheat flour.	Items made with wheat bran, wheat flour, wheat germ, wheat-based semolina, wheat starch, durum flour, gluten flour, graham flour, atta, bulgur, einkorn, emmer, faro (faro), kamut, spelt, barley, rye, triticale, commercial oat products** (e.g. oat bran, oat flour, steel cut).
	<b>Cereals – Hot</b> Amaranth, cornmeal, cream of buckwheat, cream of rice (brown, white), hominy grits, pure oatmeal**, quinoa, rice flakes, soy flakes and soy grits.	Rice and soy pablum unless labelled gluten-free, rice and corn .	Cereals made from wheat, rye, triticale, barley and commercial oats**.
	<b>Cereals - Cold</b> puffed amaranth, puffed buckwheat, puffed corn, puffed millet, puffed rice, rice crisps or corn flakes, rice flakes and soy cereal.	Rice and corn cereals.	Cereals made with added barley malt extract or barley malt flavouring.
	<b>Pastas</b> Macaroni, spaghetti, and noodles from beans, corn, lentils, peas, potato, quinoa, rice, and soy.	Buckwheat pasta	Pastas made from wheat, wheat starch and other ingredients not allowed (e.g. Orzo).
	<b>Rice</b> Plain (e.g. Basmati, brown, jasmine, white, wild).	Seasoned or flavoured rice mixes.	
	<b>Miscellaneous</b> Corn tacos, corn tortillas, rice tortillas. Plain rice crackers, rice cakes and popped corn cakes. GF communion wafers.	Multi-grain or flavoured rice crackers, rice cakes and popped corn cakes.  Low gluten communion wafers.	Wheat flour tacos and tortillas, matzoh, matzoh meal, matzoh balls, couscous, tabouli.  Regular communion wafers.

<b>Food Group</b>	<b>Foods Allowed</b>	<b>Foods to Question</b>	<b>Foods Not Allowed</b>
<b>Meats and Alternatives</b>	<b>Meat, Fish, Poultry</b> Plain (fresh or frozen)	Prepared or preserved meats such as deli or luncheon meat (e.g. Bologna, salami), ham (ready to cook), meat and sandwich spreads, meatloaf. Frozen patties (meat, chicken or fish), sausages, pate, hot dogs, frankfurters, imitation fish products (e.g. Surimi), imitation seafoods and bacon bits, meat substitutes, meat product extenders.	Fish canned in vegetable broth containing hydrolyzed wheat protein. Frozen turkey basted or injected with hydrolyzed wheat protein. Frozen or fresh turkey with bread stuffing. Frozen chicken containing chicken broth (made with ingredients not allowed). Meat, poultry or fish marinated in, dusted or breaded with ingredients not allowed.
	<b>Eggs</b> - Fresh, liquid, dried or powdered.	Flavoured egg products (liquid or frozen).	
	<b>Other</b> Lentils, dried peas, dried beans (e.g. Black, chickpeas or garbanzo, navy, pinto, soy, white), plain nuts and seeds, plain tofu, peanut butter.	Baked beans, dry roasted or seasoned nuts and seeds, flavoured tofu, tempeh, miso.	Chickpeas fried in contaminated oils.
<b>Milk and Alternatives</b>	Milk, most ice cream, sour cream, buttermilk, plain yogurt, cream cheese, processed cheese, processed cheese foods, cottage cheese.	Milk drinks, flavoured yogurt, frozen yogurt, cheese sauces, cheese spreads, flavoured shredded cheese, fancy cheeses, some ice cream, sour cream.	Malted milk, ice cream made with ingredients not allowed.
<b>Vegetables and Fruit</b>	<b>Vegetables</b> Fresh, frozen, and canned vegetables and juices.	Vegetables with sauces, French-fried potatoes (especially where gluten-containing foods may be cooked in the same oil).	Scalloped potatoes (containing wheat flour). Battered deep-fried vegetables.
	<b>Fruits</b> - Fresh, frozen and canned fruits and juices.	Dates, fruits with juices.	
<b>Fats and Oils</b>	Butter, cream, margarine, lard, vegetable oil, shortening, salad dressing with allowed ingredients.	Salad dressings, suet, cooking spray.	Contaminated oils, fats and salad dressings made with ingredients not allowed.
<b>Snack Foods</b>	Plain popcorn, nuts, soy nuts, potato chips, taco (corn) chips; gluten-free pizza.	Seasoned (flavoured): nuts, soy nuts, potato chips, taco (corn) chips; rice cakes and rice crackers.	Pizza made with ingredients not allowed.

<b>Food Group</b>	<b>Foods Allowed</b>	<b>Foods to Question</b>	<b>Foods Not Allowed</b>
<b>Desserts and Sweets</b>	Most ice cream, sherbet, whipped toppings, whipping cream, egg custards, custard powder, gelatine desserts, milk puddings, cakes, cookies, pastries made with allowed ingredients, gluten-free ice cream cones, wafers and waffles.	Cake icings and frostings.	Bread pudding, ice cream made with ingredients not allowed; cakes, cookies, muffins, pies and pastries made with ingredients not allowed; ice cream cones, wafers and waffles made with ingredients not allowed.
<b>Other Foods</b>	<b>Beverages</b> Tea, instant or ground coffee (regular or decaffeinated), cocoa, soft drinks, most non-dairy beverages made from nut, potato, soy and rice.	Flavoured and herbal teas, flavoured coffees, coffee substitutes.	Cereal and malted beverages (e.g. Ovaltine®, chocolate malt and those with malt flavour, Postum®), non-dairy beverages (nut, potato, soy rice) made with barley malt extract, barley-malt flavouring or oats.
	<b>Alcoholic Beverages</b> Distilled alcohol – bourbon, rum, gin, rye whiskey, scotch whiskey, vodka and pure liqueurs; wines; GF beers (rice, buckwheat or sorghum)	Flavoured alcoholic beverages (e.g. Coolers, ciders, Caesar vodka beverage).	Beer, ale and lager (made from barley).
	<b>Sweets</b> Honey, jam, jelly, marmalade, corn syrup, maple syrup, molasses, sugar (brown and white), icing or confectioner's sugar, GF liquorice and other candies.	Hard candies, chocolate bars and chocolates.	Regular liquorice and candies made with ingredients not allowed including chocolate bars with wafers and cookies.
	<b>Condiments</b> Plain pickles, relish, olives, ketchup, plain prepared mustard, pure mustard flour, tomato paste, pure herbs and spices, black pepper, salt, vinegars (apple, cider, rice, balsamic, distilled white, grape or wine), gluten-free teriyaki sauce, other sauces and gravies made with allowed ingredients.	Seasoning mixes, specialty prepared mustards, prepared mustard flour, mustard pickles, curry paste, Worcestershire sauce.	Soy sauce (made from wheat), teriyaki sauce (containing soy sauce made from wheat), malt vinegar, other sauces and gravies made with wheat flour, hydrolyzed wheat protein or other foods not allowed.

Food Group	Foods Allowed	Foods to Question	Foods Not Allowed
<b>Other Foods</b>	<b>Soups</b> Homemade broth, gluten-free bouillon cubes, cream soups and stocks made from ingredients allowed.	Canned soups, dried soup mixes, soup bases and bouillon cubes.	Soups made with ingredients not allowed, bouillon and bouillon cubes containing hydrolyzed wheat protein.
	<b>Other</b> Plain cocoa, pure baking chocolate, carob chips and powder, chocolate chips, monosodium glutamate (MSG), cream of tartar, baking soda, vanilla, pure vanilla extract, artificial vanilla extract, vanillin, yeast (active dry, autolyzed, baker's, nutritional, torula), coconut, xanthan gum, guar gum, artificial sweeteners.	Baking powder	Brewer's yeast

## Important Nutrients:

**Grain Products are often enriched with vitamins and minerals. A person with Celiac Disease consuming a gluten-free diet may need to seek other sources of these nutrients.**

<b>Nutrient</b>	<b>Grain/Cereal</b>	<b>Fruits/ Vegetables</b>	<b>Milk Products</b>	<b>Meats/Alternatives</b>
<b>B<sub>1</sub> Thiamine</b>	Rice bran, rice polish, brown rice, enriched white rice, brown rice flour, flax, quinoa, millet, soy flour, buckwheat flour, whole bean flour, enriched cornmeal.	Avocado, asparagus, broccoli, brussel sprouts, green peas, spinach.		Pork, liver, lentils, split peas, soybeans, kidney beans, garbanzo beans, lima beans, nuts, sesame seeds, sunflower seeds.
<b>B<sub>2</sub> Riboflavin</b>	Rice bran, wild rice, flax, quinoa, millet, buckwheat , soy flour, amaranth, whole bean flour, enriched cornmeal.	Avocado, asparagus, green peas, mushrooms, spinach, sweet potato, banana, mango.	Milk, cottage cheese, cheese, yogurt.	Lentils, split peas, soybeans, liver, pork, beef, lamb, eggs, dark chicken meat, turkey, almonds.
<b>B<sub>3</sub> Niacin</b>	Rice bran, wild rice, brown rice, enriched white rice, flax, quinoa, millet, soy flour, buckwheat flour, whole bean flour, enriched cornmeal, corn bran.			Lentils, kidney beans, split peas, peanuts, peanut butter, sesame seeds, sunflower seeds, liver, pork, beef, lamb, chicken/turkey, salmon/tuna, sardines.
<b>B<sub>6</sub> Pyroxidine</b>	Wild rice, brown rice, enriched white rice, rice bran, flax, quinoa, millet, soy flour, buckwheat, cornmeal.	Avocado, banana, spinach, potato.		Soybeans, dried beans, pork, chicken/turkey, eggs, peanut butter, shellfish, sunflower seeds, walnuts.
<b>B<sub>12</sub></b>			Milk, cheese, cottage cheese, yogurt.	Liver, beef, pork, fish, eggs.
<b>Folic Acid</b>	Rice bran, wild rice, brown rice, flax, quinoa, millet, amaranth, buckwheat flour, cornmeal, soy flour.			Lentils, split peas, kidney beans, white garbanzo beans, liver.
<b>Zinc</b>	Wild rice, rice bran, corn bran, brown rice, flax, quinoa, millet, soy flour, buckwheat, buckwheat flour.			Lentils, split peas, soybeans, pork, liver, beef, eggs, oysters, turkey, shrimp, lobster, nuts and seeds.
<b>Iron</b>	Rice bran, wild rice, enriched white rice, flax, quinoa, millet, soy flour, buckwheat, whole bean flour, amaranth, enriched cornmeal, corn bran.	Apricots, broccoli, brussel sprouts, peas, potatoes, prunes/prune juice, raisins, squash.		Split peas, lentils, navy beans, kidney beans, soybeans, pinto beans, sunflower seeds, seeds, almonds, liver, beef, veal, lamb, pork, clams, scallops, oysters, tuna, eggs.

## **Baking tips for cooking Gluten Free:**

### **Flavour Tips**

- ✓ Adding chocolate chips, nuts, fruits (e.g., bananas, applesauce), dried fruits (e.g. raisins, cranberries), yogurt or honey helps the flavour of baked GF products.
- ✓ Most GF breads taste better toasted or warmed.

### **Texture Tips**

- ✓ Coarse flours require more leavening than white flour. For each cup of coarse flour, use 2 ½ tsp. (12 mL) of GF baking powder. Coarse flours may also require more sifting.
- ✓ Unflavoured powdered gelatine works well as a binder in rice flour recipes. Soften the gelatine in half the water called for in the recipe before adding.
- ✓ GF breads can be crumbly. Substituting buttermilk or carbonated beverages in place of milk or water results in a lighter, more finely textured product.
- ✓ Let GF dough sit at least ½ hour or overnight in the refrigerator to soften.

### **Storage Tips**

- ✓ GF flours have no preservatives and are quite perishable. Wrap them tightly and store in the freezer in an airtight container for up to 1 month.
- ✓ Store baked products in plastic bags when still warm to preserve moisture. Refrigerate baked products to decrease crumbliness.

## **Gluten Free Substitutions for Wheat Flour**

When first learning to bake gluten-free products use well-tested recipes from a gluten-free cookbook. Sometimes it is difficult to change a regular recipe to a gluten-free recipe. You may need to try a few times with different gluten-free flours to get it to work well.

### **Gluten-Free Flour Mixes**

***1 cup of either mixture can replace 1 cup of wheat flour in a recipe:***

#### **Gluten-free mix #1:**

4 cups (1000 ml)	White rice flour
1 <sup>1</sup> / <sub>3</sub> cups (325 ml)	Potato starch
1 cup (250 ml)	Tapioca flour

#### **Gluten-free mix #2:**

½ cup (125 ml)	Sorghum flour
½ cup (125 ml)	Bean flour
2 tbsps (30 ml)	Tapioca starch

*You may also need to change the amounts of baking powder, baking soda, yeast and sugar to make an old recipe work. Start with the amounts in the original recipe and change one ingredient at a time until it tastes just right!*



## Gluten Free Recipes:

### **Pancakes**

#### **Pancake mix:**

Mix well and store in an airtight container until use.

1 cup gluten-free flour mix	1 cup buttermilk powder
¼ cup sugar	1 ½ tsp salt
4 tsp gluten-free baking powder	2 tsp baking soda

#### **Egg mixture:**

Beat the following ingredients together:

2 eggs  
2 tbsp Oil  
1 cup water

#### **Preparation:**

Put 1 1/3 cup of pancake mix in a bowl. Add egg mixture and beat until smooth. Do not over beat. Cook as usual in a pan. Makes 10- 4" pancakes.

*Recipe courtesy of Bette Hagman*

### **Pizza Crust**

#### **Ingredients:**

1 Tbsp dry yeast	2/3 cup Garbanzo flour
½ cup tapioca flour	2 Tbsp dry milk/non-dairy milk powder
½ tsp salt	½ tsp sugar
1 tsp gelatine powder	1 tsp GF Italian seasoning
2/3 cup warm water	1 tsp olive oil
1 tsp cider vinegar*	

#### **Preparation:**

Preheat oven to 425°F. Using an electric mixer on high, beat all the ingredients in a bowl for 3 minutes. Turn dough onto a 12" non-stick pan lightly greased with olive oil. Dust dough liberally with rice flour and pat with hands to edges of pan. Bake for 10-15 minutes. Remove pizza crust from oven; top with toppings and bake another 15-20 minutes, or until browned.

\*distilled white vinegar is also gluten-free and can be substituted for cider vinegar.

*Reprinted with permission: Cooking Free by Carol Fenster*

[www.savorypalate.com](http://www.savorypalate.com)

## ***Rapid-Rise French Bread***

### **Ingredients:**

2 cups white rice flour	1 cup tapioca flour
2 tsp xanthan gum	1 ½ tsp salt
2 tbsp sugar	1 tsp vinegar
1 ½ cups lukewarm water	2 tbsp rapid-rise yeast
3 lightly beaten egg whites	2 tbsp melted butter or margarine

### **Preparation:**

In the bowl or heavy-duty mixer, place flours, xanthan gum, and salt. Blend together on low. Dissolve the sugar in water and add yeast. Wait until the mixture foams slightly, then blend into the dry ingredients. Add the butter, egg whites and vinegar. Beat on high for 3 minutes. To form loaves, spoon dough onto greased and cornmeal-dusted cookie sheets in two long loaf shapes or into special French-bread pans. Slash diagonally every few inches. If desired, brush with melted butter. Cover dough and let rise in a warm place until doubled in bulk, (20-25 minutes or up to an hr). Preheat oven to 400°F, bake for 40-45 mins. Remove from pan.

*Source: Gluten-Free Press May 2005, Canadian Celiac Association. [www.celiac.ca](http://www.celiac.ca)*

## **Gluten Free Brands:**

### ***Glutino & Gluten Free Pantry***

Breads, bagels, English muffins, rice, cereal, bread crumbs, flour mixes, snack foods, frozen entrees, frozen pizzas

Purchase online: [www.glutenfree.com](http://www.glutenfree.com)

### ***Kinnikinnicks***

Flour, cake mix, muffin mix, brownies, cookies, donuts, waffles, buns, bagels, pie crust, pizza crust, hamburger and hotdog buns

Purchase online: [www.kinnikinnick.com](http://www.kinnikinnick.com)

### ***Pamela's***

Mixes (pancakes, bread, brownies, cake, frosting), cookies

Purchase online:

<http://www.pamelasproducts.com/>

### ***El Peto Products Ltd.***

Grains, sauce and gravy mixes, candy, desserts, pretzels, breads, muffins

Purchase online: [www.elpeto.com](http://www.elpeto.com)

### ***Molly B's***

Flour, crepes, cheesecake, quiche, bagels, perogies, burritos, waffle and pancake mix

Purchase online: [www.mollybglutenfree.com](http://www.mollybglutenfree.com)

129 Turbine Drive, North York, ON M9L 2S7.

P: (905) 738-6377

## Specialty Food Distributors:

### Mail Orders:

#### **Canbrands Specialty Foods**

Kingsmill/PaneRiso  
P.O. Box 117, Gormley ON L0H 1G0  
(905) 888-5008

#### **El Peto**

65 Saltsman Drive,  
Cambridge ON N3H 4R7  
(519) 650-4614

### In London:

#### **Arva Flour Mill**

Variety of flours (bulk purchase)  
2060 Richmond St, Arva ON N5X 3V6  
(519) 660-0199

#### **Quarter Master**

Health food store with gluten free options  
176 Wortley Rd, London ON N6C 3P7  
(519) 438-6306

#### **Jubilee Kafe**

Gluten free bakery  
2519 Main St South, London ON  
(519) 652-8484

#### **Buns Master Bakery**

Gluten-free bakery products  
2190 Dundas Street East, London, ON  
(519) 451-4541

#### **Dodo's Dough**

Gluten-free entrees, baked products  
Dorothy Holland: [Dorothy\\_holland@hotmail.com](mailto:Dorothy_holland@hotmail.com)  
(519) 657-9728

#### **Lyn-Dys Health Food**

Gluten-free breads, pastas, baking supplies  
996 Oxford St. E, London, ON  
(519) 455-5573

#### **Organic Works Bakery**

Gluten-free breads and cookies – distribute  
throughout Southwestern Ontario  
<http://www.organicworksbakery.com>  
(519) 850-1800

#### **Healthy Creations**

Gluten free bakery  
502 Springbank Dr. Unit 2, London ON N6J 1G8  
<http://london.healthy-creations.com>  
(519) 472-0111

### Locations outside of London:

#### **Specialty Food Shop at:**

**Hospital for Sick Children**  
[www.specialtyfoodshop.com](http://www.specialtyfoodshop.com)  
Toronto, ON (416) 977-4360

#### **The Gentle Rain**

Health food store with gluten free options  
30 Rebecca St. Stratford, ON  
<http://www.thegentlerain.ca>  
(519) 271-0388

#### **Healthy Creations**

Gluten free bakery  
333 Dougall Square, Windsor ON  
<http://www.healthy-creations.com>  
(519) 250-4272

#### **The Junior Baker**

165 Lochiel Street, Sarnia ON  
<http://www.junior-baker.com>  
(519) 336 0440

#### **THE OLDE BAKERY CAFÉ**

120 THAMES ST S. INGERSOLL ON  
[WWW.OLDEBAKERYCAFE.COM](http://WWW.OLDEBAKERYCAFE.COM)  
519-485-5757

### **For More Information:**

#### **Canadian Celiac Association**

5170 Dixie Road, Suite 204,  
Mississauga, ON, L4W 1E3  
1-800-363-7296 or (905) 507-6208  
Fax: (905) 507-4673  
Website: [www.celiac.ca](http://www.celiac.ca)  
E-mail: [celiac@web.net](mailto:celiac@web.net)

#### **London Chapter**

P.O. Box 198, Dorchester,  
ON, L0L 1G0  
(519) 268-7875

The Celiac Association was created as a support network for those diagnosed with Celiac Disease and to keep the public informed. The benefits of joining the Association include networking opportunities with other people with celiac disease, regular meetings, information newsletters and access to publications at reduced rates. Membership applications can be found on their website ([www.celiac.ca](http://www.celiac.ca)) or by calling the contact numbers above.

### **Websites to Check out!**

[www.glutenfreeontario.ca](http://www.glutenfreeontario.ca)

This website is intended to assist people with Celiac Disease in making safe dining choices in Ontario.

[www.glutenfreeonthego.com](http://www.glutenfreeonthego.com)

The world's largest on-line directory of gluten-free eating establishments now includes 1000-plus gluten-free pizzerias, bakeries, restaurants, hotels, spas and even breweries across the U.S. and Canada!

[www.glutenfreeliving.com](http://www.glutenfreeliving.com)

Gluten-Free Living is the only national, full-color magazine completely devoted to helping you lead a happy, healthy gluten-free life.

<http://glutenfreenetwork.com>

The gluten-free network!

[www.gflinks.com](http://www.gflinks.com)

Tons of gluten-free links to information, recipes and networking opportunities!

## **Must Read Books!**

### **“Let’s Eat Out! Your Passport to Living Gluten and Allergy Free”**

(Gluten-Free Restaurant Guides)

Let’s Eat Out! Your Passport to Living Gluten and Allergy Free provides you with everything from delicious menu items to order in 7 popular cuisines (American Steak and Seafood, Chinese, French, Indian, Italian, Mexican, and Thai) to which questions to ask in safely guiding your decisions.

### **“Gluten-Free Diet – A Comprehensive Resource Guide”** by Shelley Case

This book was written for those with celiac disease or its skin form, dermatitis herpetiformis, who must follow a strict gluten-free diet for life. This book provides practical information, in an easy-to-read format, about celiac disease and the gluten-free diet.

### **From the Canadian Celiac Association (CCA)**

*Celiac Disease Needs a Diet for Life* - 3rd edition

*A Guide for the Celiac Diabetic* - 2nd Edition

*Pocket Dictionary: Acceptability of Foods and Food Ingredients for the Gluten-free Diet*

*Growing Up As a Celiac*

### **Gluten-Free Cookbooks from the Canadian Celiac Association (CCA)**

*Together we're Better for Life: 25 Years and Growing*

*Gluten Free By the Sea*

### **Books from the Celiac Disease Foundation (CDF)**

*Kids with Celiac Disease* - Danna Korn

*Wheat-Free, Worry Free* - Danna Korn

### **Cookbooks from the Celiac Disease Foundation (CDF)**

Cookbooks by Carol Fenster:

- *Wheat-Free Recipes and Menus* - 2nd Edition
- *Special Diet Solutions*

Cookbooks by Bette Hagman:

- *The Gluten-Free Gourmet - Living Well Without Wheat*
- *More from the Gluten-Free Gourmet*
- *The Gluten-Free Gourmet Cooks Fast and Healthy*
- *The Gluten-Free Gourmet Bakes Bread*
- *The Gluten-Free Gourmet Makes Dessert*

Cookbooks by Beth Hillson:

- *Gluten-Free Pantry Companion*

### **Questions? Do not hesitate to contact me! ☺**

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