



Detoxing With Dani

To Nourish Mind, Body & Soul

Episode 001 Show Notes

5 Tips to Transition to a Gluten Free Diet

1. Inform those that you live with what you are doing and how you will be transitioning your diet to a gluten free one. explain to them why you are doing this and that it would be most helpful if they supported you through this transition. **ONLY INFORM THOSE YOU LIVE WITH!** If you start to tell too many people you will start getting everyone opinion about **YOUR** lifestyle and you just don't need that.
2. Throw away **EVERYTHING** in your pantry or refrigerator that contains gluten. Throw it **ALL** away, no ifs, and or buts about it! You don't want any sort of temptation while you are going through this journey. Yes it is possible you might be able to eat gluten again if you find you can tolerate it, but let's cross that bridge when we get there. For right now, in this moment, you are eating gluten free and therefore anything with gluten no longer serves you in your kitchen.

WHAT IS GLUTEN: Gluten is anything that contains wheat, rye, barley or spelt. Common sources of gluten are breads, cereals, pastas, pizza, crackers, cookies, pastries, soy sauce, teriyaki sauces, salad dressings, frozen meals, gravies, thick sauces.

3. Replace any of your staples that you threw away, with a gluten free alternative. My favorites are as follows:
 - Bread:
 - **Udi's Bread** - Located in the freezer section at most supermarkets. (Blue Packaging)
 - **Trader Joe's Bread** - Located in the bakery section next to all other breads and baked goods. (Blue Packaging)
 - Cereal:
 - **Cheerios** - Now all of their cheerios branded cereals are gluten free. (Can be found at all major supermarkets)
 - **Van's** - Honey or cinnamon flavored squares. (Can be found at most major supermarkets)

- Hot Cereal Option
 - Gluten Free Oats - Make sure they are gluten free as oats and wheat are generally processed on the same machinery. (**Bob's Red Mill** is a good option found at most major supermarkets)

- Soy Sauce - **San-J Tamari**. (Available in low sodium and sodium free) All standard soy sauce contains gluten, including teriyaki as well. There is gluten free soy sauce and teriyaki sauce available now in most major supermarkets.
- Salad Dressings - Ingredients to look out for in salad dressings are:
 - Anything with wheat, rye, or barley in parenthesis after the ingredient name
 - Artificial Color
 - Dextrin
 - Natural Flavoring
 - Ground Spices
 - Malt
 - Malt Vinegar
 - Maltodextrin
 - Monosodium Glutamate (aka: MSG)
 - Food Starch
 - Croutons - Croutons are made of flour. Gluten free options are available though, look on the same aisle as the other crouton options or ask a store personnel.

- My favorite salad dressing brand is **Primal Kitchen** or **Amy's** or I generally whip up my own using some balsamic vinegar, EVOO, lemon juice, salt & pepper.

- Seasonings - Most pre-mixed seasonings contain gluten because of the anti-caking agents they use to make them last longer. **McCormick, Old El Paso, Frontera, Thrive Market** - all carry a gluten free version of their taco seasoning in a package. Also be aware of:
 - Pre-seasoned meats
 - Pre-packaged ranch dip seasonings
 - Pre-packaged onion dip seasonings

- Snacks - Anything pre-packaged you generally need to look out for. Here is a list of all my favorite gluten-free brands for anything snack related (crackers, cookies, chips, etc)
 - **Simple Mills** - Amazing crackers, cookies, and pancake and muffin mixes.
 - **Jillz** - Grain free crackers (made from almond meal)
 - **Mary's Gone Crackers** - (great options for hearty crackers & pretzels)
 - **Nut Thins** - Variety of flavored crackers all are GF.
- Look for all of these at your typical supermarket or natural food store. Most are now available at most major supermarkets. Look in either the general aisle for crackers, cookies, snacks etc. If you don't find them there then check to see if they have a specific GF section of the store.

- Tortillas - Corn tortillas are absolutely ok, it's the flour, multigrain, and even spinach tortillas you have to look out for. When in doubt always check the ingredients on the back of the packaging. Good gluten free tortillas are hard to come by, at least ones that semi resemble a typical tortilla and have the ability to actually fold into a wrap without crumbling before your

very eyes. My favorite by far is the **Udi's Tortillas**, which are also located in the frozen food aisle next to their gluten free breads, bagels, and muffins. I have also heard but have not yet tried the **Rudi's** (not to be confused with Udi's) gluten free spinach tortilla wraps. There is also a new brand called **Siete** that makes delicious grain free tortilla chips and also makes a grain free tortilla as well that is made from almond meal. Again I have yet to try these but have heard great reviews!

- Udi's can be found at most major supermarkets.
 - Rudi's & Siete are generally only available at health food stores such as Sprout's or Whole Foods.
- Pasta - Pasta has come a longggg way since I first started eating gluten free, now days you can find decent gluten free pasta that could rival the original at major supermarkets. My favorite is a quinoa and brown rice pasta from **Trader Joe's**, but a very close second is any brown rice pasta you can get your hands on. A major brand that I like and that is available at every store I have ever been to is **Tinkyada**. Personally I stay away from gluten free pastas that are made from corn flour because I don't like the texture and they tend to crumble, but I would give it a try for yourself and see how YOU personally feel.
 - Desserts! - Oh yes, the dessert section. This, I have to say is probably the toughest part for people but I believe in you! It only takes 21 days to form a new habit so stick with it and I promise it will get easier. So desserts... I have absolutely a dessert person, my favorite is Donuts! Yes probably the least available gluten free dessert to find on the market these days, but hey it is what it is, and thank goodness for Sidecar Donuts (they make one gluten free flavor a week!) But when I can't make it to my favorite donut shop for a sweet treat here are a few Go To's I keep in my back pocket:
 - **Tate's Cookies** - Can be found at most major supermarkets
 - **Simple Mills** Chocolate Chip Cookies (these seriously taste just like Famous Amos) - Can also be found at most major supermarkets.
 - **So Delicious** - Their Ice cream is made from coconut milk and they have a wide variety of flavors.
 - Dark Chocolate - Any brand (my favorite is **Lily's**), but read the label of ingredients to be sure!
 - **Glutino** - Chocolate covered pretzels
4. Find a Digestive Enzyme - This step isn't 100% crucial to your success but will definitely help you throughout the process. I prefer to use a digestive enzyme that has the full spectrum of digestive enzymes, specifically:
- Amylase
 - Protease
 - Lipase
 - There are many more digestive enzymes that could be included as well but these are the necessary basics.
 - A good digestive enzyme can be found at your local health food store or on labdoor.com or thrivemarket.com

5. Take Your Time Grocery Shopping - In the beginning give yourself time and permission to spend at least an hour, maybe even more at the grocery store. Go up and down every aisle and you will see a variety of gluten free options that you may not even know exist. For most, going on a gluten free diet means restricting their diet, however I would beg to differ. You aren't restricting you are just substituting with a healthier option for your body.

Remember this is a journey, and no journey is complete without some stumbling blocks. So even if you slip up throughout this process it is OK! Put it behind you and move on, but don't let it derail your entire journey. Once you start to see how good you can feel without it, you won't think twice about it. Good Luck!

Here's to a Happy & Healthy Life,
Dani