

## Eating Wheat-Free

### Foods to avoid:

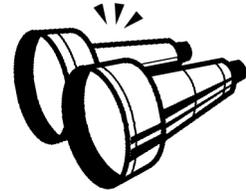
Beverages:	beer, coco malt, eggnog, coffee substitutes, instant coffee (unless 100% coffee), gin, malted milk, whiskey, Postum, Ovaltine
Breads, Crackers, Rolls:	any bread containing wheat including pumpernickel, rye, oat, and corn compositions, baking powder biscuits, most crackers, griddle cakes, hot breads and muffins, matzoth, pretzels, rusk, waffles, zwieback
Cereals:	most cereals (dry or cooked) containing wheat, whole wheat, farina or bran (unless specified as wheat-free)
Desserts:	cakes, cookies (unless specified as wheat-free), doughnuts, pies, chocolate candy, candy bars, custards, pudding, ice cream, ice cream cones, popovers
Flour:	all-purpose, bread, graham, white, whole wheat, gluten flour, and some of the following: buckwheat, corn, lima bean, rice, soy, rye flours (must read labels carefully)
Gravies and Sauces:	any that have been thickened with flour
Meats:	canned meat dishes (stews, chili), frankfurters, luncheon meat and sausages where wheat is used as a filler, meat dishes prepared with crackers/crumbs/bread/flour (meatloaf, croquettes), stews made with dumplings or flour, stuffing and commercial stuffing mixes
Pasta:	macaroni, noodles, vermicelli, spaghetti, lasagna, etc.
Salad Dressing:	any that have been thickened with flour
Soups:	bouillon cubes and commercially canned soups

**Note:** It is important to read labels, as some of the above mentioned foods might be wheat-free.



### *Key words to look for on labels*

Wheat, flour, wheat germ, bran, graham flour, farina, semolina, food starch, wheat starch, gluten, modified food starch, vegetable starch, vegetable gum, triticale (a hybrid of wheat and rye), and durum flour (a wheat containing less gluten).



**Note:** If gluten is not being eliminated from the diet (only wheat), rye, oats and barley are acceptable flours to use, as well as all other non-wheat flours. This includes, but isn't limited to: pea, rice, soy and millet.

# Baking Substitutions

## For 1 cup of wheat flour:

- $\frac{5}{8}$  cup potato starch flour (10 Tbsp)
- $\frac{7}{8}$  cup rice flour
- $\frac{1}{2}$  cup soy flour and  $\frac{1}{2}$  cup potato starch flour
- 1 cup corn flour
- 1 scant cup fine cornmeal
- $\frac{3}{4}$  cup coarse cornmeal
- $\frac{1}{2}$  cup barley flour
- $1\frac{1}{3}$  cup oat flakes
- $1\frac{1}{4}$  cup rye flour
- 1 cup tapioca

## For 1 Tbsp of wheat flour used in thickening sauces, gravies and pudding:

- $\frac{1}{2}$  Tbsp cornstarch
- $\frac{1}{2}$  Tbsp potato starch flour
- 1 Tbsp waxy rice or cornstarch
- $\frac{1}{2}$  Tbsp rice starch
- $\frac{1}{2}$  Tbsp arrowroot starch
- 1 Tbsp quick-cooking tapioca
- 2 Tbsp granular cereal
- 1 whole egg, 2 egg whites, 2 egg yolks

## Some ideas:

- Oat flakes can be ground in the blender to make somewhat coarse flour.
- Pizza dough, bread, buns, etc. can be made in a bread maker, using a combination of flours. The trick is to experiment to find what works best for your particular machine.
- Rye crackers can be ground up (in a blender or sealed bag) to make breadcrumbs.
- Mix flour with garlic powder, salt, pepper and cayenne to batter fish, eggplant, zucchini, etc.

## Pie/Crumble Recipe

2 cups flour, any combination, including oat flakes  
2 tsp sugar, maple syrup, or honey  
 $\frac{3}{4}$  tsp salt  
 $\frac{2}{3}$  cup oil whipped with 3 Tbsp milk (soy or rice)

Mix all ingredients together. Pat  $\frac{2}{3}$  of mixture into pie shell to form a crust. Crumble remainder on top. For fruit/berry filling, bake pie at 425°F for 15 minutes then 350°F for 30 minutes.

## Crepe Recipe

2 cups of flour, combination of rye, rice, millet  
1 cup water  
1 cup milk (soy or rice)  
3-4 eggs  
1 Tbsp. maple syrup  
 $\frac{1}{4}$  cup oil  
dash of salt

Blend all ingredients together for 2 minutes until smooth. Cook crepes as you would normally. Left over mixture can be stored in the fridge. Use water to thin if mixture thickens while standing.

## Cake Recipe

2 cups of flour, any combination  
3 eggs  
 $\frac{1}{2}$  cup olive oil  
1 cup water  
1 tsp baking powder  
 $\frac{1}{4}$  cup sugar  
4 Tbsp carob powder  
 $\frac{1}{2}$  cup raisins, currents, nuts, etc.

Beat eggs and mix all wet ingredients together. Mix dry ingredients together. Combine dry and wet ingredients and stir. Pour into a pan and bake for 40 minutes at 350°F or until done.

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