

Gluten-Free Tips

- Substitute arrowroot or tapioca for flour as a thickening agent in recipes.
- Keep your cell phone with you when grocery shopping. You may want to call the toll free number on a package to confirm if it is gluten-free or not.
- Use squeezable mayo or honey jars to prevent crumbs (containing gluten) from getting in the jar when fixing sandwiches.
- Use Sharpies to mark the gluten-free products in your pantry “GF” so you can find them at a glance.
- Tasty wraps can be made with lettuce, organic corn, or brown rice tortillas.
- If you have kids on the gluten-free diet, make sure you’re always prepared with their favorite treats on hand for those surprise occasions that usually feature cookies or cupcakes. You can also substitute a favorite fresh fruit or a non-food surprise like a toy from one of the fast food chains. I omit the nuggets and only buy the toys to keep on hand in my glove box for these “treat emergencies.”
- If you take the time to cook a nice meal, double up and freeze one of the dishes. Most of the work is in the preparation, so it’s more efficient to prepare once and cook twice.
- Experiment with unique gluten-free foods like quinoa, buckwheat, and millet. Not only do they offer a delicious alternative to the old standbys like rice, corn, and potatoes – but they’re far more nutritious, too.
- Educate everyone in your family about the gluten-free lifestyle. It helps prevent a gluten-free product from being inadvertently contaminated.
- Use toaster ovens or have a separate toaster to help prevent gluten from one food coming into contact with your GF ones.
- Mark leftovers. Brightly colored labels (available in office supply stores) are great to stick on containers of leftovers to clearly mark which ones are wheat-free/gluten-free.
- While sifting wheat flour, make sure your gluten-free foods are covered or removed. And be sure to wash your sifter carefully, or even have a separate one for your gluten-free flours.
- Use liners for muffins or cupcakes. Not only is this a better way to ensure a safe, gluten-free treat, but it makes for easier cleanup, too.
- Arm your kids with knowledge: It doesn’t matter if your child is 2 or 12, he should be learning to take full control of his diet from the beginning. Teach him what he can and can’t have, and remember to be positive! Emphasize his favorite foods and all the “goodies” that are allowed.
- Sleepovers: If your kids are going to a sleepover, be sure to talk to the host parents about his dietary requirements. Not only will this help prevent goofs, it will give you a chance to find out what they’re serving for dinner, snacks, and breakfast, so that you can send “equivalent” treats for your child.
- Parties you’re hosting: Don’t be afraid to make your party entirely gluten-free. Everyone will love the food! There are wonderful GF foods you can use.
- There are lots of great gluten-free lunches. Leftovers are the best! Nuts and nut butters make good sources of protein...sandwiches can be wrapped in lettuce or corn tortillas. Gluten-free stir-fry and even soups in a keep-warm container make great lunches, too.
- Fruit or veggies with hummus, GF wraps, popcorn, nuts or trail mix makes great on-the-go snacks. If you’re not going to be in the car, popsicles, smoothies, taquitos, and of course leftovers are great snacks.
- When traveling abroad, either pick a country where gluten-free is common or plan ahead so you have access to a health food store or bring your own staples.