

Gluten-Free Diet for Beginners
***Create Your Gluten-Free Lifestyle for Vibrant
Health, Wellness and Weight Loss (Mouth-
Watering Recipes Included)***

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A physician has not written the information in this book. Before making any serious dietary changes, I advise you to consult with your physician first.

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Introduction

It seems as though a new fad diet hits the newsstands every couple of weeks. Some celebrity is always coming out with a new secret to staying skinny and nutritionists debate the merits of the most recent cleanse or detox. The gluten-free diet is by no means new, but it has become newly popularized over the last decade or so. Many people switch to this diet under the misguided impression that it will help them to magically lose weight while others simply make the switch to follow the latest trend. Before you switch to the popular gluten-free diet, you should take a moment to learn the basics about this diet including its benefits, risks, and what exactly the diet entails.

My name is Kira and I am a 35-year-old mother of one. A few years ago my son was diagnosed with celiac (also called celiac sprue) disease and, while the diagnosis came as a bit of a shock, I am glad to finally have an answer to my son's health problems. When my son was diagnosed I made the decision to not only provide him with the gluten-free diet he needed, but to create a healthy lifestyle for myself and my entire family. We have never really been a fast food family, but I am ashamed to admit that frozen dinners and take-out appeared on our weekly menu more often than they should have. Now, however, I am committed to cooking for my family several times a week and we have all made the switch to the gluten-free diet for the benefit of my son.

While this type of diet is not some magical weight loss pill, it does have a number of benefits even for people without celiac disease and those without gluten sensitivities. Many people suffer from a condition called gluten intolerance and they do not even realize it - switching to the gluten-free diet can completely transform their lives. Removing gluten from your diet can help to improve and regulate your digestion and it may provide relief from mood disorders and problems with concentration. Each person

reacts to the gluten-free diet differently but I am a firm believer that it can be a useful tool if you want to improve your health and transform your life.

Committing to the gluten-free diet is not easy and it isn't a decision you should take lightly. If you are thinking about making the switch it is my hope that this book will provide you with the information you need in order to make a well-informed decision. If you do decide that the gluten-free diet is right for you, you will find a collection of delicious recipes in this book that I have created for my family and am now sharing with you. Try a few recipes to see how you like them and you might be surprised just how easy it is to switch to the gluten-free diet.

If you are ready to learn more about this diet and how it can benefit you, turn the page and keep reading!

About the Gluten-Free Diet

Before you decide whether or not the gluten-free diet is the right choice for you, you need to learn everything you can about the diet. The gluten-free diet is more than just another fad diet – it is intended to be a lifestyle choice and one that many people follow out of medical necessity. The gluten-free diet is quite simple – it is a diet that is completely free from gluten-containing foods. In order to understand the gluten-free diet, you first need to understand what gluten is and where it comes from.

What is Gluten?

Gluten is a type of protein composite and it is commonly found in certain grains including wheat, barley, rye, and triticale (a hybrid form of wheat). Gluten is actually a composite made up of two storage proteins – glutenin and gliadin – which are joined with a starch. This protein composite is found in the endosperm of several grass-like grains and it is what gives bread dough its elasticity, rise, and chewy texture. Gluten can be found in a wide variety of different foods because it is found in wheat flour and it is commonly used to thicken liquid foods like soups and sauces.

On its own, gluten is not necessarily bad – it is primarily bad for people who have celiac disease or other gluten-related conditions like allergies, intolerance, or sensitivity. It is estimated that about 1 in 133 people have celiac disease, an autoimmune disease exacerbated by the consumption of gluten, and that millions of people suffer from some kind of gluten-related intolerance or sensitivity. It is also estimated that about 99% of people who suffer from problems related to gluten aren't even aware of it because the symptoms of gluten intolerance or sensitivity overlap with the symptoms of many other diseases.

Why is Gluten Bad?

Again, gluten is not necessarily bad but it can cause problems for those people who suffer from certain conditions including celiac disease and gluten intolerance or sensitivity. The symptoms of celiac disease vary greatly from one person to another which makes it very difficult to diagnose. In some individuals with celiac disease gluten causes digestive issues like diarrhea, gas, or bloating. In others, however, it causes fatigue, brain fog, weight loss, anxiety, depression, as well as a number of other mental/behavioral symptoms.

Celiac disease is actually an autoimmune condition, though many people mistakenly believe it is a type of allergy. When a person with celiac disease consumes gluten, their body regards the gluten protein as a foreign invader and produces an immune response. In addition to targeting the gluten, however, the immune cells end up attacking healthy cells in the small intestine as well. As a result, the villi lining the small intestine become damaged and it may result in the malabsorption of nutrients – this is likely the cause of certain celiac disease-related symptoms like chronic fatigue.

Gluten intolerance is a completely different condition. While individuals with celiac disease experience an immune response when they consume gluten, individuals with gluten intolerance typically experience gastrointestinal symptoms like diarrhea, bloating, gas, and abdominal pain. Celiac disease is similar to an extreme form of gluten intolerance but it is possible to have a gluten intolerance without having celiac disease. The only treatment for either condition is to follow a gluten-free diet.

In individuals with celiac disease or gluten intolerance/sensitivity, consuming gluten can result in a number of serious problems including the following:

- Gut inflammation
- Autoimmune response
- Premature cell death and oxidation
- Leaky gut syndrome
- Bacterial overgrowth in the intestinal tract
- Vitamin D deficiency

For these reasons, it is very important that individuals diagnosed with celiac disease, gluten intolerance, and/or gluten sensitivity completely remove gluten from their diets. This is the only proven treatment that will result in relief from symptoms.

Gluten-Containing Foods

Switching to the gluten-free diet can be tricky because gluten is found in so many foods. Not only is it found in baked goods made from wheat and other gluten-containing grains, but it is also commonly found in other foods like fried foods, Asian-style sauces, soups, beer, snack foods, cereals, and more. Fortunately, most food labels for commercially-produced foods carry an allergy statement which will tell you if the product contains wheat. There are some ingredients, however, in which gluten can be hiding that you may not suspect.

For example, anything with “malt” in the ingredients is typically made from barley and is therefore not gluten-free. Breaded meats, commercial sauces, thickened soups, and most beer is also not gluten-free. Even oats, which are technically gluten-free, can be contaminated by coming into contact with wheat grains during processing. Below you will find a list of common foods that typically contain gluten:

- Spelt
- Wheat
- Kamut
- Triticale
- Durum
- Einkorn
- Farina
- Semolina
- Cake flour
- Matzo
- Couscous
- Barley
- Rye
- Bread
- Pastries
- Breakfast cereal
- Cakes and pies
- Bagels and biscuits
- Muffins
- Pizza dough
- Pumpernickel
- Malt beverages
- Malt syrup
- Malt flavoring
- Malt powder
- Malt vinegar
- Beer
- Blue cheese
- Processed cheese
- Seasoning mixes
- Soups
- Sauces
- Soy sauce
- Teriyaki sauce
- Licorice
- Imitation crab meat
- Self-basting turkey
- Non-dairy creamer
- Sausages
- Hot dogs
- Stuffing mixes
- Pretzels
- Snack bars
- Snack mixes