
GLUTEN FREE

Make sure the foods you choose are still rich in nutrients

Create Balanced Eating Habits:

There's more to the story than just grain foods! For a balanced diet, you need fruits, vegetables, protein foods, and calcium-rich foods too. The good news is that almost all of these foods are naturally gluten free! Some will have gluten added to them in processing, so check the Nutrition Facts labels to make sure that the foods you choose don't have gluten hiding in the ingredient list.

Eat a variety of different fruits, vegetables, whole grains, dairy products, and protein foods, every day. Emphasize plant foods where you can. According to MyPlate "Eating a diet rich in vegetables and fruits [...] may reduce risk for heart disease, including heart attack and stroke [...] and] may protect against certain types of cancers."

Whole Grains:

Yes, wheat, barley, farro, and many other grains contain gluten, but there are a whole bunch of healthful gluten-free whole grains in the market today! Here are a few fun options...

- **Amaranth** has all the essential amino acids to make a complete protein. It can be popped like popcorn, cooked with water into a warm grain side dish, or used in baking.
- **Brown rice** is rich in antioxidants, calcium, fiber, magnesium, potassium, protein, and thiamin. Its rich, nutty flavor makes it the perfect base for curries and stir-fries, and it's also a fantastic whole grain side.
- **Oats** are full of trace minerals and antioxidants. They can lower your cholesterol and reduce your risk of chronic disease.

