

Transforming Autism Workshop 2.0: A Live, Interactive Event

How to Go Gluten and Dairy Free

By Luminara Serdar



TRANSFORMING Autism

How to Go Gluten and Dairy Free

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SIMPLE GLUTEN-FREE SWAPS

SWAP THIS

FOR THAT

All-Purpose Flour



Almond or Oat Flour
All-Purpose
Gluten-Free Flour

Breaded or
Battered Chicken



Baked or
Grilled Chicken

Couscous



Quinoa

Flour Tortillas



Corn Tortillas

Pasta



Rice or
Chickpea Pasta

Salad Dressings



Simple Homemade
Vinaigrettes

Soy Sauce



Tamari or
Coconut Aminos

Wheat Crackers



Rice Crackers

Whole Wheat Bread



Gluten-Free Bread

GLUTEN AND DAIRY FREE ALTERNATIVE FOODS

CATEGORY

FOODS TO AVOID

GLUTEN-FREE ALTERNATIVES

Fruits

Fruit juices and smoothies that contain wheatgrass or barley grass



Plain fruit (fresh or frozen), Plain fruit juices



Vegetables

Battered, fried vegetables
Fried potatoes cooked in shared oil
Pre-seasoned vegetables
Vegetables in sauces



Plain vegetables (fresh or frozen)
Plain vegetable juices



Cow Milk, Yogurt, Cheese, Butter



Dairy Alternatives

For Milk & Yogurt: Goat milk and yogurt, almond, coconut, hemp, macadamia, oat, rice, organic soy milks, coconut, almond, oat yogurts, goat milk yogurt



For Cheese: Diaya cheese, Miyoko's, Goat cheese, Kite hill cream cheese
For Butter: Ghee, coconut oil

Seasoned/dry roasted nuts & seeds



Nuts and seeds

Plain or salted nuts, nut butters, and seeds



GLUTEN AND DAIRY FREE ALTERNATIVE FOODS

CATEGORY

FOODS TO AVOID

GLUTEN-FREE ALTERNATIVES

Grains, Pseudograins and Starches

Breads, cereals, pastas, & pastries made with barley, rye, or wheat, Chips or crackers made with wheat or malt vinegar



Flour tortillas, Matzo, Pizza dough, Seasoned rice mixes, Tabbouleh and couscous

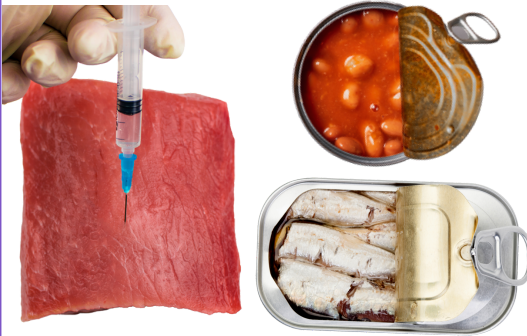
Gluten-free breads, cereals, pasta, & pastries
Gluten-free flours and grains



Gluten-free tortillas, Gluten-free pizza dough
Corn and corn products (e.g., popcorn, corn chips, corn tortillas)
Rice and rice products (e.g., plain rice, rice crackers), Quinoa

Meat Alternatives

Meat, poultry, fish, and seafood breaded in gluten-containing ingredients, Most processed meats, sausages, and spreads
Plant-based meat substitutes
Pre-seasoned meat products



Frozen poultry injected with hydrolyzed wheat protein
Canned fish or seafood containing hydrolyzed wheat protein
Canned beans in sauce

Plain or gluten-free breaded meat, poultry, fish, and seafood
Plain beans and legumes
Plain tofu



Condiments and others

Brewers yeast, Dressings, sauces, and gravies made with wheat ingredients (e.g., barbeque sauce, miso, soy sauce) Licorice candy, Malt vinegar, Tempura



Gluten-free dressings, sauces, and gravies, Oils, Vinegars (e.g., apple cider, balsamic)
Yeast (e.g., active dry, baker's)
Gluten-free chocolates and candies



BEWARE OF HIDDEN SOURCES OF GLUTEN

SOURCE

DESCRIPTION

Soups

Cream-based soups often use flour as a thickener, while other soups may contain barley.



Art Supplies

Some paints and other supplies, such as Play-Doh, contain wheat.



Processed Meats

Deli meats, sausages, and other processed meats may contain gluten as an additive or filler.



Condiments and Seasonings

Gluten-containing starch and dextrin may be used as fillers and thickeners.



Medicines and Nutritional Supplements

Wheat starch may be used as an excipient (inactive ingredient).



COMPONENTS OF A HEALTHY GLUTEN AND DAIRY FREE DIET

SOURCE

DESCRIPTION

Non-Dairy Alternatives, Meat, Eggs, Fish, and Seafood



Whole Gluten-Free Grains, Beans, and Legumes



Vegetables, Fruit, Herbs, and Spices



Healthy Oils, Nuts, and Seeds



Unlimited Water and Herbal Tea



Occasional Gluten-Free Treats



How to Go Gluten and Dairy Free, Step-by-Step

It's often difficult for kids to give up bread, pasta, breaded chicken nuggets, milk, yogurt and cheese.



When a leaky gut is present, partially digested food particles from gluten and dairy may form morphine-like compounds and can travel through the blood and get into the brain, acting as addictive as morphine.



There are other effects of the undigested gluten and casein compounds, like brain fog, altered memory, joint pain and more.

How to Go Gluten and Dairy Free, Step-by-Step

There are two ways to stop gluten and dairy. Only you can decide what may work best for your child, for you, for your family.

1

Cold turkey, meaning just stop and have an angry, withdrawing child for a couple of days.



2

Slowly substitute out a non-gluten item for a gluten item. Here's an example with pasta:

a

Day 1. Give 75% wheat pasta, 25% rice, quinoa, bean, lentil or other substitute pasta, all mixed in together

b

Day 2. Give 50% of wheat, 50% other pasta.

c

Day 3. Give 25% of wheat, 75% other pasta.

d

Day 4. Give 100% other pasta, no wheat.

e

Repeat this for any dairy item and other gluten item.



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