

Food! Why is it so confusing today?



What to Eat? Where to Shop? What to Buy? How to afford good food?

How to prepare meals? How to recognize and handle food intolerances.

Intro

Who am I? -I'm a married mother of 7, including 3 nurses. We live in Addison. I worked in graphic arts, left the work place to be mom and later a licensed daycare provider with some college in early childhood education.

Why this search? - ADD/ADHD, plus a sick husband led to the gluten syndrome and crucial underlying issues .

I also was confused. As I dug deeper, the mom of a sick child asked me to tell her what I found. She was too overwhelmed to research for herself. What I share here is a little of what I've found in my search so far.

The message today is abbreviated. This is an overview of subjects that are each easily a separate talk.

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What will we discuss?

Good news! We can make a difference if we are willing to work and change.

Be prepared to be shocked.

The goal is not to live forever, but to find solid ground in a health crisis.

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Why is everything so contradictory and confusing? **Look at the history**

Build a solid "table" on which to base our family meals - based on traditional history and science

Customize the actual diets for individual and family situations.



## To ponder: What are our children made of?

Our bodies are living machines.

Our kitchens are compounding pharmacies.

**Do we comprehend that our children's bodies (born and unborn) are sitting on our dinner plates today?** They lurk on the snack racks of the local Shell station, swirl unnoticed in the styrofoam cups handed through drive up windows, and are tucked in the selections we toss in our carts at the supermarket.

Whom do we choose to supply the mechanisms of these fantastic structures in which reside the souls and spirits of our little ones? Will the delicate parts and pieces of these living machines be mangled, warped and outright destroyed? or painstakingly protected and conserved by those we nominate with our pocketbooks?

Is our children's sustenance engendered in distant industrial/agricultural complexes driven by policies spawned behind corporate closed doors, intended to sustain profits and shelf life? Or did their nourishment harmonize and thrive in plots and meadows of local sustainable family farms? Did the farmers reverently nurture their soil, vegetation and livestock? Did the delivery process preserve intact the parts and pieces of this living machinery? Will they competently fashion and fuel this living dance of complexity, including ourselves their parents, out of which these beloved childish bodies arise?

Do we *unnecessarily* entrap the children in leaky, unsound habitats by choices of convenience (and addictions)?

Do we diligently gather for them unspoiled gifts of nature direct from the Creator, intended by design to liberate the little ones in sturdy health and wholeness? Do we respect that intentional design as we prepare these sacred components in our own kitchens for service in their bodies?

Do we gather our eager imitators to family centered meals, graced with love and gratitude, wise training, humor, discipline and our undivided attention? Thus will they learn to anticipate fulfillment and the sanctity of mealtime in the context and later the memory of treasured family bonds.

Do we beseech above all the blessing of our Creator to guide maturity and safety of body, mind and spirit?

Do we accept above all that these children are ultimately not ours, but loaned from the Source of the very love with which we cherish them. Do we fulfill the sacred commission with which we have been entrusted? "Take this child and nurse it for Me, and I will give you your wages."

*"Let thy food be thy medicine and thy medicine be thy food." Hippocrates*

*"What father among you, if his son asks for a fish, will instead of a fish give him a serpent; or if he asks for an egg, will give him a scorpion?"*



## **Confused? - History explains a lot!!**

**Pre industrial societies spent incredible time obtaining and preparing food.**

### **Post civil war industrialization**

- 1. Cellular theory vs Germ theory debate divided medicine.**
- 2. Development of cities and food transportation/spoilage issues**
- 3. Vaccinations in the process of development and introduction**
- 4. Milk pasteurization due to filthy brewery/dairy conditions in cities**
- 5. Factory processing of food - canning, refined sugar, flour**
- 6. Crisco – hydrogenated cottonseed oil, 1911**
- 7. 1918 flu on heels of stress of war/chemicals, vaccines. Millions die**
- 8. 1920's – deep health concerns among professionals re: children**

### **1930's – incredible research between 1900 – 1950, much of it was ignored**

- 1. Weston Price – dentist who traveled the world to study food habits**
- 2. Francis Pottenger – Los Angeles MD who studied cats**

### **1960's on – TOXINS, fats, sugar/aspartame, GMO's, gluten/food intolerances**

- 1. Rise of margarine after WW 2, butter blamed for heart disease**
- 2. Hippies use (unsoaked) whole wheat - organics makes a feeble start**
- 3. Low fat/no fat craze, processed vegetables oils replace natural fats.**
- 4. Wm Duffy – wrote Sugar Blues in the 70's**
- 5. Wm Crook – The Yeast Connection in 80's, candida fed by starches**
- 6. New food pyramid places carbs on the bottom, fats on top.**
- 7. Alesio Fasano – 1990's challenged U.S. on gluten**
- 8. Jeffrey Smith – 2003 challenges genetically modified foods (GMO's)**
- 9. Hygiene Hypothesis – are we too clean? use of antibacterial soap**
- 10. Aristo Vojdani and many many others on TOXINS - 1990/s on**
- 11. Mary Enig – lone voice on fats for 40 yrs finally got trans fats out**

# Building a firm foundation for family meals



## 4 sturdy pillars of support

Plan and shop according to four basic supports - local sustainable sources

1. Nutrient dense foods – organic, pastured, minimally processed
2. Fats – Transition to healthy fats – go slow for the gall bladder
3. Toxins - Reduce all, esp MSG, HVP, aspartame, GMO's, heavy metals
4. Food Intolerances – adjust selections as needed, no cheating

## A stable surface to serve upon

Weston Price principles – proven global traditions, a foundation to build on

1. What is possible today? Eliminate processed foods, change fats
2. What is different now? Toxicity, weak gallbladder, leaky membranes
3. How to implement? Study, transition, involve spouse and kids

## The Centerpiece

The emotional setting – make it fun and happy, work together

1. *Family* meals - Involve kids in preparation, eat together regularly
2. Love & gratitude – May affect energy of food, improves meals
3. Attention, manners, discipline, spiritual training – memory makers

## Let's Eat!

Serve food choices according to specific family and individual needs

1. Special diets - Diabetes, gluten/food intolerances, milk, allergies
2. Social – set tolerances, offer alternatives, be kind, confident, firm

## A Comparison of the Diets

(Compiled from **Nutrition and Physical Degeneration** by Weston A. Price, DDS)

Of primitive groups which have shown a high immunity to dental caries and freedom from degenerative processes with the diets of modernized groups who have forsaken their native diets for the foods of commerce consisting largely of white flour products, sugar, polished rice, jams, canned goods and vegetable fats resulting in loss of this immunity to dental caries and in loss of freedom from degenerative processes. (Figures give the number of times the amount of minerals and vitamins which are found in primitive diets compared with modernized diets.)

|                                       | Minerals |     |      |      | Vitamins |       | Fat Soluble | Water Soluble  |
|---------------------------------------|----------|-----|------|------|----------|-------|-------------|----------------|
|                                       | Ca       | P   | Fe   | Mg   | Cu       | I     |             |                |
| Native- Eskimos                       | 5.4      | 5.0 | 1.5  | 7.9  | 1.8      | 49.0  | 10 plus     | large increase |
| Indians-far North of Canada           | 5.8      | 5.8 | 2.7  | 4.3  | 1.5      | 8.8   | 10 plus     | large increase |
| Swiss                                 | 3.7      | 2.2 | 3.1  | 2.5  |          |       | 10 plus     | large increase |
| Gaelic-Outer Hebrides                 | 2.1      | 2.3 | 1.0  | 1.3  |          |       | 10 plus     | large increase |
| Aborigines of Australia               | 4.6      | 6.2 | 50.6 | 17.0 |          | Not   | 10 plus     | large increase |
| New Zealand Maori                     | 6.2      | 6.9 | 28.3 | 23.4 |          | Given | 10 plus     | large increase |
| Melanesians                           | 5.7      | 6.4 | 22.4 | 26.4 |          |       | 10 plus     | large increase |
| Polynesians                           | 5.6      | 7.2 | 18.6 | 28.5 |          |       | 10 plus     | large increase |
| Coastal Indians of Peru               | 6.6      | 5.5 | 5.1  | 13.6 |          |       | 10 plus     | large increase |
| Andean Mountain Indians of Peru       | 5.0      | 5.5 | 29.3 | 13.3 |          |       | 10 plus     | large increase |
| Cattle Tribes of Interior Africa      | 7.5      | 8.2 | 16.6 | 19.1 |          |       | 10 plus     | large increase |
| Agricultural Tribes of Central Africa | 3.5      | 4.1 | 16.6 | 5.4  |          |       | 10 plus     | large increase |

### Percentages of Teeth Attacked By Dental Caries in Primitive and Modernized Groups

|                  |      |      |                       |      |           |
|------------------|------|------|-----------------------|------|-----------|
| Swiss            | 4.60 | 29.8 | Africans              | 0.20 | 6.8       |
| Gaelics          | 1.20 | 30.0 | Australian Aborigines | 0.00 | 70.9      |
| Eskimos          | 0.09 | 13.0 | New Zealand Maori     | 0.01 | 55.3      |
| Northern Indians | 0.16 | 21.5 | Malays                | 0.09 | 20.6      |
| Seminole Indians | 4.00 | 40.0 | Coastal Peruvians     | 0.04 | 40.0 plus |
| Melanesians      | 0.38 | 29.0 | High Andes Indians    | 0.00 | 40.0 plus |
| Polynesians      | 0.32 | 21.9 | Amazon Jungle         | 0.00 | 40.0 plus |

## Characteristics of Traditional Diets

1. The diets of healthy, nonindustrialized peoples contain no refined or denatured foods or ingredients, such as refined sugar or high fructose corn syrup; white flour; canned foods; pasteurized, homogenized, skim or lowfat milk; refined or hydrogenated vegetable oils; protein powders; artificial vitamins; or toxic additives and colorings.
2. All traditional cultures consume some sort of animal food, such as fish and shellfish; land and water fowl; land and sea mammals; eggs; milk and milk products; reptiles; and insects. The whole animal is consumed--muscle meat, organs, bones and fat, with the organ meats and fats preferred.
3. The diets of healthy, nonindustrialized peoples contain at least four times the minerals and water-soluble vitamins, and TEN times the fat-soluble vitamins found in animal fats (vitamin A, vitamin D and vitamin K<sub>2</sub>--Price's "Activator X") as the average American diet.
4. All traditional cultures cooked some of their food but all consumed a portion of their animal foods raw.
5. Primitive and traditional diets have a high content of food enzymes and beneficial bacteria from lacto-fermented vegetables, fruits, beverages, dairy products, meats and condiments.
6. Seeds, grains and nuts are soaked, sprouted, fermented or naturally leavened to neutralize naturally occurring anti-nutrients such as enzyme inhibitors, tannins and phytic acid.
7. Total fat content of traditional diets varies from 30 percent to 80 percent of calories but only about 4 percent of calories come from polyunsaturated oils naturally occurring in grains, legumes, nuts, fish, animal fats and vegetables. The balance of fat calories is in the form of saturated and monounsaturated fatty acids.
8. Traditional diets contain nearly equal amounts of omega-6 and omega-3 essential fatty acids.
9. All traditional diets contain some salt.
10. All traditional cultures make use of animal bones, usually in the form of gelatin-rich bone broths.
11. Traditional cultures make provisions for the health of future generations by providing special nutrient-rich animal foods for parents-to-be, pregnant women and growing children; by proper spacing of children; and by teaching the principles of right diet to the young.

## Dietary Guidelines

1. Eat whole, unprocessed foods.
2. Eat beef, lamb, game, organ meats, poultry and eggs from pasture-fed animals.
3. Eat wild fish (not farm-raised) and shellfish from unpolluted waters.
4. Eat full-fat milk products from pasture-fed cows, preferably raw and/or fermented, such as raw milk, whole yogurt, kefir, cultured butter, whole raw cheeses and fresh and sour cream. (Imported cheeses that say "milk" or "fresh milk" on the label are raw.)
5. Use animal fats, especially butter, liberally.
6. Use traditional vegetable oils only--extra virgin olive oil, expeller-expressed sesame oil, small amounts of expeller-expressed flax oil, and the tropical oils--coconut oil, palm oil and palm kernel oil.
7. Take cod liver oil regularly to provide at least 10,000 IU vitamin A and 1,000 IU vitamin D per day.
8. Eat fresh fruits and vegetables--preferably organic--in salads and soups, or lightly steamed with butter.
9. Use whole grains, legumes and nuts that have been prepared by soaking, sprouting or sour leavening to neutralize phytic acid, enzyme inhibitors and other anti-nutrients.
10. Include enzyme-enhanced lacto-fermented vegetables, fruits, beverages and condiments on a regular basis.
11. Prepare homemade meat stocks from the bones of chicken, beef, lamb and fish and use liberally in soups, stews, gravies and sauces.
12. Use filtered water for cooking and drinking.
13. Use unrefined salt and a variety of herbs and spices for food interest and appetite stimulation.

14. Make salad dressing using raw vinegar, extra virgin olive oil and a small amount of expeller-expressed flax oil.
15. Use natural sweeteners in moderation, such as raw honey, maple syrup, maple sugar, date sugar, dehydrated cane sugar juice (sold as Rapadura) and stevia powder.
16. Use only unpasteurized wine or beer in strict moderation with meals.
17. Cook only in stainless steel, cast iron, glass or good quality enamel.
18. Use only natural, food-based supplements.
19. Get plenty of sleep, exercise and natural light.
20. Think positive thoughts and practice forgiveness.

## Dietary Dangers

1. Do not eat commercially processed foods such as cookies, cakes, crackers, TV dinners, soft drinks, packaged sauce mixes, etc. Read labels!
2. Avoid all refined sweeteners such as sugar, dextrose, glucose, high fructose corn syrup and fruit juices.
3. Avoid white flour, white flour products and white rice.
4. Avoid all hydrogenated or partially hydrogenated fats and oils.
5. Avoid all refined liquid vegetable oils made from soy, corn, safflower, canola or cottonseed.
6. Do not use polyunsaturated oils for cooking, sautéing or baking.
7. Avoid foods fried in polyunsaturated oils or partially hydrogenated vegetable oils.
8. Do not practice veganism. Animal products provide vital nutrients not found in plant foods.
9. Avoid products containing protein powders as they usually contain carcinogens formed during processing; and consumption of protein without the cofactors occurring in nature can lead to deficiencies, especially vitamin A.
10. Avoid processed, pasteurized milk; do not consume ultrapasteurized milk products, lowfat milk, skim milk, powdered milk or imitation milk products.
11. Avoid factory-farmed eggs, meats and fish.
12. Avoid highly processed luncheon meats and sausage.
13. Avoid rancid and improperly prepared seeds, nuts and grains found in granolas, quick rise breads and extruded breakfast cereals, as they block mineral absorption and cause intestinal distress.
14. Avoid canned, sprayed, waxed and irradiated fruits and vegetables. Avoid genetically modified foods (found in most soy, canola and corn products).
15. Avoid artificial food additives, especially MSG, hydrolyzed vegetable protein and aspartame, which are neurotoxins. Most soups, sauce and broth mixes and most commercial condiments contain MSG, even if not indicated on the label.
16. Individuals sensitive to caffeine and related substances should avoid coffee, tea and chocolate.
17. Avoid aluminum-containing foods such as commercial salt, baking powder and antacids. Do not use aluminum cookware or deodorants containing aluminum.
18. Do not drink fluoridated water.
19. Avoid synthetic vitamins and foods containing them.
20. Avoid distilled liquors.
21. Do not use a microwave oven.

# Dealing with toxins - reduce or eliminate

## Kitchen transitions

1. No microwaves – Sorry! I stopped without saying anything to my family.
2. No aluminum pans or foil, Rumford baking powder is aluminum free. (Woodman's)
3. Minimize plastics – use glass, metal, wood, bamboo, canning jars, IKEA, Container Store, WalMart for glass leftover containers
4. No non stick pans –use ceramic, porcelain coated cast iron, stainless steel

## Cleaners

Baking soda, vinegar, lemon juice, olive oil - coconut oil, neem oil, tea tree oil, and oregano oil are all antimicrobial. Check the net for recipes. Ecos, Trader Joe's, Seventh Generation for Laundry and Dishwasher are recommended Brands. Whole Foods, [www.neemtreefarms.com](http://www.neemtreefarms.com), [www.wildernessfamilynaturals.com](http://www.wildernessfamilynaturals.com), [www.nutiva.com](http://www.nutiva.com)

## Personal care

Dr. Bronners Castile Soaps, Grandpa's Pine Tar Soap, Glycerine soaps (unscented, or lemon, cucumber are the natural scents). Woodman's Google for homemade personal care recipes. The chemicals in commercial products are NOT OK, and, FYI, often even pricey organic brands contain wheat. Coconut oil, butter, oatmeal (GF) for skin care. Google

## Household

1. Water – drinking water and shower filters Menards, Home Depot, health stores
2. Air – Plants are natural air purifiers. Keep home aired out.
3. Mold – Eliminate toxic mold. Electrosmog may encourage mold.
4. Plastics – Reduce/eliminate esp food, flooring, baby mattresses. Google SIDS (crib death) and baby mattresses.
5. Fragrances – No! buy a jasmine plant, use lavender, etc.
6. Electrosmog – No cordless phones or wifi, use speaker on cell phone, pay attention to electromagnetic fields in sleeping areas including poorly wired bedside clocks, lamps, wiring in walls. Check location of cell towers. No laptop computers in laps. These are distance issues.



## A minimally processed diet - What to replace

If you are serious about switching to unprocessed foods, decide with your spouse whether to do a clean sweep or gradually change. It is easier in some ways to do a clean sweep so you can switch and move on without long drawn out attention to the matter, especially if someone is ill. In less urgent situations it may be easier to immediately remove processed oils, extruded cereals, and artificial sweeteners and then start a quiet gradual change that may be better tolerated and gives the budget time to adjust. Be patient and *be aware of healing crises, retracing or withdrawal*.

### Sweets

1. No refined sugar, white, brown, powdered, especially GMO beet sugar – transition with Sucanat or date sugar Whole Foods, Woodman's, health stores
2. No high fructose corn syrup – use honey, or maple syrup
3. No aspartame, splenda, artificial sweeteners - use stevia (green)

Unheated honey is best, with enzymes and other amazing properties.

### Fats and oils

1. No hydrogenated oils, soft spreads - use butter, coconut or palm oil
2. No cool whip type products – use whipping cream or coconut cream
3. No pourable seed oil (corn, cotton, canola, soy) – use olive or nut oil
4. No GMO fats (corn, cotton, canola, soy or GMO factory animal fat)
5. No rancid oils - Flax is best ground on the spot and used sparingly.
6. No oils or fats heated beyond the smoke point.

Use organic cold pressed olive oils and nut oils in low or no heat applications. Use butter, pastured animal fat, coconut and palm oil for cooking. Raw fats & raw cod liver oil are best. [www.greenpasture.org](http://www.greenpasture.org)

Eat corn oil in organic corn. Skip cotton, canola, soy oils. What to do about chips? Make your own out of leftover cut up corn tortillas and animal fat or coconut/palm oil. El Milagro does not use GMO corn.

## **Grains – no processed grains**

- 1. No extruded dry cereals – Toxins are formed in the processing. Use healthy baked or presoaked/raw granolas and presoaked hot cereals. Sorry! ☹**
- 2. No GMO cornmeal, cornstarch - Buy organic. Sweet corn is often OK, ask the farmer. [www.tropicaltraditions.com](http://www.tropicaltraditions.com) for organic cornstarch.**
- 3. Check out gluten syndrome likelihood. Do not go off and on gluten. Get help. The “rules” are not intuitive. [www.theglutensyndrome.net](http://www.theglutensyndrome.net) [www.celiac.com](http://www.celiac.com)**
- 4. Yeast is often grown on GMO corn. Organic yeast here [www.tropicaltraditions.com](http://www.tropicaltraditions.com)**
- 5. Avoid bread w/ chemicals, bromide. Buy organic, Ezekiel, sourdough.**
- 6. Rice: Rinse several times and soak overnight or several hours. Rinse again and cook. Water should be about 1” higher than rice level. Soaked organic brown rice is best. Warning! GMO rice is coming. ☹**
- 7. Soak oatmeal overnight, cook in the morning. GF oats as needed.**
- 8. Many people do better with no grains at all.**

## **Fruits – Use sparingly due to sugar content depending on the individual.**

- 1. Buy organic – use Dirty Dozen list if necessary to control cost.**
- 2. Avoid large amounts of fruit juice due to high natural sugar content.**
- 3. Fresh squeezed orange juice is a special treat.**
- 4. Serve fruit with fat and some protein to balance sugar levels.  
Ex. Apple slices with peanut butter. Peaches and cream.**

## **Vegetables – many pesticides interfere with milk and wheat digestion**

- 1. Buy organic – Use Dirty Dozen list if necessary. Do a small garden. Many herbs are perennial. Berries, asparagus, rhubarb are easy.**
- 2. Raw cilantro removes heavy metals. Juicing/pestos get more down.**
- 3. Nightshades can be a problem for some – tomatoes, potatoes, peppers including black pepper, eggplant.**
- 4. Sauerkraut, pickles, beet kvass, lactofermented vegs are probiotic.**

## Meats

1. Read the WestonAPrice.org comments before starting a vegan diet.
2. Avoid factory farmed animals fed GMO diets – Buy pastured meat.
3. Avoid farmed fish – Buy wild caught, smaller fish.
4. Buy pastured poultry. Avoid soy fed poultry if possible.
5. Purchase pastured grass fed meat from a farmer. There is a difference of opinion on total grass vs. a little grain.
6. Tall grass beef [www.tallgrassbeef.com](http://www.tallgrassbeef.com) is available in this area.
7. Bones, and mineral and gelatin rich bone broth are very healing.
8. Organs, bones are nutrient dense, sacred foods in many cultures.

Eggs - nearly perfect food - Vit A, D, E etc. is MUCH higher in pastured eggs

1. Avoid factory farmed eggs for multiple reasons.
2. “Uncaged” eggs are usually still raised inside or on concrete outside.
3. Chickens are NOT vegetarian. They eat bugs and worms and seeds.
4. Avoid soy fed eggs if possible (these are difficult to find).
5. I am not aware of any pastured eggs in the stores in this area.
6. Buy *pastured* eggs from a farm. The chickens need to be outside, exercising in the grass, eating bugs, worms, seeds and soil microbes.

Dairy – animals should be in the sun, exercising, eating natural diet of grass

1. No rBGH hormones, or factory milk – buy organic or equivalent
2. No homogenization, no GMO growth hormones for high yield
3. A2 milk claimed more digestible (Guernsey, Jersey?, sheep, goat)
4. Totally grass-fed is claimed to be best for gluten syndrome folks.
5. Some people cannot handle milk of any type or must heal first.
6. Fresh unprocessed milk is available. Illinois allows milk pickup at the farm with your own container. Herdshares are available also. Membership in the Weston A Price Foundation AND Farm to Consumer Legal Defense Fund is prudent. Read [The Untold Story of](#)

Milk by Ron Schmidt and be aware of the CDC comments. Do NOT share fresh unprocessed milk with anyone not on the herd share.

7. Store cream and butter is better than none, but does not compare.
8. Butter oil, casein free, with Price factor [www.greenpasture.org](http://www.greenpasture.org)
9. Kefir, yogurt and cheese are excellent fermented probiotic foods and can be made with pasteurized or fresh milk.

## Miscellaneous

1. No processed salt. Use sea salt, Celtic, Real Salt, Trader Joe's
2. No processed soy or soy formula. Use organic *fermented* soy in small condiment size quantities. Soy is high in phytoestrogens etc. Soy and tamari sauces are fermented as are miso, tempeh, natto. Tofu is not fermented. Soy is usually genetically modified (GMO).
3. Nuts and seeds including grains should be soaked for several hours in a slightly acidic solution (whey, lemon juice or vinegar.) California almonds are now pasteurized either with steam or a toxic chemical and still labeled raw.
4. No genetically modified foods – use organic or check your source. [www.SeedsOfDeception.com](http://www.SeedsOfDeception.com) Read the book. Listen to web audios.
5. Raw lemon juice detoxifies. Do lemonade or squeeze in water glass.
6. Certain smectite and terramin clays detoxify – If liquefied and eaten/drunk, or hidden, sparingly, in dishes like scrambled eggs. Dr. Price observed this in the Andes and other areas. (google "edible living clay")
7. Grated or pureed veggies can be slipped into meatloaf.
8. Broth is very healing. Leftover broth can be used to cook rice after the rice is soaked and rinsed. Great way to hide broth when the family is tired of soup. Also substitute broth for liquids in recipes.
9. Good habits cover an *occasional* discretionary social cheat when *necessary*. "Pizza with friends is better than salad alone." The problem is that this society parties all the time. Note: it is NOT OK EVER to cheat on a gluten free diet.

Aspartame (Nutra Sweet) and MSG (often in Chinese food) are not OK.

## How to afford it all \$\$??

**Fats and nutrient dense foods satisfy sooner in the end.**

**Removal of sugars, MSG and foods to which one is intolerant etc. eventually reduces cravings to splurge.** For help go to [www.healingnaturallybybee.com](http://www.healingnaturallybybee.com) and search “food cravings”.

**No processed junk. Stick to nutrient dense basics and learn to prepare them.**

**Avoid fast food and restaurant splurges.**

**Join a CSA, car pool to pick up,** [www.greenearthinstitute.org/csa.html](http://www.greenearthinstitute.org/csa.html) Community Supported Agriculture

**Stay out of supermarkets as much as possible. Get in and out of the organic sections. Don't wander aisles.** Woodmanns, Trader Joes, Caputo's.

**Don't shop hungry - carry nuts or snacks with you. *Healthy* bars are great.**

**Reduce expensive entertainment. – Substitute simple low stress activities.**

**Buy in bulk WHEN PRACTICAL, split with friends.**

**Some foods are cheaper on Amazon and shipping is free over \$25.00.**

**Woodman's, Caputo's and Trader Joe's are often more reasonably priced.**

**If you go gluten free find a few good mixes and products for occasional use.**

**Use the Dirty Dozen guide for fruits and veggies.**

**Purchase foods in season.**

**Purchase or pick organic fruits, (berries, peaches, etc.) and freeze them.**

**Long term medical expenses are likely to be lower.**

**If an item is too expensive find something else.**

## **How to manage the extra preparation chores.**

**Ask for food prep help from older family members if appropriate. G'ma can make broth or sauerkraut.eg**

**Kids love to help. Teach them to debone chicken, spread nuts to dry, slip almond skins, stem strawberries and older ones can cut up fruit and veggies, peel eggs, push veggies into a juicer, or crack and scrape out coconuts.**

**Bring out a team chore after supper and everyone can polish it off together before they leave the table.**

**Crock pots, blenders, food processors and ice cream makers are wonderful.**

**Simple meal plans help a LOT. Know what the meals for tomorrow will be.**

**Soak the rice, get the bones, seasoned, in the crockpot, or take the sausage out to thaw (in the frig) etc., before leaving the kitchen at night.**

**Cook rice or potatoes and use for more than one meal.**

**Keep a few healthy quick foods around, like Trader Joe's frozen rice mixes, their healthy sausages, Applegate Farms cold cuts, or fish, that make up quickly. Fall back on egg dishes in emergencies.**

**Reduce unnecessary expendable outside activities. "Slow" food takes more time. Prepare meals together including cleanup and don't go out so much.**

## Resources – Naperville, Aurora, IL Area

### Health Stores and Groceries with organic produce and health aisles

**Woodman's** - 151 Hansen Boulevard. North Aurora, IL 60542 (630) 723-3900

**Caputo's** - 3115 111th Street (NW Corner of 111th & Route 59) Naperville, IL 60564 Mon-Sun 7:00AM - 10:00PM

**Trader Joe's** - 44 West Gartner Road Naperville, IL 60540 Trading Hours: 9 am – 9 pm Phone: 630-355-4389  
1942 West Fabyan Parkway Batavia, IL 60510 Trading Hours: 9 am – 9 pm Phone: 630-879-3234  
Trader Joes does not use MSG or GMO's and their spices and natural flavors are gluten free.

**Fruitful Yield** - 4334 E Fox Valley Center Drive Fox Valley Mall Aurora IL, 60504 Ph 630-585-9200  
214 N York Rd Down town Elmhurst, Elmhurst IL, 60126 Ph 630-530-1445 Fax 630-530-9456  
1124 Douglas Rd Mason Square Oswego IL, 60543 Ph 630-554-3304 Fax 630-554-3707

**Whole Foods** - 2607 W. 75th Street Naperville, IL 60565 630-579-7700 630-579-7799 fax  
Store Hours: 8 a.m. to 10 p.m. seven days a week.

151 Rice Lake Square, Wheaton, IL 60189 630-588-1500 8am-10 pm 7 days/week

### Community supported agriculture, Pasture based Farms and co-ops

**Green Earth Institute** - CSA Organic Veggies, Kid's Nature Programs, Organic Fair 1<sup>st</sup> Sunday, May  
10S404 Knoch Knolls Road, Naperville, IL, 60565 Ph. 630-664-5681 [www.greenearthinstitute.org](http://www.greenearthinstitute.org)

**Timber Creek Farms** - PO Box 606 Yorkville, IL 60560 630-553-1119 [www.tcforganics.net](http://www.tcforganics.net) sales@tcforganics.com

**Family Farms Cooperative** — Richard R. Hebron 59498 Kirk Lake Road, Vandalia, MI 49095 269-476-8883  
Fax 561-258-7616 email- [familyfarmscoop@netzero.com](mailto:familyfarmscoop@netzero.com) Meat, poultry, eggs, honey, dairy. Must join to purchase. Delivery to drop off points in Chicago and suburbs weekly.

**Fresh from the Farm Co-op** - Sheri Giachetto 630-257-9092 [smg9@comcast.net](mailto:smg9@comcast.net) Lamont, IL

### Local food directories      Foundational informational and news sites

|                                                                |                                                                                                                                                     |
|----------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|
| <a href="http://www.localharvest.com">www.localharvest.com</a> | <a href="http://www.price-pottenger.org">www.price-pottenger.org</a> , <a href="http://www.westonaprice.org">www.westonaprice.org</a>               |
| <a href="http://www.greenpeople.com">www.greenpeople.com</a>   | <a href="http://www.foodnews.org">www.foodnews.org</a> and <a href="http://www.ewg.org">www.ewg.org</a>                                             |
| <a href="http://www.eatwild.org">www.eatwild.org</a>           | <a href="http://www.organicconsumers.org">www.organicconsumers.org</a> <a href="http://www.motherearthnews.com">www.motherearthnews.com</a>         |
| <a href="http://www.realmilk.org">www.realmilk.org</a>         | <a href="http://www.seedsofdeception.com">www.seedsofdeception.com</a> <a href="http://www.centerforfoodsafety.org">www.centerforfoodsafety.org</a> |

### Gluten Free Products

**Amazon, Fruitful Yield, Whole Foods, Trader Joe's, Caputo's, [www.glutenfreemail.com](http://www.glutenfreemail.com)**

Many people find it is best to limit gluten free substitutes. Most are still junk food, and they are higher carb. Find a few mixes or premade products for basic substitutes and special occasions Note: prebaked bread is found in the freezers except at Trader Joe's. Gluten free bread is always much better grilled or toasted. Eat bread with fat.

## **Guidelines For Choosing A Better Diet**

- Don't buy junk food – prepared baked goods, cold cereals, soft drinks, potato chips, fast food, etc. Though these foods are convenient and taste good, they usually cost more and are much less nourishing. Use the money to buy whole foods. Think of junk foods as putting the balance into negative – financially and nutritionally.
- A low fat diet with low fat foods is nutritionally deficient and will ultimately result in poor health and hormonal imbalances of various kinds. We need some fat, including saturated fat, in our diets. Avoid hydrogenated fats (margarine, shortening) and include a variety of natural fats in your foods.
- Buy butter. Margarine and shortening cost less but in the long term they can lead to many degenerative diseases.
- Use olive oil in place of any other vegetable oil. Commercial oils are processed with heat and chemical deodorizers to disguise the rancidity and bad flavor of the oil.
- Purchase natural peanut butter. Most peanut butter contains hydrogenated fats (trans fats), sugar, salt and other additives. Smuckers is a brand that is available in many grocery stores. Trader Joe's own brand is less expensive than Smuckers and quite acceptable for consistency and flavor.
- Buy fresh vegetables in season. Some of the least expensive are very nourishing – cabbage, carrots, zucchini, onions, broccoli, cauliflower, chard, and kale – and they are not hard to prepare. Prepare and serve vegetables with butter for best assimilation of the minerals they contain. Consider buying bulk in season and freezing or drying the excess.
- Make soups a part of your diet. Soup stocks from meat bones have formed the basis of nourishing diets for hundreds of years. They cost very little and have a protein sparing effect. That means you can get by with less meat in the diet with properly made stock. Soups can also be a delicious way to use leftovers.
- Substitute brown rice for white rice and in general whole grains for refined grains. Refining the grain removes many nutrients and much of fiber. "Enriched" foods have a few synthetic vitamins added but this process cannot replace the nutrients taken out by the refining process.
- Meat, beans and rice can be prepared ahead of time and frozen in portion sizes. For example, when you need 1 pound of ground meat for a meal, cook four pounds and freeze the extra. This speeds meal preparation considerably. Alternatively, an entire extra dish can be prepared and frozen for use at another time.
- Plan for leftovers. A chicken can be roasted for dinner one evening and the bones can be used for soup the next day. Meat from making broth can be added to salad, soup, or made into sandwiches. Leftover vegetables can be added to soup or casseroles. Leftover hot cereal can be fried or used in baked goods.
- If you work full time, you might want to try planning and cooking ahead for a week in one day - or even longer if you have access to a freezer.
- A crockpot can be wonderful for a busy woman. If you are going to be gone all day, take a few minutes to put your main dish into the crockpot in the morning and it will be done when you come home.



- Many fresh vegetables can be washed and cut up ahead of time and placed in the refrigerator.
- Fresh vegetables and fruit are the best tasting and have the most nutrition for your money. Most canned vegetables have too much salt and other preservatives added. Canned fruit usually has sugar added. Frozen is better. Buy in season and the cost can be reduced.
- Commercial bread, even a whole grain product, usually contains various additives that can be harmful. Sprouted grain or spelt bread is a better choice nutritionally. Consider making your own bread.
- Commercial salt can cause many problems and is missing the minerals of natural salt. Even though it is more expensive, naturally processed salt, like Celtic Sea Salt, is an investment in better health. Trader Joe's carries a natural sea salt that is a reasonable price. Real Salt, mined in Utah, is another alternative that can be ordered online and can sometimes be found in bulk food stores and health food stores. This salt is more finely ground and so more easily used in salt shakers.
- Costs can be cut with careful meal planning. Casseroles, stir fry dishes and soups can be very cheap to make. Ground meat can be less expensive than other cuts and supplies the same quality of protein. Beans combined with whole grains supply adequate protein and are a good source of many vitamins and minerals.
- Eggs are a nutritional powerhouse. They provide protein, vitamin A, folic acid, essential fatty acids, and other nutrients. If they are pastured, they are also a source of vitamin D. Even the best quality eggs (that is organic and pastured) are a relatively inexpensive source of protein. Search out and buy the best quality that you can afford.
- Consider growing your own produce or some of it. There are many excellent websites and books, if you wish to experiment with this and have the time and space. Gardening is also free exercise!
- Start your own indoor garden! Sprouts are an excellent and inexpensive way to get good nutrition into your diet.
- Experiment with different spices. This lends excitement and variety to your cooking and pleasure to your family. Ethnic dishes can be nourishing and low cost. Be willing to be creative. The library has many different cookbooks to loan if you are looking for ideas.
- Don't try to change everything at once! You are likely to be overwhelmed and give up. Try one thing at a time and then add something else. Like much of life, this is a process.
- Planning can save time, money, and frustration. Keep a weekly menu posted on your fridge and use it.

## **Fat Facts**

For years, doctors, health professionals, and the media have pounded into our heads that eating a low-fat diet would take off weight, prevent heart disease and cancer, and help in many other conditions. Over the last 50 years, fat consumption has declined, but the effect of this decline has been the opposite of what was desired. The incidence of obesity, diabetes, and other degenerative diseases has skyrocketed. Recent research is beginning to show that people who avoid eating fat, substitute starch, and that is most often refined. As a result, they actually end up eating more. In addition, their bodies do not get the nutrients needed so they are still hungry and often develop cravings. The fact is, that we need natural fats from whole foods in our diets. They help us to feel satisfied, so we do not eat too much, as well as supplying essential fatty acids and other nutrients.

**Saturated Fats** are found mostly in animal fats, like butter and cream, and tropical oils like coconut oil. Small amounts are in all vegetable oils and are also made in your body (usually because of eating too many carbohydrates). Saturated fats are solid at room temperature and are less likely to go rancid when heated.

Some of the roles saturated fats play in body chemistry include:

- They make up at least 50% of the cell membrane, which helps to maintain the “stiffness” of the membrane so it can work properly.

- They are essential for the absorption of calcium into the bones

- They protect the liver from alcohol and other toxins

- They help build the immune system

- Vitamins A, D, K, and E are better absorbed with saturated fat.

- They provide energy to the heart in times of stress

- They help the lungs to work properly

- They assist in the production and function of hormones

- The body needs some saturated fat in order to assimilate essential fatty acids

**Monounsaturated Fats** tend to be liquid at room temperature but are solid when refrigerated. Like saturated fats monounsaturated fats are stable and can be used in cooking. The most common monounsaturated oil found in our food is oleic acid, which is found in olive oil, sesame oil, as well as almonds, pecans, cashews, peanuts, and avocados. The body also produces these fatty acids from saturated fatty acids when it needs them.

**Polyunsaturated Fats** are found in a wide variety of foods. They are liquid even when refrigerated. When these fats are exposed to heat or air the chemical structure breaks down and so can provoke diseases like cancer and heart disease, immune system problems, digestive disorders, learning problems, and weight gain. For this reason, the consumption of commercial oils like corn, cottonseed, soy and sunflower, should be avoided.

The two polyunsaturated fatty acids found most frequently in our foods are **linolenic acid (omega 3)** and **linoleic acid (omega 6)**. These are called essential fatty

acids because your body cannot make them and they must be obtained from foods. An imbalance in amount of the essential fatty acids in our bodies can also cause a number of health problems.

Most vegetable oils are higher in omega 6 oils. Because of the current emphasis on consuming them rather than saturated fats, there tends to be an over-consumption of omega 6 fatty acids in most people's diets. For this reason, health professionals seeking to improve the balance of fats often emphasize omega 3 oils. Foods that contain larger amounts of omega 3 fatty acids include, walnuts, flax seed, dark leafy greens, eggs and butter from pastured animals, and fish and fish oils.

**Trans Fats** are contained in most commercially baked goods, many frozen foods, margarine, chips, shortening, fast food fries and many other products. Forcing hydrogen into polyunsaturated oils to make the fatty acid chains behave like saturated fat produces trans fats. Because trans fats are so cheap to make and the shelf life of products made with them is practically forever, the food industry prefers these fats instead of the more expensive animal fats and tropical oils.

Some of the problems trans fats can cause include:

- Promotion of weight gain
- Heart disease
- Hormone dysfunction
- Immune system dysfunction
- Increase in cholesterol
- Blood sugar instability
- Poor tissue repair

Manufacturers are required to list trans fats, over a certain percentage, on their labels, but trace amounts might not be listed. Unfortunately, most companies are using liquid vegetable oils as a substitute, which can also cause health problems, especially when used at high temperatures as in frying. Fast-food chains continue to use hydrogenated oils to fry foods and there are no labels for most restaurant foods.

**In Conclusion:** "Certain fats should be avoided (rancid, altered, refined, hydrogenated) and, like any food component, fats can be over-eaten. But not ALL fat is bad! Fats altered from the form nature provides are more likely to contribute to the overweight problem since they stress the liver and gallbladder; cannot be handled or used nutritionally as can natural, unaltered fatty-acid compounds; and are toxic. Also, what works for some may not work for others- the amount of fat in the diet should be based on individual needs and make up. However, SOME fats are needed for health and weight loss, and they should be natural, essentially unchanged, unrefined, fresh, (not rancid), and properly processed, or a part of whole foods."\*

## **Carbohydrates**

Almost all foods contain some carbohydrates, but only in the last century have a large percentage of refined carbohydrates been consumed. Most people groups have always eaten fruits and grains as whole unrefined foods, and in this form carbohydrates are a healthy part of the diet. Whole grains, beans, fruits, and vegetables supply energy, fiber, carotenoids, many B vitamins, vitamin C complex, E complex, minerals, phytonutrients, and chlorophyll.

On the other hand, refined carbohydrates are stripped of vitamins and minerals, and deplete the body of precious reserves. For example, B vitamins are needed to help in the digestion of carbohydrates but these are removed in the refining process. When the body's reserves are not replaced, eventually there will be problems with fluctuating blood sugar levels causing fatigue, headache, irritability, and at some point, hypoglycemia, diabetes, and all of the attendant health problems. Refined flour is usually "fortified" but this adds a handful of artificial vitamins – chemicals- to replace the many that have been stripped away.

Diseases of civilization have risen as the use of sugar and white flour has increased. The average intake of sugar in 1821 was 10 pounds per person; today it is 170 pounds, which is over 1/4 the average calorie intake. "Another large portion of total calories comes from white flour and refined vegetable oils. This means that less than half the diet must provide all the nutrients to a body that is under constant stress from its intake of sugar, white flour and rancid and hydrogenated oils."\* Many researchers believe that this is the major reason for the increase in conditions like degenerative disease, heart disease, cancer, diabetes, and depression.

The human body is designed to consume a balance of fats, proteins, and carbohydrates. Due to different genetic makeup, different fuel requirements, and different environments that provoke different biochemistries that balance may be different for every individual. Requirements can change with the stresses and seasons of life. No one diet can satisfy the requirements of everyone at all times. Our goal is to eat a variety of whole foods, as close to nature as we are able to do.

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## **Facts about protein**

### **What is protein?**

There are about 50,000 different proteins! These proteins are all combinations of 22 amino acids – the nutritional building blocks of a healthy body. Proteins form our organs, nerves and muscles, as well as assembling into hormones.

Of the 22 amino acids 8 are essential. This means the human body can't make them itself and must obtain them from food sources. The body needs the essential proteins to make the non-essential ones.

### **How much protein do you need? 50 to 60 grams**

The amount of protein and animal foods required by each individual is different, depending on genetic make-up, metabolism, hormonal factors and personal beliefs. Hydrochloric acid production (required for digestion of meat) also varies from person to person. This means some people can eat larger quantities of animal protein. Other people are more suited to vegetarianism.

### **Where to get it...**

#### **What do you need to eat to get 10g protein? How much protein is in common foods?**

Approximate measures only.

1/3 cup (50 g) almonds

1/2 cup (70g) brazil nuts

70g walnuts

1/3 cup sunflower seeds

1/4 cup pumpkin seeds

3 T tahini 2 1/2 T peanut butter 2/3 cup cooked lentils

1/2 cup cooked soybeans

2/3 cup cooked chickpeas

1 1/2 cup cooked quinoa

2 1/2 large potatoes 17.5g spirulina

330g (3 cups) spinach, raw (91% water)

180g (2 cups) spinach, cooked, drained 2 1/2 avocado 40g hard cheese

60g feta

1/2 cup cottage cheese

1 1/4 cup whole milk

1 1/4 cup yoghurt

2 eggs 45g red meat

50g chicken

1 medium chicken drumstick

55g fish

Small 95g can flavoured tuna

## **MSG – Monosodium Glutamate**

- Used as a flavor enhancer in many processed and restaurant foods in the United States
- MSG is scientifically proven to cause obesity. Obese mice and rats are created for lab tests on diet and diabetes by feeding them MSG
- MSG manufacturers admit that it addicts people to their products
- The FDA has set no limits on the amount added to food
- Many people are extremely sensitive to MSG. It can cause symptoms such as headaches, dizziness, heart palpitations, irritability, stomach and intestinal symptoms, and others
- Possible cause of ADD, learning problems, and seizures in children

### **Additives that contain MSG**

- Hydrolyzed Vegetable Protein
- Hydrolyzed Protein
- Hydrolyzed Plant Protein
- Plant Protein Extract
- Sodium Caseinate
- Calcium Caseinate
- Yeast Extract
- Textured Protein
- Autolyzed Yeast
- Hydrolyzed Oat Flour

### **Terms that sometimes indicate MSG**

- Malt Extract
- Bouillon
- Broth
- Stock
- Flavoring
- Natural Flavoring
- Natural Beef or Chicken Flavoring
- Seasoning
- Spices
- Carrageenan
- Enzymes
- Soy protein concentrate
- Soy protein isolate
- Whey protein concentrate

## Foods to Avoid on a Gluten Free Diet

**Wheat**, bulgur, seminola, durum, einkorn, emmer, graham, kamut, seminola, spelt, triticale, **wheat** bran, wheat germ, wheat germ oil, wheat grass, wheat starch, wheat nuts

**Barley**, barley grass, malt, malt vinegar

**Oats**, in rare cases

**Rye**

### **Hidden sources**

Artificial Color <sup>4</sup>  
Artificial Flavoring <sup>6</sup>  
Beer  
Blue Cheese  
Brewer's Yeast  
Caramel color 1,3  
Cereal Binding  
Chilton  
Coloring  
Couscous  
Dextrimaltose  
Dextrins 1,7  
Edible Starch  
Filler  
Flavoring  
Food Starch  
Fu (dried wheat gluten)  
Gravy Cubes <sup>4</sup>  
Groats (barley, wheat)  
Ground Spices <sup>4</sup>  
Gum Base  
Hydrolyzed Plant Protein 4  
Hydrolyzed Vegetable Protein, 4  
Maltodextrin 8  
Miso  
Modified Starch 1,4  
Mono and Diglycerides 1  
Monosodium Glutamate(MSG)1,4  
Mustard Powder <sup>4</sup>  
Natural Flavoring <sup>6</sup>  
Pasta  
Rice Malt (contains barley or Koji)  
Seitan  
Shoyu (soy sauce) <sup>4</sup>  
Soba Noodles <sup>4</sup>  
Soy Sauce  
Spirits (Specific Types)  
Sprouted Wheat or Barley  
Starch 1,4  
Stock Cubes <sup>4</sup>  
Strong Flour  
Suet in Packets  
Tabbouleh  
Toriyaki Sauce  
Textured Vegetable Protein–TVP  
Udon (wheat noodles)  
Vegetable Starch  
Vitamins (4)

- 1) If this ingredient is made in North America it is likely to be gluten-free
- 2) Mono and diglycerides can contain a wheat carrier in the USA. While they are derivatives of fats, carbohydrate chains may be used as a binding substance in their preparation, which are usually corn or wheat, so this needs to be checked out with the manufacturer.
- 3) The problem with caramel color is it may or may not contain gluten depending on how it is manufactured.
- 4) Can utilize a gluten-containing grain or by-product in the manufacturing process, or as an ingredient.
- 5) Most celiac organizations in the USA and Canada do not believe that wheat starch is safe for celiacs. In Europe, however, Codex Alimentarius Quality wheat starch is considered acceptable in the celiac diet by most doctors and celiac organizations. This is a higher quality of wheat starch than is generally available in USA or Canada.
- 6) According to 21 C.F.R. S 101,22(a)(3): "[t]he terms 'natural flavor' or 'natural flavoring' means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof. Whose significant function in food is flavoring rather than nutritional."
- 7) Dextrin is an incompletely hydrolyzed starch. It is prepared by dry heating corn, waxy maize, waxy milo, potato, arrowroot, WHEAT, rice, tapioca, or sago starches, or by dry heating the starches after: (1) Treatment with safe and suitable alkalis, acids, or pH control agents and (2) drying the acid or alkali treated starch. (1) Therefore, unless you know the source, you must avoid dextrin.
- 8) Maltodextrin is prepared as a white powder or concentrated solution by partial hydrolysis of corn starch or potato starch with safe and suitable acids and enzymes. (1) Maltodextrin, when listed on food sold in the USA, must be (per FDA regulation) made from corn or potato. This rule does NOT apply to vitamin or mineral supplements and medications. (2) Donald Kasarda Ph.D., a research chemist specializing on grain proteins, of the United States Department of Agriculture, found that all maltodextrins in the USA are made from corn starch, using enzymes that are NOT derived from wheat, rye, barley, or oats. On that basis he believes that celiacs need not be too concerned about maltodextrins, though he cautions that there is no guarantee that a manufacturer won't change their process to use wheat starch or a gluten-based enzyme in the future.

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- 3) The problem with caramel color is it may or may not contain gluten depending on how it is manufactured. In the USA caramel color must conform with the FDA standard of identity from 21CFR CH.1. This statute says: "the color additive caramel is the dark-brown liquid or solid material resulting from the carefully controlled heat treatment of the following food-grade carbohydrates: Dextrose (corn sugar), invert sugar, lactose (milk sugar), malt syrup (usually from barley malt), molasses (from cane), starch hydrolysates and fractions thereof (can include wheat), sucrose (cane or beet)." Also, acids, alkalis and salts are listed as additives which may be employed to assist the caramelization process.
- 4) Can utilize a gluten-containing grain or by-product in the manufacturing process, or as an ingredient.
- 5) Most celiac organizations in the USA and Canada do not believe that wheat starch is safe for celiacs. In Europe, however, [Codex Alimentarius Quality wheat starch](#) is considered acceptable in the celiac diet by most doctors and celiac organizations. This is a higher quality of wheat starch than is generally available in the USA or Canada.
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May 1997 Sprue-Nik News.  
 (1) Federal Register (4-1-96 Edition) 21CFR Ch.1, Section 184.12277.  
 (2) Federal Register (4-1-96) 21 CFR. Ch.1, Section 184.1444

- 8) Maltodextrin is prepared as a white powder or concentrated solution by partial hydrolysis of corn starch or potato starch with safe and suitable acids and enzymes. (1) Maltodextrin, when listed on food sold in the USA, must be (per FDA regulation) made from corn or potato. This rule does NOT apply to vitamin or mineral supplements and medications. (2) Donald Kasarda Ph.D., a research chemist specializing on grain proteins, of the United States Department of Agriculture, found that all maltodextrins in the USA are made from corn starch, using enzymes that are NOT derived from wheat, rye, barley, or oats. On that basis he believes that celiacs need not be too concerned about maltodextrins, though he cautions that there is no guarantee that a manufacturer won't change their process to use wheat starch or a gluten-based enzyme in the future. (3) - May 1997 Sprue-Nik News  
 1. Federal Register (4-1-96) 21 CFR. Ch.1, Section 184.1444  
 2. "Additives Alert", an information sheet from the Greater Philadelphia Celiac Support Group, updated early in 1997. This specific information comes from Nancy Patin Falini, the dietitian advisor for the group and a speaker at a national celiac conferences in the past few years.  
 3. From the CELLIAC Listserv archives, on the Internet, Donald D. Kasarda, posted November 6, 1996.



## Forbidden List - Foods and Ingredients Not Safe for a Gluten-Free Diet

|                                                     |                                     |                                         |
|-----------------------------------------------------|-------------------------------------|-----------------------------------------|
| Abyssinian Hard (Wheat triticum durum)              | Graham Flour                        |                                         |
| <u>Alcohol (Spirits - Specific Types)</u>           | Granary Flour                       |                                         |
| Barley Grass (can contain seeds)                    | Gravy Cubes <sup>4</sup>            |                                         |
| Barley Hordeum vulgare                              | Groats (barley, wheat)              | Shot Wheat (Triticum aestivum)          |
| Barley Malt                                         | Ground Spices <sup>4</sup>          | Shoyu (soy sauce) <sup>4</sup>          |
| Beer                                                | Gum Base                            | Small Spelt                             |
| Bleached Flour                                      | Hard Wheat                          | Soba Noodles <sup>4</sup>               |
| Blue Cheese (made with bread)                       | Kamut (Pasta wheat)                 | Soy Sauce                               |
| Bran                                                | Malt                                | <u>Spirits (Specific Types)</u>         |
| Bread Flour                                         | Malt Extract                        | Spelt (Triticum spelta)                 |
| Brewer's Yeast                                      | Malt Syrup                          | Sprouted Wheat or Barley                |
| Brown Flour                                         | Malt Flavoring                      | Stock Cubes <sup>4</sup>                |
| Bulgur (Bulgar Wheat/Nuts)                          | Malt Vinegar                        | Strong Flour                            |
| Bulgur Wheat                                        | Miso <sup>4</sup>                   | Suet in Packets                         |
| Cereal Binding                                      | Macha Wheat (Triticum aestivum)     | Tabbouleh                               |
| Chilton                                             | Matzo Semolina                      | Teriyaki Sauce                          |
| Club Wheat (Triticum aestivum subspecies compactum) | Mustard Powder <sup>4</sup>         | Textured Vegetable Protein - TVP        |
| Coloring                                            | Oriental Wheat (Triticum turanicum) | Timopheevi Wheat (Triticum timopheevii) |
| Common Wheat (Triticum aestivum)                    | Pasta                               | Triticale X triticosecale               |
| Couscous                                            | Pearl Barley                        | Udon (wheat noodles)                    |
| Dextrimaltose                                       | Persian Wheat (Triticum carthlicum) | Vavilovi Wheat (Triticum aestivum)      |
| Durum wheat (Triticum durum)                        | Poulard Wheat (Triticum turgidum)   | Vegetable Starch                        |
| Edible Starch                                       | Polish Wheat (Triticum polonicum)   | Vitamins <sup>4</sup>                   |
| Einkorn (Triticum monococcum)                       | Rice Malt (contains barley or Koji) | Wheat Triticum aestivum                 |
| Emmer (Triticum dicoccon)                           | Rye                                 | Wheat Nuts                              |
| Farina Graham                                       | Seitan                              | Wheat, Abyssinian Hard triticum durum   |
| Filler                                              | Semolina                            | Wheat, Bulgur                           |
| Food Starch                                         | Semolina Triticum                   | Wheat Durum Triticum                    |
| Fu (dried wheat gluten)                             |                                     | Wheat Triticum Monococcum               |
| Germ                                                |                                     | Wheat Germ (oil)                        |
|                                                     |                                     | Wheat Grass (can contain seeds)         |
|                                                     |                                     | Whole-Meal Flour                        |
|                                                     |                                     | Wild Einkorn (Triticum boeotictim)      |
|                                                     |                                     | Wild Emmer (Triticum dicoccoides)       |

***The following items may or may not contain gluten depending on where and how they are made, and it is sometimes necessary to check with the manufacturer to find out:***

|                                   |                                       |                                            |
|-----------------------------------|---------------------------------------|--------------------------------------------|
| Artificial Color <sup>4</sup>     | Hydrolyzed Plant Protein <sup>4</sup> | Mono and Diglycerides <sup>1</sup>         |
| Artificial Flavoring <sup>6</sup> | Hydrolyzed Vegetable                  | Monosodium Glutamate (MSG) <sup>1, 4</sup> |
| Caramel Color <sup>1, 3</sup>     | Protein <sup>4</sup>                  | Natural Flavoring <sup>6</sup>             |
| Dextrins <sup>1, 7</sup>          | Maltodextrin <sup>8</sup>             | Starch <sup>1, 4</sup>                     |
| Flavoring <sup>6</sup>            | Modified Food Starch <sup>1, 4</sup>  | Wheat Starch <sup>5</sup>                  |
|                                   | Modified Starch <sup>1, 4</sup>       |                                            |

## Forbidden Foods – Not Safe on the Gluten Free Diet

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| Abyssinian Hard Wheat (triticum durum)<br><a href="#">Alcohol (Spirits - Specific Types)</a><br>Barley Grass (can contain seeds)<br>Barley Hordeum vulgare<br>Barley Malt<br>Beer<br>Bleached Flour<br>Blue Cheese (made with bread)<br>Bran<br>Bread Flour<br>Brewer's Yeast<br>Brown Flour<br>Bulgur (Bulgar Wheat/Nuts)<br>Bulgur Wheat<br>Cereal Binding<br>Chilton<br>Club Wheat (Triticum aestivum subspecies compactum)<br>Coloring<br>Common Wheat (Triticum aestivum)<br>Couscous<br>Dextrimaltose<br>Durum wheat (Triticum durum)<br>Edible Starch<br>Einkorn (Triticum monococcum)<br>Emmer (Triticum dicocon)<br>Farina Graham<br>Filler<br>Food Starch<br>Fu (dried wheat gluten) | Germ<br>Graham Flour<br>Granary Flour<br>Gravy Cubes <sup>4</sup><br>Groats (barley, wheat)<br>Ground Spices <sup>4</sup><br>Gum Base<br>Hard Wheat<br>Kamut (Pasta wheat)<br>Malt<br>Malt Extract<br>Malt Syrup<br>Malt Flavoring<br>Malt Vinegar<br>Miso <sup>4</sup><br>Macha Wheat (Triticum aestivum)<br>Matzo Semolina<br>Mustard Powder <sup>4</sup><br>Oriental Wheat (Triticum turanicum)<br>Pasta<br>Pearl Barley<br>Persian Wheat (Triticum carthlicum)<br>Poulard Wheat (Triticum turgidum)<br>Polish Wheat (Triticum polonicum)<br>Rice Malt (contains barley or Koji)<br>Rye<br>Seitan<br>Semolina<br>Semolina Triticum<br>Shot Wheat (Triticum aestivum) | Shoyu (soy sauce) <sup>4</sup><br>Small Spelt<br>Soba Noodles <sup>4</sup><br>Soy Sauce<br><a href="#">Spirits (Specific Types)</a><br>Spelt (Triticum spelta)<br>Sprouted Wheat or Barley<br>Stock Cubes <sup>4</sup><br>Strong Flour<br>Suet in Packets<br>Tabbouleh<br>Teriyaki Sauce<br>Textured Vegetable Protein - TVP<br>Timopheevi Wheat (Triticum timopheevii)<br>Triticale X triticosecale<br>Udon (wheat noodles)<br>Vavilovi Wheat (Triticum aestivum)<br>Vegetable Starch<br>Vitamins <sup>4</sup><br>Wheat Triticum aestivum<br>Wheat Nuts<br>Wheat, Abyssinian Hard triticum durum<br>Wheat, Bulgur<br>Wheat Durum Triticum<br>Wheat Triticum Monococcum<br>Wheat Germ (oil)<br>Wheat Grass (can contain seeds)<br>Whole-Meal Flour<br>Wild Einkorn (Triticum boeoticum)<br>Wild Emmer (Triticum dicoccoides) |
| <b><i>The following items may or may not contain gluten depending on where and how they are made, and it is sometimes necessary to check with the manufacturer to find out:</i></b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| Artificial Color 4<br>Artificial Flavoring 6<br>Caramel Color 1, 3<br>Dextrins 1,7<br>Flavoring 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Hydrolyzed Plant Protein <sup>4</sup><br>Hydrolyzed Vegetable Protein 4<br>Maltodextrin 8<br>Modified Food Starch 1, 4<br>Modified Starch 1, 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Mono and Diglycerides 1<br>Monosodium Glutamate (MSG) 1, 4<br>Natural Flavoring 6<br>Starch 1, 4<br>Wheat Starch 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

1) If this ingredient is made in North America it is likely to be gluten-free.

2) Mono and diglycerides can contain a wheat carrier in the USA. While they are derivatives of fats, carbohydrate chains may be used as a binding substance in their preparation, which are usually corn or wheat, so this needs to be checked out with the manufacturer.

3) The problem with caramel color is it may or may not contain gluten depending on how it is manufactured. In the USA caramel color must conform with the FDA standard of identity from 21CFR CH.1. This statute says: "the color additive caramel is the dark-brown liquid or solid material resulting from the carefully controlled heat treatment of the following food-grade carbohydrates: Dextrose (corn sugar), invert sugar, lactose (milk sugar), malt syrup (usually from barley malt), molasses (from cane), starch hydrolysates and fractions thereof (can include wheat), sucrose (cane or beet)." Also, acids, alkalis and salts are listed as additives which may be employed to assist the caramelization process.

4) Can utilize a gluten-containing grain or by-product in the manufacturing process, or as an ingredient.

5) Most celiac organizations in the USA and Canada do not believe that wheat starch is safe for celiacs. In Europe, however, Codex Alimentarius Quality wheat starch is considered acceptable in the celiac diet by most doctors and celiac organizations. This is a higher quality of wheat starch than is generally available in the USA or Canada.

6) According to 21 C.F.R. S 101.22(a)(3): "[t]he terms 'natural flavor' or 'natural flavoring' means the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof. Whose significant function in food is flavoring rather than nutritional."

7) Dextrin is an incompletely hydrolyzed starch. It is prepared by dry heating corn, waxy maize, waxy milo, potato, arrowroot, WHEAT, rice, tapioca, or sago starches, or by dry heating the starches after: (1) Treatment with safe and suitable alkalis, acids, or pH control agents and (2) drying the acid or alkali treated starch. (1) Therefore, unless you know the source, you must avoid dextrin.

May 1997 Sprue-Nik News.

(1) Federal Register (4-1-96 Edition) 21CFR Ch.1, Section 184.12277.

(2) Federal Register (4-1-96) 21 CFR. Ch.1, Section 184.1444

8) Maltodextrin is prepared as a white powder or concentrated solution by partial hydrolysis of corn starch or potato starch with safe and suitable acids and enzymes. (1) Maltodextrin, when listed on food sold in the USA, must be (per FDA regulation) made from corn or potato. This rule does NOT apply to vitamin or mineral supplements and medications. (2) Donald Kasarda Ph.D., a research chemist specializing on grain proteins, of the United States Department of Agriculture, found that all maltodextrins in the USA are made from corn starch, using enzymes that are NOT derived from wheat, rye, barley, or oats. On that basis he believes that celiacs need not be too concerned about maltodextrins, though he cautions that there is no guarantee that a manufacturer won't change their process to use wheat starch or a gluten-based enzyme in the future. (3) - May 1997 Sprue-Nik News

1. Federal Register (4-1-96) 21 CFR. Ch.1, Section 184.1444

2. "Additives Alert", an information sheet from the Greater Philadelphia Celiac Support Group, updated early in 1997. This specific information comes from Nancy Patin Falini, the dietitian advisor for the group and a speaker at a national celiac conferences in the past few years.

3. From the CELIAC Listserv archives, on the Internet, Donald D. Kasarda, posted November 6, 1996.

## Safe List – Foods and Ingredients Safe for a Gluten-Free Diet

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        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| <p>Acacia Gum<br/>Acorn Quercus<br/>Adipic Acid<br/>Adzuki Bean<br/>Acacia Gum<br/>Agar<br/><a href="#">Alcohol (Spirits - Specific Types)</a><br/>Alfalfa<br/>Algae<br/>Algin<br/>Alginate<br/>Allicin<br/>Almond Nut<br/>Aluminum<br/><a href="#">Amaranth</a><br/>Annatto<br/>Annatto Color<br/>Apple Cider Vinegar<br/>Arabic Gum<br/>Arrowroot<br/>Artichokes<br/>Aspartame (can cause IBS symptoms)<br/>Aspic<br/>Ascorbic Acid<br/>Astragalus Gummifer<br/>Baking Soda &amp; Powder (check)<br/>Balsamic Vinegar<br/>Beans<br/>Bean, Adzuki<br/>Bean, Hyacinth<br/>Bean, Lentil<br/>Bean, Mung<br/>Bean Romano (Chickpea)<br/>Bean Tepary<br/>Benzoic acid<br/>Besan<br/>Betaine<br/>BHA<br/>BHT<br/>Beta Carotene<br/>Bicarbonate of Soda (check)<br/><br/>Biotin<br/><a href="#">Buckwheat</a><br/>Butter (check additives)<br/>Butylated Hydroxyanisole<br/>Butyl Compounds<br/>Calcium Carbonate<br/>Calcium Caseinate<br/>((Containing MSG)<br/>Calcium Chloride<br/>Calcium Disodium<br/>Calcium Phosphate<br/>Calcium Silicate<br/>Calcium Stearate<br/>Calcium Sulfate<br/>Camphor<br/>Canola Oil<br/>Caprylic Acid<br/>Carageenan Chondrus<br/>Crispus<br/>Carboxymethylcellulose<br/>Carnauba Wax<br/>Carob Bean<br/>Carob Bean Gum<br/>Carob Flour<br/>Carrageenan<br/>Casein<br/>Cassava Manihot</p> | <p>Esculenta<br/>Castor Oil<br/>Cellulose<sup>1</sup>Cellulose Gum<br/>Cetyl Alcohol<br/>Cheeses - (check)<br/>Chestnuts<br/>Chickpea<br/>Chlorella<br/>Chymosin<br/>Citric Acid<br/>Collagen<br/><a href="#">Corn</a><br/>Corn Meal<br/>Corn Flour<br/>Cornstarch<br/>Corn Syrup<br/>Corn Syrup Solids<br/>Corn Sweetener<br/>Cortisone<br/>Cotton Seed Oil<br/>Cowitch<br/>Cowpea<br/>Cream of Tartar<br/>Cysteine, L<br/>Deminerlized Whey<br/>Desamidocollagen<br/>Dextrose<br/>Diocetyl Sodium<br/><a href="#">Distilled Vinegar</a><br/>Eggs<br/>Elastin<br/>Ester Gum<br/>Fish (fresh)<br/>Flaked Rice<br/>Flax<br/>Folic Acid-Folacin<br/>Formaldehyde<br/>Fructose<br/>Fruit (including dried)<br/>Fumaric Acid<br/>Gelatin<br/>Glutamate (free)<br/>Glutamic Acid<br/>Glutamine (amino acid)<br/>Glycerides<br/>Glycerol Monooleate<br/>Glycol Monostearate<br/>Glycol<br/>Glycolic acid<br/>Gram flour (chick peas)<br/>Grits, Corn<br/>Guar Gum<br/>Hemp<br/>Herbs<br/>Honey<br/>Hyacinth Bean<br/>Hydrogen Peroxide<br/>Hydrolyzed soy protein<br/>Iodine<br/>Inulin<br/>Invert Sugar<br/><a href="#">Job's Tears</a><br/>Kasha (roasted buckwheat)<br/>Keratin<br/>Kudzu Root Starch<br/>Lactic Acid<br/>Lactose<br/>Lanolin</p> | <p>Lecithin<br/>Lentil<br/>Lipase<br/>Locust Bean Gum<br/>Magnesium Carbonate<br/>Magnesium Hydroxide<br/>Maize<br/>Maize Waxy<br/>Malic Acid<br/>Maltitol<br/>Manioc<br/>Masa<br/>Masa Flour<br/>Masa Harina<br/>Meat (fresh)<br/>Methyl Cellulose<sup>2</sup><br/>Microcrystallin Cellulose<br/>Milk<br/><a href="#">Millet</a><br/>Milo<br/>Mineral Oil<br/>Mineral Salts<br/>Monosodium Glutamate<br/>MSG (made in USA)<br/>Monopotassium Phosphate<br/>Mung Bean<br/>Musk<br/>Niacin-Niacinamide<br/>Nuts (except wheat, rye &amp; barley)<br/>Nut, Acron<br/>Nut, Almond<br/><a href="#">Oats</a><sup>3</sup><br/>Oils and Fats<br/>Oleyl Alcohol/Oil<br/>Paraffin<br/>Peas<br/>Pea - Chick<br/>Pea - Cow<br/>Pea Flour<br/>Pepsin<br/>Peru Balsam<br/>Petrolatum<br/>Phenylalanine<br/>Pigeon Peas<br/>Polenta<br/>Polyethylene Glycol<br/>Polyglycerol<br/>Polysorbates<br/>Potassium Citrate<br/>Potassium Iodide<br/>Potassium Sorbate<br/>Potatoes<br/>Potato Flour<br/>Prinus<br/>Pristane<br/>Propolis<br/>Propylene Glycol<br/>Propylene Glycol<br/>Monostearate<br/>Propyl Gallate<br/>Psyllium<br/>Pyridoxine Hydrochloride<br/><a href="#">Quinoa</a><br/><a href="#">Ragi</a><br/><a href="#">Rape</a><br/>Rennet<br/>Reticulin<br/>Rice<br/>Rice Flour</p> | <p>Rice Vinegar Romano Bean (chickpea)<br/>Rosin<br/>Royal Jelly<br/>Sago Palm<br/>Sago Flour<br/>Saifun (bean threads)<br/>Scotch Whisky<br/>Seaweed<br/>Seeds (except wheat, rye &amp; barley)<br/>Seed - Sesame<br/>Seed - Sunflower<br/>Sphingolipids<br/>Soba (be sure it's 100% buckwheat)<br/>Sodium Acid<br/>Pyrophosphate<br/>Sodium Alginate<br/>Sodium Ascorbate<br/>Sodium Benzoate<br/>Sodium Caseinate<br/>Sodium Citrate<br/>Sodium Erythrobate<br/>Sodium<br/>Hexametaphosphate<br/>Sodium Lauryl Sulfate<br/>Sodium Nitrate<br/>Sodium Phosphate<br/>Sodium Silicoaluminate<br/>Sodium Stannate<br/>Sorbic Acid<br/>Sorbitol-Mannitol (can cause IBS symptoms)<br/><a href="#">Sorghum</a><br/>Sorghum Flour<br/>Soy<br/>Soybean<br/>Soy Lecithin<br/>Spices (pure)<br/><a href="#">Spirits (Specific Types)</a><br/>Stearates<br/>Stearamide<br/>Stearamine<br/>Stearic Acid<br/>Subflower Seed<br/>Succotash (corn and beans)<br/>Sucrose<br/>Sulfosuccinate<br/>Sulfites<br/>Sulfur Dioxide<br/>Sweet Chestnut Flour<br/>Tallow<br/>Tapioca<br/>Tapioca Flour<br/>Tarrow Root<br/>Tartaric Acid<br/>TBHQ is Tetra or Tributylhydroquinone<br/>Tea<br/>Tea-Tree Oil<br/><a href="#">Teff</a><br/>Teff Flour<br/>Tepary Bean<br/>Thiamine Hydrochloride<br/>Tofu-Soya Curd<br/>Tolu Balsam<br/>Tragacanth<br/>Tragacanth Gum<br/>Tri-Calcium Phosphate</p> | <p>Turmeric (Kurkuma)<br/>Tyrosine<br/>Urad/Urid Beans<br/>Urad/Urid Dal (peas)<br/>Vegetables<br/>Urad/Urid flour<br/>Vanillin<br/><a href="#">Vinegars (Specific Types)</a><br/>Vitamin A (retinol)<br/>Waxy Maize<br/>Whey<br/>White Vinegar<br/><a href="#">Wines</a><br/>Wine Vinegars (&amp; Balsamic)<br/>Wild Rice<br/>Xanthan Gum<br/>Yam Flour<br/>Yogurt (plain, unflavored)</p> <p>1) Cellulose is a carbohydrate polymer of D-glucose. It is the structural material of plants, such as wood in trees. It contains no gluten protein.</p> <p>2) Methyl cellulose is a chemically modified form of cellulose that makes a good substitute for gluten in rice-based breads, etc.</p> <p>3) Recent research indicates that oats may be safe for people on gluten-free diets, although many people may also have an additional, unrelated intolerance to them. Cross contamination with wheat is also a factor that you need to consider before choosing to include oats in your diet.</p> |
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## FoodNews: Shopper's Guide to Pesticides

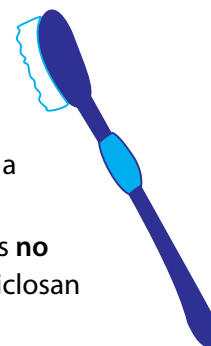
### The Full List: 47 Fruits & Veggies

| RANK      | FRUIT OR VEGGIE     | SCORE                        |
|-----------|---------------------|------------------------------|
| 1 (worst) | Peach               | 100 (highest pesticide load) |
| 2         | Apple               | 93                           |
| 3         | Sweet Bell Pepper   | 83                           |
| 4         | Celery              | 82                           |
| 5         | Nectarine           | 81                           |
| 6         | Strawberries        | 80                           |
| 7         | Cherries            | 73                           |
| 8         | Kale                | 69                           |
| 9         | Lettuce             | 67                           |
| 10        | Grapes - Imported   | 66                           |
| 11        | Carrot              | 63                           |
| 12        | Pear                | 63                           |
| 13        | Collard Greens      | 60                           |
| 14        | Spinach             | 58                           |
| 15        | Potato              | 56                           |
| 16        | Green Beans         | 53                           |
| 17        | Summer Squash       | 53                           |
| 18        | Pepper              | 51                           |
| 19        | Cucumber            | 50                           |
| 20        | Raspberries         | 46                           |
| 21        | Grapes - Domestic   | 44                           |
| 22        | Plum                | 44                           |
| 23        | Orange              | 44                           |
| 24        | Cauliflower         | 39                           |
| 25        | Tangerine           | 37                           |
| 26        | Mushrooms           | 36                           |
| 27        | Banana              | 34                           |
| 28        | Winter Squash       | 34                           |
| 29        | Cantaloupe          | 33                           |
| 30        | Cranberries         | 33                           |
| 31        | Honeydew Melon      | 30                           |
| 32        | Grapefruit          | 29                           |
| 33        | Sweet Potato        | 29                           |
| 34        | Tomato              | 29                           |
| 35        | Broccoli            | 28                           |
| 36        | Watermelon          | 26                           |
| 37        | Papaya              | 20                           |
| 38        | Eggplant            | 20                           |
| 39        | Cabbage             | 17                           |
| 40        | Kiwi                | 13                           |
| 41        | Sweet Peas - Frozen | 10                           |
| 42        | Asparagus           | 10                           |
| 43        | Mango               | 9                            |
| 44        | Pineapple           | 7                            |
| 45        | Sweet Corn - Frozen | 2                            |
| 46        | Avocado             | 1                            |
| 47 (best) | Onion               | 1 (lowest pesticide load)    |

Note: We ranked a total of 47 different fruits and vegetables but grapes are listed twice because we looked at both domestic and imported samples.

# EWG's Guide to Triclosan

Triclosan is an antibacterial chemical found in many consumer products.



## Where is triclosan found?

It's nearly ubiquitous in liquid hand soap and dishwashing detergent, but those aren't the only products it's in. Triclosan is also a common ingredient in toothpaste, facewash, deodorant, a host of personal care products, and even mattresses, toothbrushes and shoe insoles.

A U.S. FDA advisory committee has found that household use of antibacterial products provides **no benefits** over plain soap and water, and the American Medical Association recommends that triclosan not be used in the home, as it may encourage bacterial resistance to antibiotics.

## What problems are associated with triclosan?

Triclosan is linked to liver and inhalation toxicity, and low levels of triclosan may disrupt thyroid function. Wastewater treatment does not remove all of the chemical, which means it ends up in our lakes, rivers and water sources. That's especially unfortunate since triclosan is very toxic to aquatic life.

## HOW TO AVOID TRICLOSAN

### Forgo antibacterial soap.

The American Medical Association says not to use it at home.

### Watch for triclosan (and triclocarban) in personal care products.

Read ingredient labels or use Skin Deep to find products free of triclosan and triclocarban, its chemical cousin.

### Avoid "antibacterial" products.

Triclosan is used in everyday products like toothbrushes, toys, and cutting boards that may be labeled "antibacterial," or make claims such as "odor-fighting" or "keeps food fresher, longer."

### Triclosan may be in these products:

soap and dishwashing liquid  
towels  
mattresses  
sponges  
personal care products  
shower curtains  
toothbrushes

phones  
kitchenware and plastic food containers  
shoes  
flooring and carpets  
cutting boards  
clothing and fabrics  
toys



# EWG's Guide to Safe Drinking Water

Drinking plenty of good, clean water is important for a healthy body. Read EWG researchers' top tips to learn how to stay hydrated while reducing your exposures to common drinking water pollutants.

## **Bottled Water:** Drink filtered tap water instead.

You can read the bottle label, but you still won't know if the water is pure and natural, or just processed, polluted, packaged tap water. EWG found 38 contaminants in 10 popular brands.



## **Tap Water:** Learn what's in it.

Tap water suppliers publish all their water quality tests. Bottled water companies don't. Read your annual tap water quality report. Look up your city's water in EWG's National Tap Water Atlas ([www.ewg.org/sites/tapwater](http://www.ewg.org/sites/tapwater)). (Private well? Get it tested.)

## **Filtered Tap Water:** Drink it, cook with it.

- Carbon filters (pitcher or tap-mounted) are affordable and reduce many common water contaminants, like lead and byproducts of the disinfection process used to treat municipal tap water.
- Install a reverse osmosis filter if you can afford it, to remove contaminants that carbon filters can't eliminate, like arsenic and perchlorate (rocket fuel).

## **Filters:** Change them.

Change your water filters on time. Old filters aren't safe – they harbor bacteria and let contaminants through.

## **On the Go:** Carry water in safe containers.

Hard plastic bottles (#7 plastic) can leach a harmful plastics chemical called bisphenol A (BPA) into water. Carry stainless steel or other BPA-free bottles. Don't reuse bottled water bottles. The plastic can harbor bacteria and break down to release plastics chemicals.

## **While Pregnant:** Stay hydrated with safe water.

It's especially important for women to drink plenty of water during pregnancy. Follow all the tips above, and take your doctor's advice on how much to drink.

## **Infants:** Use safe water for formula.

Use filtered tap water for your baby's formula. If your water is not fluoridated, you can use a carbon filter. If it is, use a reverse osmosis filter to remove the fluoride, because fluoridated water can damage an infant's developing teeth. If you choose bottled water for your infant, make sure it's fluoride-free. Learn more at [www.ewg.org/babysafe](http://www.ewg.org/babysafe).

## **Breathe Easy:** Use a whole house water filter.

For extra protection, a whole house carbon filter will remove contaminants from steamy vapors you and your family inhale while showering and washing dishes.



# EWG's Guide to Baby-Safe Bottles and Formula

Breast milk is best, but whether you're feeding breastmilk or formula in a bottle, use this guide to feed your baby safely.



**Nipple:** Start with a clear silicone nipple.

Latex rubber nipples can cause allergic reactions and can contain impurities linked to cancer.

**Bottle:** Use glass.

Plastic bottles can leach a toxic chemical called bisphenol A (BPA) into formula and breast milk. Avoid clear, hard plastic bottles marked with a 7 or "PC."

**Plastic bottle liners:** Don't use them.

The soft plastic liners may leach chemicals into formula and breast milk, especially when heated.

**Water:** Use filtered tap water.

If your water is fluoridated, use a reverse osmosis filter to remove fluoride, which the American Dental Association recommends avoiding when reconstituting formula. If your water is not fluoridated use a carbon filter. If you choose bottled water make sure it's fluoride-free.



**Formula:** Choose powdered.

A toxic chemical called bisphenol A (BPA) leaches into liquid formulas. Powdered formula does not have BPA.

## FORMULA BUYING GUIDE

Choose powdered formula when possible, or liquid formula in glass or plastic containers.

Avoid all liquid formula in metal cans.

**Heating:** Warm bottles in a pan of hot water.

Microwaving can heat unevenly and cause chemicals to leach from plastic bottles into formula.

For more information, visit [www.ewg.org/babysafe](http://www.ewg.org/babysafe).





# Safety Guide to Children's Personal Care Products

## TOP FOUR TIPS

1. **Use fewer products** and use them less frequently.
2. **Don't trust the claims.** Check ingredients.
3. **Buy fragrance-free** products.
4. **Visit [cosmeticsdatabase.com](http://cosmeticsdatabase.com).**

## INGREDIENTS TO ALWAYS AVOID

### 2-BROMO-2-NITROPROPANE-1,3-DIOL (or Bronopol)

Allergen that forms cancer-causing chemicals

### BHA

Causes skin depigmentation

### DMDM HYDANTOIN

Allergen that forms cancer-causing chemicals

### OXYBENZONE

Allergen; damages cells and DNA with free radicals

### TRICLOSAN

May disrupt growth hormones from the thyroid

### BORIC ACID and SODIUM BORATE

Unsafe for infants according to industry experts

### DIBUTYL PHTHALATE, TOLUENE

Found in nail polish; hormone disruption, cancer concerns

## AVOID WHEN POSSIBLE

### FRAGRANCE

Allergen; neurotoxic, hormone disruption concerns

### FLUORIDE

Teeth stains; neurotoxic when swallowed

### CETEARETH and PEG compounds

Can contain cancer-causing impurities

### PARABENS

Hormone disruption, cancer concerns

### TRIETHANOLAMINE

Allergen that forms cancer-causing chemicals

### DYES

Some cause cancer and are banned outside the U.S.

### METHYLCHLOROISOTHIAZOLINONE & METHYLISOTHIAZOLINONE

Allergens with neurotoxicity concerns

### IODOPROPYNYL BUTYLCARBAMATE

Chemically similar to neurotoxic pesticides

### BENZYL ALCOHOL and ISOPROPYL ALCOHOL

Skin irritation and neurotoxicity concerns

## PRODUCT TIPS

**SHAMPOO & CONDITIONER** Avoid DMDM hydantoin, fragrance, and cetareth and PEG compounds.

**SOME** Burt's Bees Rosemary Mint Shampoo Bar with Oat Protein and Pro Vitamin B5  
**BETTER** California Baby Shampoo & Bodywash Super Sensitive  
**PICKS** Jason Natural Cosmetics Aloe Vera 84% Hair Smoothing Conditioner

**BODY WASH & LIQUID SOAP** Avoid triclosan, DMDM hydantoin, and fragrance. We recommend plain bar soap over body wash.

**SOME** California Baby Shampoo & Bodywash Super Sensitive  
**BETTER** Aveeno Skin Relief Body Wash with Natural Colloidal Oatmeal, Fragrance Free  
**PICKS** Huggies Baby Wash, Extra Sensitive, Fragrance Free

**TOOTHPASTE** The American Dental Association recommends fluoride-free toothpaste for children under 2 years of age. Also avoid triclosan and PEG compounds.

**SOME** Tom's of Maine Natural Homeopathic-Style Whitening Toothpaste, Apricot  
**BETTER** Weleda Calendula Toothpaste  
**PICKS** Colgate Toothpaste, Regular

**SUNSCREEN** Infants under 6 months don't belong in the sun. For older babies and children, use sunscreen with UVA and UVB protection, and re-apply often. Avoid oxybenzone, DMDM hydantoin, and triethanolamine.

**SOME** Blue Lizard Australian Suncream, SPF 30, Sensitive  
**BETTER** California Baby SPF 30+ Sunscreen Lotion No Fragrance  
**PICKS** Coppertone Endless Summer Ultrashعر Sunscreen Stick

**BABY WIPES** Avoid 2-bromo-2-nitropropane-1,3-diol (or Bronopol), DMDM hydantoin, and fragrance.

**SOME** Seventh Generation Unscented Baby Wipes with Aloe Vera & Vitamin E  
**BETTER** Pampers Baby Wipes Unscented  
**PICKS** Tushies Baby Wipes with Aloe Vera, Unscented

**LOTION AND MOISTURIZER** Avoid harsher soaps to keep your child's skin from drying out, as well as DMDM hydantoin, fragrance, and cetareth and PEG compounds.

**SOME** Aveeno Daily Baby Moisturizing Lotion  
**BETTER** California Baby Botanical Moisturizing Cream  
**PICKS** Eucerin Original Moisturizing Cream

**DIAPER CREAM** Avoid BHA, boric acid, sodium borate, and fragrance.

**SOME** Aquaphor Hydrophor Baby Diaper Rash Ointment  
**BETTER** Triple Paste Medicated Ointment for Diaper Rash  
**PICKS** Balmex Extra Protective Clear Ointment

**BABY POWDER** Don't use powders. Lung damage results when babies inhale the cloud of tiny particles released during application. Also avoid DMDM hydantoin, sodium borate, and fragrance.

**PLAY MAKEUP** Make sure children use safer products and apply them appropriately, sparingly, and infrequently.

*The better picks shown here may be available in your local store. To find hundreds more suggested products and see our scoring system in action, go to: <http://www.cosmeticsdatabase.com/special/parentsguide>*