



ChEw oN ThiS

Newsletter

Gluten Intolerance

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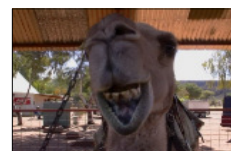
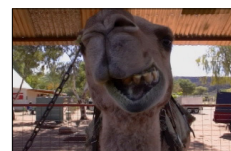
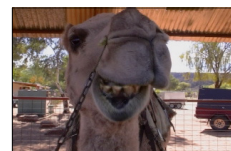
My name is Darci Steiner and I am gluten intolerant. My last gluten-filled meal was 16 years, 8 months and 5 days ago (well, approximately). I am a member of the growing group of gluten-free people. We have a certain camaraderie, sharing recipes or our latest great GF food find. (Oh, by the way, have you tried the new GF gravy that just came out?)

We are a group of people who have at one time experienced undiagnosed digestive problems, diarrhea, maybe constipation, vomiting or a myriad of other health complaints. Gluten intolerance is difficult to diagnose. Let's say you have a celiac disease blood test and the results come back negative (celiac is a hereditary autoimmune disease which causes damage to the small intestine when gluten is consumed). You still have digestive upset, but celiac has been ruled out so you go home and have your fill of wheat pasta, barley soup and rye crackers. ***Don't be so quick to assume that you are not gluten intolerant. You tested negative for celiac***

disease, but still may have an intolerance to gluten, which will not be apparent from a blood test.

Gluten-intolerance can be diagnosed through the process of elimination - an elimination diet. If you suspect you are gluten intolerant and have tested negative for celiac, an elimination diet may confirm your suspicions. Certain foods are eliminated and then reintroduced to determine your tolerance of them. Food allergies may also be determined with this method. This should be done with the help of a nutritionist to ensure that your nutrition requirements are met during the process. Gluten foods include wheat, barley, rye, kamut, spelt and oats (more on oats below). Both celiac and gluten intolerant folks need to avoid these grains to help heal their small intestine. You will feel free when these foods are avoided—gluten-free!

~Darci



Until one is committed there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative (and creation), there is an elementary truth, the ignorance of which kills countless ideas and splendid plans; that the moment one definitely commits oneself, then Providence moves too. All sorts of things occur to help one that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favor all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamt would have come his way. I have learned a deep respect for one of Goethe's couplets: "Whatever you can do, or dream you can, begin it. Boldness has genius, power, and magic in it."

~ by W.H. Murray

DoN't ChEw oN ThaT

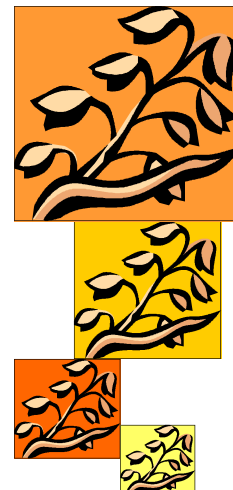
Question: *I've been told to stay away from oats on the GF diet, but a friend of mine just told me oats are fine. I'm confused; do they, or don't they contain gluten?*

Answer: Oats do not contain gluten. However, they do contain a protein called avenin, which is similar to the gluten protein gliadin. Oats can become contaminated with gluten in the fields or silos, or during manufacturing. To be safe, oats are included on the 'Foods to

Avoid' list for those who are gluten intolerant.

There are sources of GF oats you can purchase, such as *Bob's Red Mill Gluten Free Oats*, at a health food store. There are several different brands and they are labeled accordingly.

Tip: Keep your oats in the freezer for freshness. They will last longer and provide more nutrients when you eat them!



FREE—ChEw oN ThiS monthly newsletter. Subscribe at www.attainablenutrition.com

Main Course

5-STEP GLUTEN-FREE PROGRAM

1. **Meal Assessment:** We'll review your current diet to assess changes that need to be made in order to follow the gluten-free diet protocol. For those who are uncertain if they have a sensitivity or intolerance to gluten an elimination diet may be implemented.
2. **Menu Plan:** We'll design a personal menu with 7 breakfasts, lunches, dinners, desserts and snacks, as well as create a grocery list of delicious new foods for you to try. Now for shoppin'!
3. **Shop-with-you:** With your new grocery list we'll head to the store! Shopping together will teach you hands on what to look for, and learn where to find gluten in disguise.
4. **Eating out, social gatherings, cooking:** Eating out and cooking tips, list of restaurants with gluten-free menus, handling social situations with ease and **FREE** chef communication cards!
5. **Support network and gluten-free diploma:** Invite 2 close friends or family members to this consultation. You eat with family and friends so it makes sense for them to understand the gluten-free way! They'll get to enjoy a gluten free snack and watch you receive your **5-Step Gluten-Free Program** diploma. Congratulations!

For more details visit www.attainablenutrition.com and look for the *Gluten* tab.

On The Side



Avocado

Cinco de Mayo without guacamole is like, well, Independence Day without hot dogs. You won't find me writing about hot dogs in the July issue of *Chew On This* (actually, maybe in the *Don't Chew On That* section), but I will tout the benefits of guacamole's main ingredient—the alligator pear, otherwise known as the avocado. Here are some avocado facts you can share with your friends on **Cinco de Mayo** as you swarm over the guacamole dip:

- Avocados have more potassium than bananas
- There are more than 500 varieties
- The average avocado contains 300 calories and 30 grams of healthy fat (polyunsaturated and monounsaturated)
- The Hass is the most common avocado in the U.S. and is the only avocado grown year round
- The first Hass avocado tree is still alive and producing fruit
- Mexico is the world's top producer of avocados, 2nd is California
- Avocados were first introduced to the U.S. in 1871 when Judge R.B. Ord planted three trees in Santa Barbara, CA
- Avocados are a fruit, not a veggie; they grow on trees. Fruits grow on trees, bushes or vines.
- Avocados have the highest protein content of any fruit

Food Fight!



Antioxidant: Substances that help protect cells from the damaging effects of free radicals.

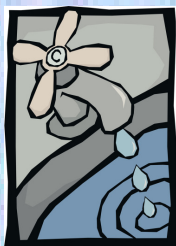
Free Radical: Electrically unbalanced molecules which damage cells, proteins or DNA, creating disease in the body, especially cancer.

Antioxidants vs. Free Radicals

Selenium is not an antioxidant, rather it is a trace mineral that helps protect against many different forms of cancer (including prostate, lung and colon cancers) by working in synergy with vitamin E. Selenium is not produced by the body and must be obtained through water and food, or through supplementation. **Food sources include broccoli, egg yolks, onion, garlic, red grapes and wheat germ.** People who consume foods from selenium rich soils receive additional stroke and heart disease protection. In high doses selenium can become toxic to the body. If you supplement, please follow directions on the supplement bottle. Lester Packer PhD, author of *The Antioxidant Miracle* recommends 200 micrograms daily for heart and cancer protection.

Healthy & Happy Kids

It's almost **Mother's Day**! Here's a gift you can make for your mom right in your own kitchen! These ingredients mixed together are used for her to add to the bath water to help her relax. The milk bath mix will soften the bath water and help to gently soften her skin. As you can see, a lot of foods can be used in many ways for good health. She will be so excited to receive a gift of relaxation from you! Ok, grab an adult to help you, and remember - keep it a secret until May 9th!



Oatmeal Milk Bath Recipe

- 1 cup powdered milk
- 1/2 cup corn starch
- 1/4 cup finely ground oatmeal (can grind in a food processor or blender)
- 1/4 cup baking soda
- Optional: 2 drops of scented oil (lavender, peppermint or any scent she loves. Essential oils can be found at any health food store.)

Directions: Grind oatmeal in blender until finely ground. Add powdered milk and remix. Pour mix into a bowl and add the corn starch and baking soda. Mix it all together really well. Now you can add the scented oil, if you have any; just a couple of drops will be enough. Stir again. Pour mixture into a ziplock bag or small bottle. You can label the bag or bottle with a permanent marker and decorate with stickers. You may also want to write on the bag for her to use 3 tablespoons for each bath. She'll be able to take several milk baths with this gift!

Download the May Kids Nutrition Activity Calendar from www.attainablenutrition.com

The Edge: Teen Athletes

PRE-GAME POWER SMOOTHIE

- 1 ½ cups milk (or soy, rice or almond milk)
- ½ banana
- ½ cup frozen mixed berries
- ¼ cup fat-free, sugar free yogurt
- 1 heaping Tbsp protein powder
- 2 tsp flax-oil

Mix all ingredients in a blender, add ice and enjoy 1½ hours before competition.
Feel the power!!





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This newsletter provides nutrition education information that is not intended as diagnosis, prescription, treatment or cure for any disease. Nutrition suggestions should not be used as a substitute for, or to countermand the advice given to you by your physician. Please see your physician for medical diagnosis and treatment.

ATTAINABLE NUTRITION provides nutrition and natural health guidance for adults, teens, and children. We will customize an attainable plan for your specific needs and desires. Some of the services we provide include:

- **Nutrition assessment and meal planning**
- **Weight loss/gain coaching**
- **Disease prevention and support**
- **Cancer prevention and support**
- **Stress and pain management**
- **Gluten-free and food allergy assistance**
- **The Edge** teen sports nutrition for individuals/teams
- **Healthy Kids** classes and events
- **Eating out** healthfully
- **Bone health**
- **Inflammation** support
- **Heart health**
- **Shop-With-You** grocery shopping service

Gluten-free Grains and Starches: Amaranth, Arrowroot, Buckwheat, Corn, Flax, Millet, Gluten-Free Oats, Potato flour, Quinoa, Rice, Sorghum, Soy, Tapioca, Teff

Reach for it! Health Goal

Breathe in...breathe out...breathe in...breathe out. Did you know that by simply thinking about your breathing (and nothing else) your breathing will become deeper and you will be able to relax easier? This is called mindful breathing. Try it. For 3-5 minutes focus only on the in and out of your breath. If your mind drifts to other thoughts just gently bring it back to your breath and follow the in and out rhythm. How does your body feel when you're done? Try to increase the time to 10 minutes. You've just learned how to have a meditative, rebalancing time with your body. It will become easier over time and the effects will become more beneficial to your body.

Good Eats - Gluten-Free Southwestern Casserole

Often times gluten intolerant people are also lactose intolerant. This recipe can be made with suggested modifications if needed. Those without allergies will also enjoy this recipe. Keep recipe on hand when you have company over for dinner with food intolerances. They will be so thankful!

Ingredients:

1 pound lean ground turkey
1 can tomato sauce, 8 oz
2/3 cup cornmeal
1/2 cup shredded low-fat cheddar cheese, or rice cheese
1 cup thawed frozen corn
1 cup milk or rice milk
1 cup chopped onion
1/2 chopped orange bell pepper
3 garlic cloves, crushed
2 Tablespoons chili powder
2 teaspoons canola oil
Spray oil for casserole dish

Directions:

1. Preheat oven to 350°
2. Add oil to large skillet and sauté garlic, onion and bell pepper for about 3 minutes
3. Add ground turkey and cook until browned
4. Drain excess fat
5. Add milk, tomato sauce and corn to the mixture
6. Stir and reheat
7. Add cornmeal and chili powder and mix well
8. Pour into oil sprayed 2-quart casserole dish and cover
9. Bake 45 minutes
10. Uncover and bake additional 15 minutes
11. Sprinkle cheese on top and bake until melted (about 5 minutes)
12. Eat! Serves 5

Serving suggestion: Delicious served with rice
Approximately 330 calories per serving