GLUTEN-FREE PRODUCT RECOMMENDATIONS



If you have been diagnosed with coeliac disease or you are gluten intolerant these three aspects of eating are challenging:

- Tastes good
- High fibre
- Free from additives and preservatives

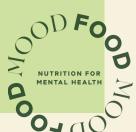
<u>Pasta</u>

Here are our recommendations for products that do the best in these three categories.

PRODUCTS
 Abbotts gluten-free Wholemeal Mixed seed Soy and linseed Helgas 5 seeds Mixed grain Soy and linseed Traditional wholemeal Coles, I'm free from 5 seed bread Seed gluten-free bread - from Health food shops Golden Hearth Seed loaf Genius Triple-seeded soft rolls Make your own with Simply Wize bread mix: Whiz/blend the following ingredients - 1 tablespoon of psyllium husk + 1 tablespoon of banana starch and increase the extra virgin olive oil to ¼ of a cup. Split into four and allow to rise then roll into log shapes, wrap in baking paper and freeze until ready for use. They take 20mins to cook. Wraps - aim to choose varieties with the least additives. These are rarely high-fibre. Instead, add your own mix of salad, veggies, lentils and legumes to get more fibre in. Old El Paso - gluten-free wraps Genuis - stone baked pitas See our recipe for homemade pitas
 Toscano pizza bases See our recipe for making your own
 Good for work and everyday Corn thins – multigrain or original avoid flavoured varieties Brown rice thins – 4g/100g Party platters or high-fibre snack Carmans – super seed and grain crackers 12.3/100g (no additives and preservatives) Olina's No Gluten – 6.3/100g (contains additives and preservatives)
 Brown rice 3.5g/100g - use with curry, stir fry, salads Microwave rice has stabilisers added so use it sometimes Quinoa 7g/100g - great in salads Buckwheat 10.3g/100g - great in salads Macro organic, brown rice, quinoa and chia seeds with garlic (90seconds in the microwave)

Pulse pasta - 7.8g of fibre/100

GF pasta - 1.7g/100g



GLUTEN-FREE PRODUCT RECCOMENDATIONS CONT.

ITEM	PRODUCTS
Baking Super tricky to tick the taste box here and free from additives and preservatives. Aim to tick the high- fibre box and one that tastes good.	 LSA – add 1 tablespoon to every cup of flour for cakes, muffins, slices and pikelets. Almond or hazelnut meal –use for cakes, muffins and bliss balls Banana starch – used in cakes with vegetables such as the zucchini loaf or the pear and dark chocolate loaf, pikelets and bread rolls Add 2tsp of psyllium husk to every cup of flour for slices and biscuits
<u>Cereal</u>	 Food for Health – chia and cinnamon fruit-free clusters 8.1g/100g Weet-Bix – original gluten-free 8.1g/100 or coconut and cinnamon 8.6 Carman's Grain-free granola – gluten and preservative-free 9.8/100 Grain-free granola – cranberry, blueberry and raspberry – gluten and preservative-free 8.6/100g Crsipy deluxe fruit and nut muesli Freedom Foods Active balance – fruit, seeds and muesli 10.7g/100g
<u>Muesli bars</u>	 Carman's Muesli Bars that feature chocolate contain Emulsifier – Soy Lecithin (322) within the drizzle. Carman's Greek Style Yoghurt Fruit & Nut Muesli Bars, Greek Style Yoghurt Blueberry Nut Bars and Greek Style Yoghurt Protein Bars contain Food Acid 330 Emulsifier 471 is in Carman's Gluten Free Almond & Maple Muesli. Antioxidant E307b is in Gluten Free Almond & Maple Muesli and Gluten Free Cranberry, Honey & Cinnamon Muesli Bars.
<u>Best choices – Carmans</u>	 Almond hazelnut vanilla bars Almond cashew cranberry Sam's Pantry Contain additives Honey salted macadamia Tasti – made simple forest fruits
<u>Flour</u>	 Amaranth Arrowroot Buckwheat – good for pancakes, pikelets, Corn – cornmeal, grits and polenta labelled gluten-free Gluten-free flours – rice, soy, corn, potato and bean flours. Pre-mixed. Millet Quinoa – great to add to salads Rice, including wild rice – great to add to salads Sorghum Soy Tapioca (cassava root) Teff – brownies, chocolate cake

