

# The Gluten-Free Guide: How to Identify, Remove & Replace Gluten



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# Why Go Gluten-Free?

**Gluten may be silently sabotaging your health**—even if you don't have celiac disease. Research shows gluten can contribute to digestive issues, brain fog, skin conditions, hormonal imbalance, and autoimmune activation.

**The problem?** Humans lack the enzymes to fully break down gluten proteins. Instead of being digested completely, gluten fragments linger in the gut, triggering inflammation, immune activation, and sometimes opening the gut barrier through the zonulin pathway—leading to “leaky gut.”

## **Why it matters:**

- Triggers immune-driven inflammation
- Worsens gut permeability (leaky gut)
- Associated with over 300 health conditions
- Even tiny exposures can perpetuate symptoms

✦ **Removing gluten can bring clarity, energy, and relief you may not have realized was possible.**



# Symptoms & Conditions Linked to Gluten

**Gluten reactions aren't always obvious.** They can show up in surprising ways throughout the body.

**Conditions linked to gluten exposure include:**

- Digestive issues (IBS, bloating, diarrhea, constipation)
- Fatigue and brain fog
- Headaches or migraines
- Autoimmune conditions (Hashimoto's, MS, RA)
- Psoriasis, eczema, acne, rashes
- Infertility, miscarriages, or low birth weight
- Depression, anxiety, mood swings
- Peripheral neuropathy
- Iron-deficiency anemia
- Early cognitive decline

## Key Insight:

You don't have to have digestive symptoms for gluten to be a problem. In fact, many people react primarily with neurological (brain fog, migraines, neuropathy), skin (eczema, psoriasis, acne), hormonal (infertility, irregular cycles) symptoms, or rheumatic symptoms like joint pain and inflammation. This is why gluten sensitivity is often overlooked—and why a trial of removal can be so powerful.



# Hidden Sources of Gluten

## **Gluten Grains:**

Barley, Einkorn, Emmer, Farro, Kamut, Rye, Spelt, Triticale, Wheat

## **Gluten Flours:**

Barley flour, Bread flour, Enriched flours, Graham flour, Rye flour, Wheat flours (atta, bleached, unbleached, malted, etc.)

## **Gluten Grain Products:**

Alcohols (beer), barley malt, bulgur, couscous, seitan, orzo, pasta, pearl barley, semolina, tabouli

## **Ingredients Likely to Contain Gluten:**

- Baking powder, artificial colors, clarifying agents
- Dry roasted nuts (with added flavorings or coatings)
- Ground spices & seasonings (may use wheat as anti-caking)
- Soy sauce
- Miso (often with barley malt enzymes)
- Soup stock cubes, imitation seafood
- Non-dairy creamer (read labels, many are GF)
- Protein hydrolysates
- Vegetable broth, vegetable protein, vegetable starch
- Vitamins & supplements (especially chewable wafers)
- Yeast extract (autolyzed)



Even small amounts of gluten can keep inflammation active. Cross-contamination & hidden sources matter.



# What Can I Eat on a Gluten-Free Diet?

**Going gluten-free doesn't mean deprivation.** In fact, it opens the door to colorful, nutrient-dense foods.

## **Vegetables & Fruits:**

All fresh veggies and fruits (leafy greens, brassicas, root veggies, berries, citrus, melons, apples, etc.)

## **Proteins:**

Pastured meats, wild fish, poultry, eggs, legumes

## **Dairy (if tolerated):**

Raw or cultured dairy, ghee, butter

## **Whole Gluten-Free Grains (certified GF):**

Quinoa, brown rice, millet, buckwheat, teff, amaranth, sorghum, corn (non-GMO)

## **Healthy Fats & Pantry Staples:**

Olive oil, avocado oil, coconut products, nuts, seeds, almond or brown rice flour, natural sweeteners (maple syrup, honey, coconut sugar, stevia).

**Note:** Many grains (like oats, millet, and buckwheat) may be cross-contaminated. Choose certified gluten-free.



# What to Expect When You Remove Gluten

**Removing gluten is often a turning point in healing.**

**Common improvements include:**

- Better digestion and less bloating
- More mental clarity, less brain fog
- Increased energy and reduced fatigue
- Clearer skin
- Fewer migraines or autoimmune flares
- More balanced moods
- Reduced joint pain
- Better sleep



**Full healing takes time.** *Commit to at least 12 weeks of being 100% gluten-free to experience the benefits, though some people need 6 months or longer.*

## **Tip for Success:**

Focus on what you can enjoy instead of what you're avoiding. Start by swapping one meal a day with naturally gluten-free whole foods—like a veggie scramble for breakfast, a hearty quinoa salad for lunch, or roasted salmon with sweet potatoes for dinner.



# Tips for Gluten-Free Success

- 1 Read every label:** Gluten hides in sauces, soups, supplements, and even spice blends.
- 2 Choose certified gluten-free grains and oats to reduce cross-contamination risk.**
- 3 Replace gluten staples with whole-food swaps:**
  - Pasta → zucchini noodles, spaghetti squash, or brown rice pasta
  - Soy sauce → coconut aminos or tamari (certified GF)
  - Wheat flour → almond, coconut, or brown rice flour
  - Bread → lettuce wraps, collard wraps, or homemade gluten-free flatbread
  - Croutons → toasted seeds or roasted chickpeas
  - Beer → hard cider, kombucha, or sparkling mineral water
- 4 Prevent cross-contamination at home:**
  - Use separate cutting boards, wooden spoons, and toasters
  - Wash shared pans and utensils thoroughly before cooking gluten-free
- 5 Cook mostly from scratch:** The simplest way to stay safe and get the full benefits is to cook most of your meals at home!





# Begin Your Gluten-Free Transformation

## Get support going gluten-free.

Removing gluten isn't about giving something up—it's about gaining yourself back.

When you let go of what inflames and nourish your body with what heals, you reclaim your clarity, energy, and the freedom to feel like yourself again.

### Inside Nourishing Meals®, you'll discover:

- **1,800+ gluten-free recipes** crafted for healing and flavor
- **Customizable meal plans** & prep tools to make success simple
- **Auto-generated grocery lists** tailored to your dietary needs

Visit [NourishingMeals.com/Meal-Planner](https://NourishingMeals.com/Meal-Planner) to begin your gluten-free journey with confidence and ease. Members: [login here](#).





# Hidden Sources of Gluten: Quick Reference Guide



## Gluten Grains:

- Barley
- Einkorn
- Emmer
- Farro
- Kamut
- Rye
- Spelt
- Triticale
- Wheat



## Gluten Flours:

- Atta flour
- Barley flour
- Bleached flour
- Bread flour
- Enriched flours
- Farina
- Graham flour
- Maida
- Malted barley flour
- Rye flour
- Unbleached flours
- Wheat flours



## Gluten Products:

- Barley malt
- Bran
- Bulgur
- Couscous
- Cream of wheat
- Durum
- Germ
- Gluten (vital wheat)
- Matza & Matzo
- Orzo
- Pasta
- Pearl barley
- Seitan
- Semolina
- Starch
- Tabouli



### **Reminder:**

Even trace amounts of gluten can trigger symptoms in sensitive individuals. Always read labels carefully and choose certified gluten-free products when possible.

*\*Gluten in sushi rice may come from vinegars made with wheat.*

## Ingredients Likely to Contain Gluten:

- Artificial coloring
- Beer
- Baking powder
- Clarifying agents
- Dry roasted nuts with flavors
- Emulsifiers & stabilizers
- Gravy mixes
- Seasoning blends (may use flour as an anti-caking agent)
- Imitation seafood
- Miso (often contains barley enzymes)
- Non-dairy creamers
- Pre-gelatinized starch
- Protein hydrolysates
- Soup stock cubes
- Soy sauce
- Sushi rice\*
- Vegetable protein or starch
- Autolyzed yeast extract



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