

## GLUTEN-FREE FOOD THAT DOESN'T TASTE LIKE CARDBOARD!

Written by Alex Michaels

For some children Autism Spectrum and other behavioral disorders may be caused by food sensitivities. Food sensitivities can cause severe symptoms relating to the child's development or gastrointestinal functioning (i.e., loss of skills, no desire to interact, tantrums, oppositional behavior, diarrhea, eczema, and/or vomiting). Food allergies can range from itchiness to life threatening hives and swelling, called Anaphylaxis. Many people say, "My child was tested for food allergies and it was negative, so how can s/he have a sensitive to gluten or casein?" The typical allergies will test for Immunoglobulin E (IgE) allergies and is often negative. However, the culprit for food sensitivities, which cause behavioral changes and gastrointestinal issues, is immunoglobulin G (IgG). Although the immunoglobulin names sounds close, the tests are completely different and are not interrelated. Both of my children have been on gluten free diets for several years and it has made an enormous difference in the quality of their development and our lives! With planning, the diet isn't so difficult. At first, we only shopped at Whole Foods and popular commercial gluten free products. The problem was, most of them taste like cardboard or have the wrong texture or consistency. So....

*28 cookbooks later*

*1 class on the chemistry of cooking*

*\$1,924 spent on food that was thrown out because even our neighbor's door wouldn't eat it*

*236 hours searching for recipes on the Internet*

*Attendance at 3 gluten-free food fairs*

*And wahla ... The list below contains gluten-free food that actually tastes good ... Priceless*

### FOOD RESOURCES!

*\*Check all labels before buying products – not all products are casein free and labels are subject to change*

Product	Company and Contact	General Info.
Cookies & Marshmallow Rice Crispy Bars	<ul style="list-style-type: none"> <li>• Gluten Free Naturals (gfnfoods.com)</li> <li>• Kinnikinnick (kinnickinnick.com)</li> <li>• Glutino (glutino.com)</li> <li>• Glennys (glennys.com)</li> </ul>	Gluten Free Naturals makes a cookie mix – just add chocolate chips to it and it's great! Kinnikinnick has pre-made chocolate chip cookies and Oreo cookies – both are terrific! Glutino makes vanilla and chocolate waiver cookies which are outrageous! Glennys make rice crispy bars which are a pretty good substitute. I don't like them, but my kids do!
Brownie and Cake Mix and Muffins	<ul style="list-style-type: none"> <li>• Bob's Red Mill (bobsredmill.com)</li> <li>• The Really Great Food Company (reallygreatfood.com)</li> <li>• Grandma Mills (grammamillsgf@aol.com)</li> </ul>	Brownies and cakes are moist and delicious. The really great food company makes all kinds of muffin mixes (banana, pineapple bread, pumpkin, lemon-poppy, and cake mixes – I always add more spice and fruit which makes a difference) – all are really good.
Pancake Mix or Waffle Mix	<ul style="list-style-type: none"> <li>• Gluten Free Naturals (gfnfoods.com)</li> <li>• Grandma Mills (grammamillsgf@aol.com)</li> </ul>	Grandma Mills is my favorite. It is light and fluffy – the right consistency and taste. Gluten Free Naturals is a close second.

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Product	Company / Contact	General Info.
Bread Mix	<ul style="list-style-type: none"> <li>Grandma Mills (grammamillsgf@aol.com)</li> </ul>	
Pizza	<ul style="list-style-type: none"> <li>Grandma Mills (grammamillsgf@aol.com)</li> <li>Foods by George (foodsbygeorge.com)</li> <li>Amy's Pizza (amys.com)</li> </ul>	Grandma Mills has a Pizza dough mix that is great – takes 20 minutes to rise and is ready to use! Foods by George or Amy's Pizza is pre-made and easy to use – not as good, but OK for a fast substitute.
Crackers and Bread Sticks	<ul style="list-style-type: none"> <li>Glutino (glutino.com)</li> <li>Schar (schaer.com/en)</li> </ul>	Glutino has all kinds of crackers – plain, vegi, or cheese. Schar has great breadsticks called Grissini.
Ice Cream Cones	<ul style="list-style-type: none"> <li>Glutino (glutino.com)</li> </ul>	Excellent substitute!
General Flour Mix	<ul style="list-style-type: none"> <li>Glutino (glutino.com)</li> <li>Schar (schaer.com/en)</li> </ul>	You can do all sorts of things with these flours.
Pretzels	<ul style="list-style-type: none"> <li>Glutino (glutino.com)</li> </ul>	Can't even tell the difference – they are great!
Bagels and Breads	<ul style="list-style-type: none"> <li>Glutino (glutino.com)</li> <li>365 Gluten free bread (whole foods brand)</li> <li>Kinnikinnick (kinnikinnick.com)</li> </ul>	Bagles are OK from Glutino – they are a little rice tasting, but OK in a pinch! Their corn bread (in bread slices) is pretty good substitute for "white bread". Kinnikinnick has the most flavorful bread – it's a great resource – we like all different flavors – brown and white Italian.
Pasta	<ul style="list-style-type: none"> <li>Bionatuae (bionaturae.com)</li> <li>Bi-Aglut (biaglut.com)</li> </ul>	Pasta is really close to real pasta – the advantage with this pasta over others is that it can be reheated the next day (whereas most other brands dry up and taste like rice paste). Biaglut is a great substitute, but currently is not available in the US.
Chicken Nuggets	<ul style="list-style-type: none"> <li>Bell and Evans (whole foods)</li> </ul>	Bella and Evans far out weights the other brands – you can fry or bake them – both ways are great.
Rice Bars & Cereal	<ul style="list-style-type: none"> <li>Envirokidz (naturespath.com)</li> <li>Kix (generalmills.com)</li> <li>365 Crispy Rice Cereal (wholefoods.com)</li> </ul>	Envirokids is not exactly like real granola bars or cereal, but not bad. They make several different flavors. And Kix – well, that's just regular food and can be found in your local grocery store! The 365 Crispy Rice Cereal (whole foods) is great to make rice crispy treats.
Marshmallows	<ul style="list-style-type: none"> <li>Elyon (goldenfluff.com)</li> </ul>	Good marshmallows and comes in different flavors
Chocolate	<ul style="list-style-type: none"> <li>Tropical Source (whole foods)</li> </ul>	Good dark chocolate.