

Celiac Disease Information, Products, and Recipes

Check out some of the yummy examples of Gluten Free and Dairy Free Products that are available.



http://glutenfreegilliansfoods.netfirms.com/glutenfreegilliansfoods//catalog/product_info.php?cPath=30&pro



Genetics, the environment, and an autoimmune response to gluten can trigger celiac disease. Gluten contains gliadin; a protein that may cause an inflammatory response, causes intestinal damage, and produces antibodies.

The damage that occurs in the intestines may reduce or eliminate digestive enzymes that are needed for digestion and absorption of nutrients. Lactase may be the first enzyme that is eliminated and often creates (reversible) lactose intolerance in people who have celiac disease.

When people choose gluten free and dairy free foods the damage that had occurred in the intestines sometimes can be reversed. People with celiac disease need to maintain a gluten free diet for life, but may be able to add dairy back into the diet once the lactase enzyme has regenerated and the intestinal damage has reversed.

Helpful web addresses for celiac disease, gluten free & dairy free products

<http://lowoxalate.info/recipes.html>

<http://surefoodsliving.com/2009/04/lunch-meat-gluten-free-and-dairy-free-list/>

<http://www.dietzandwatson.com/our-products/deli/traditional/black-forest-beerwurst/>

<http://www.celiac.org>



RECIPES

Southern style gluten free cornbread

Ingredients

2 c cornmeal
2 c skim milk
1/2 c sugar
2 T baking powder

Directions

Brush a cast iron skillet with a little oil. Preheat oven to 350. Put skillet in oven to preheat with the oven. Mix all ingredients, adding **baking powder** last, and making sure to get out all the baking powder lumps you can. Once the oven and skillet are preheated, pour batter into skillet and bake for 20-25 minutes. Top of cornbread should be golden brown. Cut into 16 pieces.

Number of Servings: 16

Honey Balsamic Chicken

Ingredients

1 1/2 tsp of dried thyme
1/2 tsp salt
1/4 tsp black pepper
1 tsp olive oil
1lb **chicken breast**
2 tbsp **balsamic vinegar**
2 tbsp honey

Directions

Combine first 3 ingredients; sprinkle over both sides of chicken. Heat oil in a large nonstick skillet over medium-high heat. Add chicken; cook 7 to 8 minutes on each side or until chicken is done. Transfer chicken to a platter; keep warm. Reduce heat to medium-low; add vinegar and honey to pan. Simmer 1 minute or until glaze thickens; stir constantly. Pour glaze over chicken. Yield: 4 servings (serving size: 1 chicken breast half).

Number of Servings: 4

Oxalate foods to avoid:

almonds, beets, carrots, chocolate, wheat, pecans, pinto beans, potatoes, soy, spinach, and stevia.

Please refer to this website:

http://lowoxalate.info/food_lists/alph_oxstat_chart.pdf

This gives you an extensive list of foods from no oxalate to very high oxalate. (7)