



# Gluten Free & Dairy Free Guide

# Going GFDF

For many people experiencing inflammation, it is important to reduce that inflammatory response by taking away the elements that add fuel to the fire. These include certain known trigger foods including dairy and gluten as well as other lifestyle factors including stress, alcohol and medication.

This support document is designed to take the guess work out of going gluten free and dairy free (gdf).

## What do I eat?

There are many incredibly delicious and nutritious whole foods to enjoy when you are eating gluten free, dairy free.

- All fresh vegetables
- All fresh fruit
- Unprocessed meat
- Unprocessed fish
- Curry (generally safe check for contamination)
- Smoothies
- GF cereal
- GF pasta
- Home made sauces
- Honey
- Maple Syrup
- Eggs
- Stews
- Stirfrys
- Salads
- Roast meals
- Gluten free, dairy free baking



# Tips for staying GFDF

- Be prepared - always take snacks with you when you leave the house
- Cook double batches so that you aren't having to cook all of the time making a big evening meal will give you leftovers for lunch the next day
- Read every label every time
- If going out to a restaurant go to their website and find what you can have first. Call ahead if you would like to be certain your food is gfdf
- Avoid restaurants during peak times like Saturday at 8pm you are less likely to be able to have special needs met
- Remember to read labels on supplements, medication, drinks, protein powders, etc
- Engage the support of your MFM Health Coach!

## Get inspired

The Paleo diet, by default is gluten and dairy free. Without attaching to any particular dogma of the diet you can be inspired by hundreds of amazing recipe sites and cookbooks that will meet your gluten and dairy free requirements. Here are some renowned Paleo sites to get you started:

- [elanaspantry.com](http://elanaspantry.com)
- [peteevans.com](http://peteevans.com)
- [paleogrubs.com](http://paleogrubs.com)
- [paleoleap.com](http://paleoleap.com)



If you have been diagnosed with Coeliac Disease, please ensure you become more familiar with all ingredients that contain gluten and invest in dedicated resources such as those available here: <https://shop.coeliac.org.au/>

# Gluten containing foods to AVOID

## Gluten Grains

**Wheat**  
**Rye**  
**Barley**

Oats  
Atta  
Barley malt extract  
Bran  
Bourghul/Bulgur  
Cous cous  
Durum  
Dinkel  
Farina  
German Wheat  
Graham Flour  
Malt  
Rye  
Semolina  
Spelt  
Triticale  
Udon  
Wheat bran/germ/starch

## Hidden Gluten

Ales  
Artificial Colors  
Artificial Flavors  
Bacon  
Beer  
Breeding  
Brown rice syrup  
Chocolate  
Coating mix  
Communion wafers  
Condiments  
Croutons  
Candy  
Food Starch  
Modified Food Starch  
Luncheon/Deli Meats  
Marinades  
Maltose  
Maltodextrin

Medications  
Mustard  
Natural Flavors  
Oats  
Potato chips  
Salad dressings  
Sauces  
Sausages  
Soups / broths  
Stuffing  
Soy Sauce  
Thickeners  
Vitamins  
Mineral and herbal supplements  
Lipstick, Gloss and Balms  
Play Doh

**\*Please note, list is not conclusive. Please always read labels**

## Reading labels

- 1 Look at the front of the package. Does it say "gluten free"? If so, look no further. If not, proceed to step 2.
2. Turn to the ingredients list. Here look for any of the known contaminating grains or cereals (Tip: know what you must avoid and then everything else is easy)
3. Look for an allergen warning including advice about cross contamination and statements like "manufactured on equipment which may process gluten", etc. If you are not strictly gluten free then this step won't be as important.
4. If you see nothing at any of these points to indicate gluten, then it is gluten free.

## The Four Exceptions

The following foods are gluten free even if their source is gluten (which for legal reasons must be stated).

These ingredients are so highly refined that they are technically gluten free.

- Glucose syrup (from wheat)
- Caramel (from wheat)
- Glucose (from wheat)
- Dextrose (from wheat)

# Gluten free foods to INCLUDE

## GF Grains/Flour

Amaranth  
Buckwheat  
Corn/Maize  
Millet  
Quinoa  
Sago  
Rice flours: white, sweet or  
sushi, brown or wild  
Sorghum  
Teff

### Brands:

[thesourcebulkfoods.com.au](http://thesourcebulkfoods.com.au)

[lovingearth.net](http://lovingearth.net)

[glutenfreedom](http://glutenfreedom)

[venerdibreads](http://venerdibreads)

## Nut Flour

Almond  
Chestnut  
Coconut  
Hazelnut  
Pecan  
Flaxseeds

## Bean Flour

Fava bean  
Besan flour (chickpea)  
Pea  
Romano (cranberry)  
Soy

## Root Veg Starches

Arrowroot  
Potato Starch  
Potato Flour  
Tapioca

## Fresh food

Enjoy all fresh fruit and  
vegetables.

**For any packaged, canned,  
processed or dried fruit or veg  
please read the label.**



# Dairy foods to AVOID

## Dairy products

Cows milk  
Buffalo milk  
Goat's milk  
Sheep milk  
Butter milk  
Full cream, low fat, skim, UF milk  
Condensed milk  
Powdered milk  
Raw milk  
Lactose reduced milk  
Flavoured milk

Yoghurt  
Greek yoghurt

Butter  
Ghee  
Cream  
Creme fraiche

Ice cream  
Custard  
Gelato

## Cheeses

Any animal derived cheese including:

Buffalo  
Roquefort  
Camembert  
Cottage cheese  
Cotija  
Chèvre  
Feta  
Mozzarella  
Emmental  
Cheddar  
Gouda  
Taleggio  
ParmigianoReggiano  
Ricotta  
Manchego  
Monterey Jack  
Quark

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## A note about calcium

When you restrict dietary dairy you do not need to worry about a calcium deficiency. Calcium is abundant in many other foods including cooked spinach, cooked broccoli, almonds, sesame seeds, rocket (raw), sardines and salmon (with the bones).



# Dairy free foods to INCLUDE

## Milk

Almond milk  
Rice milk  
Coconut milk  
Macadamia milk  
Soy Milk

### Brands:

Vitasoy  
Coco Quench  
Honest to Goodness  
Australia's Own  
Macro Organic  
Pure Harvest  
Freedom Foods

## Yoghurt

Coconut yoghurt  
Soy yogurt

### Brands:

Coyo  
Pure Free  
Born cultured

## Butter

Olive oil spread  
Use fresh avocado

**Not margarine**

## Ice cream

Coconut ice cream  
Soy Ice cream  
Dairy free gelati

## Cheese

My Life Bio Cheese  
(coconut based)

Botanical Cuisine  
(cashew cheese)

