

## Thinking About Going Gluten Free?

One in 133 Canadians has celiac disease and requires a strict gluten-free diet for life. Going gluten free is a growing trend and is gaining popularity with those who do not have celiac disease. Not everyone benefits from going gluten free. This diet needs careful planning since it can be low in certain nutrients such as fibre or folate. Speak to your Sobeys Dietitian for more information.



Gluten free foods can be found in most aisles of the grocery store. Some foods are labeled gluten free and some are not. If a product is not labeled, check the ingredient list for possible gluten sources.

If you are ever in doubt, call the company. Questions to ask are:

- Does this product have any ingredients that contain gluten?
- Is this product made on a gluten free line?
- Does the facility the product is made in also process foods that contain gluten?
- If the line or facility is not gluten free, are there sanitation procedures in place to prevent cross contamination?

**Recheck ingredients on a regular basis since products do change.**

## In Your Sobeys Store

Do you know that we carry hundreds of **gluten-free products** in our Natural Source department?

**Ask us!**



## food of the month

**Quinoa** (pronounced keen-wa) is an ancient grain that has a slightly nutty taste. It is gluten free so is a good choice for anyone with a gluten sensitivity or celiac disease.

Quinoa fits into the Grain Products group in Canada's Food Guide. It has 3 grams of fibre in ½ cup cooked (one serving).

### Cooking

Quinoa goes well with all kinds of ingredients.

- Rinse quinoa with water before using (it has a bitter coating).
- Use 1 cup of quinoa with 2 cups of liquid (to make 4 cups cooked). It only takes about 15 minutes to cook.
- Eat quinoa as a grain or use in salads, chili, stews and desserts.

### Storage

Keep uncooked quinoa in a sealed container; store in a cool, dry place.

## Did you know?

The words "wheat free" do not mean gluten free. Look for the words "gluten free" on a package to ensure it is safe for those with celiac disease.

## Citrus Quinoa Salad

Serves 8

### Ingredients:

1 cup	250 ml	Quinoa
2 cups	500 ml	Water
¼ cup	60 ml	Sunflower seeds, unsalted
1 cup	250 ml	Cucumber, unpeeled, diced
½ cup	125 ml	Raisins
1 cup	250 ml	Mandarin oranges, canned, drained
2 cups	500 ml	Cherry tomatoes, cut in half
½ cup	125 ml	Green onions, chopped
¼ cup	60 ml	Cilantro, fresh, chopped
1 tbsp	15 ml	Lime zest
3 tbsp	45 ml	Lime juice
1 tsp	5 ml	Sesame oil
2 tbsp	30 ml	Olive oil
¼ tsp	1 ml	Cumin, ground
¼ tsp	1 ml	Pepper

### Directions:

1. Rinse quinoa and drain. Bring water to boil in a saucepan and stir in quinoa. Reduce heat and cover for about 15 minutes or until water is absorbed. Set aside to cool.
2. Toast sunflower seeds in a dry frying pan until they start to turn golden brown.
3. Combine quinoa, sunflower seeds, cucumber, raisins, oranges, tomatoes, onion and cilantro in a bowl.
4. Prepare dressing by whisking lime zest, juice, oils, cumin and pepper together. Pour over quinoa mixture and toss to combine.

### Nutrition Information per Serving:

Calories	205
Fat	8 grams
Carbohydrate	31 grams
Fibre	3 grams
Protein	5 grams
Sodium	9 milligrams

**Tip: Add 1-2 tbsp of liquid from the canned mandarins for a sweeter taste.**

## Chef's Corner

Cross contamination happens when gluten-free foods come into contact with a food or ingredient containing gluten. This can happen in your own kitchen.



### Prevent Cross Contamination

- Have separate baking pans, utensils and toaster for gluten free foods.
- Label items in your fridge or cupboard that have the potential for cross contamination. This would include condiments that can be dipped into with a knife or spoon like margarine, peanut butter or jam.

You can use other flours, starches or mixes instead of wheat flour.

Substitute any of the following for 1 cup of wheat flour:

- ¾ cup (175 ml) coarse cornmeal
- 1 cup (250 ml) fine cornmeal
- 5/8 cup (150 ml) potato starch
- 7/8 cup (215 ml) rice flour
- 7/8 cup (215 ml) whole bean flour

## Pharmacy Corner

Sobeys Dietitians and Pharmacists work together to improve the health of people in our communities.



Your Sobeys Pharmacist can help you choose a supplement to meet your needs. Consider these tips:

- Choose a product with a DIN, NPN, or DIN-HM number on the label. This means the product meets Health Canada's standards for quality, safety and effectiveness.
- Avoid products that have "mega-doses" of any ingredient.
- Check that the supplement will not interact with other prescription or nonprescription medication you are taking.
- Ask your Sobeys Pharmacist for help with this.

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