

May is Celiac Awareness Month

New labeling laws have made it much easier to figure out which foods are gluten free and which ones are not. Many products say “gluten free” on the package. These foods are safe for people with celiac disease or gluten intolerance.

The ingredient list is another important place to find information. Read the ingredient list for sources of gluten.

The words listed below mean there is gluten in the product:

- Wheat (including spelt and kamut)
- Barley
- Rye
- Triticale
- Oats

Before the new labeling laws, gluten could be listed under many other ingredient names.

Some products have a “may contain” statement at the end of the ingredient list (e.g., may contain wheat and barley). This means that the food has likely been cross contaminated. Be on the safe side and assume there is gluten in this food.

The manufacturer can provide information about cross contamination. Call them if you are in doubt. You do not need to call if the product is labeled gluten free.

Questions to ask the company are:

- Does this product have any ingredients that contain gluten?
- Is this product made on a gluten free line?
- Does the factory make other foods that have gluten?
- Are there sanitation procedures in place to prevent cross contamination?

Recheck ingredients on a regular basis since products do change.



Food of the Month

Gluten Free Grains



Many grains are naturally gluten free. These grains can be used on their own or as ingredients in other foods, such as bread or cereal.

Common gluten free grains include:

- Quinoa
- Millet
- Rice
- Wild rice
- Corn

Even though these grains are naturally gluten free, they could still be cross contaminated with gluten. Check with the company if in doubt.

Read the Nutrition Facts table. Choose gluten free grains that have more fibre when possible.

In Your Sobeys Store

Gluten free grains and other gluten free grain products can be found throughout the store. Check the Natural Source, Bakery and Grocery departments.

Sobeys staff at your local store can help you find them.

Gluten Free Coconut Rice

Check the ingredient lists and package labels for sources of gluten. Contact the company if you are unsure about an ingredient.

Serves 8

Ingredients:

1 tbsp	15 ml	Canola oil
1 cup	250 ml	Onion, chopped
3 cloves		Garlic, minced
2 tsp	10 ml	Gingerroot, minced
2 cups	500 ml	Coconut milk, canned, light
2½ cups	625 ml	Water
2 cups	500 ml	Basmati rice

Directions:

1. Heat oil in a medium saucepan and sauté onions over medium heat until softened.
2. Add garlic and ginger and cook for one more minute.
3. Add coconut milk and water. Cover and bring to a boil.
4. Stir in rice, cover and reduce heat to low. Simmer for 20 minutes or until rice is tender and all liquid is absorbed.
5. Remove from heat. Cover and let stand for 5 minutes.

Nutrition Information per Serving:

Calories	121
Fat	6 grams
Carbohydrate	16 grams
Fibre	1 gram
Protein	2 grams
Sodium	8 milligrams

Did you know?

Oats do not naturally contain gluten but most oats have been contaminated with wheat.

Look for “pure, uncontaminated oats” on the label. Many people with celiac disease can tolerate ½ to ¾ cup (uncooked) pure, uncontaminated oats.

Check with your doctor or hospital dietician to find out whether having these oats is safe for you.

Chef's Corner

Cooking Gluten Free at Home

Gluten free recipes may not have the same taste and texture as the original version but can still be tasty and satisfying. There are a few techniques that can be easily used to achieve a better product.

- Bake products at a slightly lower oven temperature.
- Place a pan of water in the oven during baking.
- Wrap products tightly while still warm. Store in sealed containers in the freezer.
- Measure ingredients by using level measures, not heaping.
- Mix dry ingredients together before adding them to liquid ingredients. If you are using yeast, mix it with dry ingredients.
- Add nuts, dried fruit or chocolate chips to baked goods.
- Serve bread warm or toasted.



Pharmacy Corner

Check with your pharmacist to ensure all medications are gluten free. Your PROfile Pharmacist can work with you to find substitutions if your medications contain gluten.



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