

LEAKY GUT DIET

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FOOD CHOICES

FOOD GROUPS	ALLOWED	AVOID
Meat	Organic and free range if possible: red meat, chicken, turkey, fish, lamb, eggs	Lunchmeats, meats with sodium nitrate, bacon, cured, smoke or dried meat
Dairy	Plain Yogurt, plain Kefir, butter	All other dairy products Milk, cheese, cottage cheese flavored yogurt, flavored Kefir, Ice cream, margarine
Vegetables	All fresh or frozen vegetables, Dried beans, lentils, legumes, tomatoes	Corn, potatoes, mushrooms, soy, grits
Fruit or fruit juice	No fruit for the first three weeks then gradually add: lemon, lime, grapefruit, kiwi, berries, granny smith apples, watermelon	All other fruits
Breads	Gluten-free without yeast and unrefined: millet, flaxseed, brown rice, buckwheat, quinoa, amaranth, oatmeal	All bread containing gluten: wheat, spelt, oats, rye, barley, soy, yeast, crackers, chips, cereals, pancakes, muffins
Nuts / Seeds	Raw (not roasted in oil): almonds, walnuts, pecans, pumpkin seeds, sunflower seeds, sesame seed	Processed / dry roasted nuts, all other nuts
Fats / Oils	Cold pressed olive oil, grape seed oil, flaxseed oil, organic butter, organic cold pressed coconut oil	Margarine, shortening, processed and hydrogenated oils, mayonnaise, spreads

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Sugar	Stevia –liquid or “in the raw” Xylitol	All forms of sugar, artificial sweeteners, honey, molasses, rice syrup, date sugar, etc.
Spices / condiments / others	All spices, veggie salt, sea salt, hummus, arrowroot	Vinegar, pickles, soy sauce, tamari, natural root beer, spice mixes, grits, tapioca
Drinks	64 oz distilled or reversed osmosis water After three weeks: juice from allowed fruits-no sugar added	City water, bottled water containing chlorine, coffee, tea, soda, fruit juice with sugar added, rice, soy or almond milk

DIET TIPS

Remember this is mainly a vegetable and meat diet. A good rule of thumb is to eat 50% brown rice, 35% vegetables and 15% meat ratio at each meal. Think ahead, make a menu and stick to it.

***Almost all commercially prepared foods contain yeast and are deficient of nutrients.

***Avoid leftovers after 2-3 days as they often grow mold.

*Stir fry or steam your vegetables.

*Make veggies and scrambled eggs with brown rice for a meal.

*Use blended avocado as a salad dressing

*Hummus in the place of mayonnaise

*Snack on allowed nuts, stevia nuts

www.samisbakery.com is a website for great gluten free bread products and snacks. This also can found at Health Concepts in Dothan.

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RECIPES

Turkey Chili: buy 3 lbs of turkey meat from Walmart. Cook turkey in a pot, drain off all the juice once cooked, precook 2 yellow onions in olive oil, and drain off juice as well. Add to the pot: onions, 3 cans of organic diced tomatoes, 1 large can of tomato puree, 3 Truvia packets, 1 tablespoon of chili powder, 1 teaspoon of garlic powder (optional, add 1 can of organic pinto beans, from Walmart), then salt and pepper to taste. Cook chili as long as possible, 2 hours suggested, however, it will be ready to eat as soon as the meat is cooked.

Chicken with Sundried tomatoes: Thaw chicken tender loins in a dish, drain off all the juice and then dry chicken as well as possible with paper towels. Put chicken in a 13 by 19 in. pan, pour California Sundried Tomatoes along with the oil/juices from the jar all over the chicken. Cook on 350' for 25 minutes, till chicken juices run clear.
(Sundried tomatoes are found at Walmart in can tomato section on top shelf).

Cooked Vegetables: Cut up red onion, squash, zucchini, mushroom, broccoli, or any fresh vegetable you may choose. Add ½ jar of sundried tomatoes with oil/juice. Put veggies in 13 by 19 in. pan. Salt and pepper to taste and cook on 450' for 20 minutes and enjoy fresh cooked veggies.

Home-style country Sausage: Take 1 medium tart apple, peeled and shredded, ½ cup cooked brown rice, 2 Tbsp., grated onion, 2 garlic cloves, minced, 1 tsp. of poultry seasoning, 1 tsp. of salt, ½ tsp of pepper, ½ tsp of dried thyme, 1/8 tsp of cayenne pepper, 1/8 tsp ground allspice, 1lb. of lean ground turkey. Mix well, shape into 8 patties. Cook in pan for 4-6 minutes on each side or until the juices run clear.

Black Bean Burger: Take 1 tsp of flaxseed meal, 2 tsp of water, and 1 can of organic black beans rinsed and drained- mash the beans. Take ½ cup cooked long grain brown rice, ¼ cup rolled oats, ¼ cup chopped onion, 1 clove of garlic, ¼ cup cilantro or 1 Tbsp. flaked cilantro, ¼ cup dried parsley, 1.4 tsp of sea salt, ½ tsp cumin, ½ tsp chipotle pepper or black pepper, 2 Tbsp. olive oil, 1 beaten egg to help hold everything together. Mix water and flaxseed meal in small bowl and let sit until thickened. Mix all ingredients well and form into patties about the size and thickness of your palm. Heat a large skillet to medium heat and add 2 Tbsp. of olive oil. Add patties and cook 3 to 4 per side.

Guacamole Dip: cut up 3-4 avocados, add ¾ cup of Mexican connection salsa(or any salsa with out sugar and other harmful ingredients), add the juice of 1 fresh lime, salt and pepper to taste and then smooth well with fork and use dip for Sami's Bakery chips. www.samisbakery.com this makes for a great snack.

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Hummus Dip Recipe: 1 can of drained chick peas, 1 Tbsp. Freshly chopped or pressed garlic. 2 Tbsp. extra virgin olive oil (add more oil or water if necessary). 1 Tbsp. Tahiti (optional). 2 Tbsp. of Fresh Lemon juice (or more if desired). 2 Tbsp. of chopped parsley (or 1 Tbsp. dried). ½ Tbsp. coarsely ground black pepper. ¼ tsp. salt. Put all of this in blender or food processor and blend well.

Natural mayonnaise recipe: put 1 cup of olive oil, 1 raw egg, 1 egg white, and 1 lemon juice in a blender and blend for 3-5 minutes on high, ingredients should be pureed and thick. You can use mayonnaise in tuna or egg salad.

Tuna Salad: Use 1-2 cans of tuna, add mayonnaise recipe from above for flavor, add sundried tomatoes, 1 hardboiled egg cut up, add salt and pepper to taste. (After 3 weeks, you can add a diced up granny green smith apple).

Egg Salad: Take 4 hardboiled eggs and mash up with a touch of salt. Optional: add the mayonnaise recipe from above for extra flavor.

Cinnamon toast: samisbakery millet bread or any wheat free bread, with 1 pat of butter (real butter) or smart balance butter, sprinkled cinnamon on top with 1 packet of truvia also sprinkled on top, broiled in oven.

Low fat PLAIN yogurt with truvia: add nuts and cinnamon, or/also 1 tablespoon of almond butter

Scrambled eggs: with salsa (make sure salsa in clean form sugar and other bad ingredients), with sundried tomatoes.

After 3 weeks: take frozen strawberries, and blueberries put in microwave for 1:20 secs. Sprinkle with truvia. Optional: add raw walnuts or almonds, or plain yogurt, or you can add all of it. This works great as a snack as well.

Pancakes: You can purchase a brown rice baking mix from the health food store with a pancake recipe on the back. It calls for oil, 1 egg, Milk (which you replace with Kefir you can buy it at Southern Market or plain yogurt) 1 Tbsp. of Honey (which you replace with STEVIA or Truvia). You can add fresh blueberries after week 3 and this makes for a great meal when added with eggs and turkey bacon, or a great snack.

Baked apples: after 3 WEEKS, cook 3-4 peeled granny green smith apples sprinkled with cinnamon and truvia in pan if you like until softened.

Celery/ Carrot Sticks dipped in Hummus: A quick snack is also taking celery stalks or baby carrot sticks (found already cut at Walmart.) The Hummus is found at Southern Market in the Ethnic section. It is in a yellow or orange can with Arabic writing on it. Yellow is mild, orange is hot. Dip and enjoy!



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Samis Bakery Spinach pie: Take samis bakery spinach pie and put in micro 1:20 sec if not frozen (if frozen 2:00). Then put sundried tomatoes with the oil on top. Makes for a great quick lunch.

Stevia Nuts

2 cups pecans, walnuts or almonds
(Pecans are best)
1 egg white, lightly beaten
6 packets of stevia
2 tsp. ground cinnamon

Preheat oven to 300 degrees. Spray 15x10x1 in pan with cooking spray.
Combine nuts in a mixing bowl, with the egg whites, toss to coat the nuts.
Combine stevia and cinnamon. Sprinkle over nuts tossing them to coat.
Spread nuts evenly on prepared pan.
Bake 30 min. stirring every 10 min.
Let cool in waxed paper. Dr. Bob's Recipe

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TESTIMONIAL

September 25, 2004

Dear Dr. Carnes,

My life had become routine. The whole month of February would consist of three rounds of antibiotics to take care of a drainage that went into my lungs, which caused upper respiratory infection then throat or ear infection. Antibiotics just did not seem to help. As I would run fever even while taking them. The doctor did only what he knew to do... change it to a stronger one.

By June and November I would be sick again. After two years of this, my body's immune system was weakened. I had been going to Dr. Carnes all this time but never had asked fully for his help, until last year. I had had enough!!! My intestine had yeast built up and my immune system was weak. Dr. Carnes put me on Total Immune and Total Yeast and the dreaded "Candida Diet". Then I was faced with the decision to follow the regimen or not. I remember holding that paper and praying "Lord I know you said 'I can do all things through you which strengthen me'. Please show me if this is what you want me to do and help me be faithful." The Lord answered my prayer and for the next 5 weeks I ate basically brown rice, grilled chicken, steamed vegetables, plain yogurt and lots of distilled WATER!!!

When I started craving brown rice I knew it was time to quit. After 5 weeks, I limited what I put back into my diet. I changed the way I ate. By taking out: 90% of the sugar—I do allow honey and natural sugar – I prefer white sugar over substitutes); 90% of dairy (basically I eat plain yogurt and avoid cheese, sour cream and milk). I drink distilled water – lots cheaper than soda. Results: One full year without any need for an antibiotic! PRAISE THE LORD!!

Other things I have noticed throughout the year have been: my dry scalp cleared up, fungus under my toe nails almost gone, my skin looks healthier, and my sinus drainage is better. Did I mention losing 25 pounds and feeling better than I had felt in a very long time!!

Remember, I did all this short term. First the Candida diet, which was only 5 weeks (I can do anything knowing there will be an end). Then through the Holidays, when sweets were everywhere including my own kitchen, I told myself just through February. When I went through February and wasn't sick (first time in years). I told myself it is worth it!!!

Now when I eat something with sugar or cheese... I remind myself that I eat this way to stay healthy.

Thank you for allowing God to use you to help so many.

Becky Grant

LEAKY GUT DIET

PANTRY CONVERSIONS

The following items are found in our pantry. Items on the left are found in the standard pantry; items on the right are found in a healthier pantry.

ATTENTION DIABETICS!

The foods listed below in **all capital letters** should be **AVOIDED** until the doctor has instructed you it is safe to choose these foods as part of your diet. As your glucose stabilizes, you will be able to incorporate more foods.

PANTRY ITEMS	HEALTHIER PANTRY ITEMS
Baking powder	aluminum free baking powder 1t baking powder = 1/2t Cream of Tartar + 1/4t baking soda
BISCUIT MIXES	WHOLE-GRAIN* MIXES
Black tea	herbal teas
Bouillon cubes	Pure vegetable bouillon; Miso (store in refrigerator); Chicken bouillon
Canned beans	The following beans can be purchased dried: adzuki beans, black beans, black-eyed peas; garbanzo beans; great northern beans; kidney beans; lentils; lima beans; navy beans; pinto beans; split peas
Canned tuna	Fresh or frozen tuna steaks
Cereals	Use whole-grain* hot or cold cereals; avoid cereals with additives, sugar, hydrogenated fats, or white flour
CHIPS	LOOK FOR ORGANIC, LOW-SALT, AND BAKED CHIPS; CORN OR TORTILLA CHIPS; BLUE CORN CHIPS
Coffee	herbal teas; roasted grain beverage Swiss water decaf process coffees (Be aware most commercial coffees use a chemical to get the caffeine out)
Nuts and seeds	raw, unsalted (store in the refrigerator); almonds & almond butter; cashews & cashew butter; pecans; sesame seeds & tahini; sunflower seeds; pumpkin seeds; walnuts; pine nuts
PANCAKE MIXES	WHOLE-GRAIN* MIXES
Salt	Ms. Dash varieties; sea salt (sparingly)

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PANTRY ITEMS	HEALTHIER PANTRY ITEMS
SALTINE CRACKERS	WHOLE GRAIN* CRACKERS WHOLE GRAIN*; RICE CAKES; HONEY GRAHAMS (WITH WHOLE GRAIN* FLOURS AND NO SUGAR)
Shortening	"Spectrum" Organic Shortening (palm oil); expeller pressed oils (keep refrigerated); olive oil; grape seed oil
Spices and herbs	all varieties sold in glass containers or bulk; avoid any sold in cans
Canned soups	instant cup O soups home-made soups
Soy sauce	liquid aminos
WHITE BREAD	WHOLE-GRAIN* BAGELS; WHOLE-GRAIN* BREAD; WHOLE-GRAIN* MUFFINS; WHOLE-GRAIN* PITA BREAD; WHOLE-GRAIN* TORTILLAS
WHITE FLOUR	WHOLE-WHEAT* FLOUR; WHOLE-WHEAT* PASTRY FLOUR; CORNMEAL; SPELT FLOUR; OAT FLOUR; RICE FLOUR; BARLEY FLOUR; BUCKWHEAT;
WHITE PASTA	ARTICHOKE PASTA; VEGETABLE PASTAS; SPELT PASTA; 100% DURUM SEMOLINA PASTA. MAKE SURE THESE PRODUCTS ARE NOT ENRICHED.
WHITE RICE	ARTICHOKE PASTA; VEGETABLE PASTAS; SPELT PASTA; 100% DURUM SEMOLINA PASTA. MAKE SURE THESE PRODUCTS ARE NOT ENRICHED.
WHITE SUGAR ASPARTAME(NUTRASWEET) SACCHARIN SUCRALOSE (SPLENDA) SORBITOL, XYLITOL	RAW, UNFILTERED HONEY; MAPLE SYRUP; BROWN RICE SYRUP; MOLASSES; SUCANAT; APPLESAUCE; STEVIA (Limit these sweeteners if you are on a diabetic or hypoglycemic diet with the exception of Stevia) (Stevia is preferred for Diabetics and Hypoglycemics)
REFRIGERATOR ITEMS	
Cheese	Goat's milk cheese or sheep's milk cheese (Feta, Romano, Cheddar, Chevre) sparingly
Eggs	Farm fresh, from grain fed chickens
FRUITS	FRESH OR FROZEN; ORGANIC, IF POSSIBLE; ALL VARIETIES only 1 for diabetic, borderline diabetic and



CARNES
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CLINIC

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Dothan, AL 36301
334-794-2225 Fax 334-794-0576

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PANTRY ITEMS	HEALTHIER PANTRY ITEMS
	hypoglycemic
Margarine & butter	Olive oil; sesame oil; grapeseed oil or other vegetable oil (avoid canola oil)
Meat	Organic meats (no steroid, hormones, antibiotics used)
Milk	Oat milk; rice milk; almond milk; cashew cream; raw goat's milk (from a clean source) Most people prefer almond milk and/or oat milk
Sauces and condiments	Natural ketchup (sugar free) Safflower mayonnaise Preservative-free salad dressings with no hydrogenated fats; preservative and sugar free mustards; low sodium salsa's; FRUIT ONLY JAMS AND JELLIES
Vegetables	Fresh or frozen; organic, if possible; all varieties



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BRANDS WE USE

Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Baking mixes	Hogson Mill	Pancake		x		P W
Baking mixes	Glutino	Pancake		x		W
Baking powder	Rumford	Aluminum free	x	x	x	
Beans	Greenwise	Kidney, garbanzo, black beans, pinto	x	x	x	P
Beans	Dried beans	varies	x	x	x	P
Beans	West brae natural	"organic"	x		x	P
Beans	Amy's	varies				P
Bread	Udi's			x		P
Bread	Rudi's			x		P
Bread	Ezekiel					P
Butter	Canyon Creek Farms		x			P
Butter	Organic Valley		x			P
Butter	Kerry gold	butter	x		x	W- diary
Cereal	Alpen				x	P
Cereal	Kashi	Pilaf (non GMO)			x	P
Cereal	Baker's on Main street			x		P W



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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Cereal	Ezekiel				X	P
Cereal	Mona's		x		x	P
Cereal	Cascadian Farms					P
Cereal	Udi			x		P W
Cereal	General Mills	Chex		x		P W
Cereal	Uncle Sam	varies	x	x	x	W
Cereal	Erewhon	Brown rice cereal	x	x	x	W
Chips	Rice Works	Rice Chips		x	x	P W
Chips	Lundberg	Rice Chips		x	x	P W
Chips	Mediterranean	Lentil chips		x		P
Chips	Xochitl	Corn chips	x	x	x	P WD
Chips	glutino	Chips		x		W
Chips	glutino	pretzels		x		P W
Coffee Sub	Pero, cafix, Roma					P
Condiment	Buddies	Pickles dill	x	x	x	P
Condiment	Buddies	Sauerkraut	x	x	x	P
Condiment	Lindsay Naturals	olives	x	x	x	P W
Condiment	Bragg's	ACV	x	x	x	P
Condiment	varies	Extra virgin olive oil-1 st cold press				P W
Condiment	veganise	Mayonnaise				P



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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Condiment	Ojai Cook	Lemonaise	x	x	x	P
Condiment	Louisiana	hot sauce	x	x	x	P
Condiment	Greenwise	Organic Ketchup	x	x	x	P
Condiment	Heinz	Organic Ketchup				W
Condiment	Greenwise	Organic Mustard	x	x	x	
Condiment	Braggs	Vinegar with Mother	x	x	x	P
Condiment	Heinz	Vinegar with Mother	x	x	x	W
Condiment	Lemonaise					
Crackers	Kame	Rice cracker	x	x	x	P
Crackers	Matzos	100% whole wheat	x		x	P
Crackers	Mary's gone Crackers	Varies crackers	x	x	x	P
Crackers	Vann's	Varies crackers		x		W
Drinks	Marinellis	Unfiltered apple juice	x	x	x	P
Drinks	*Zevia	Zero calorie soda	X	X	X	P
Drinks	Lakewood	Unfiltered cranberry	x	x	x	P
Drinks	Lakewood	Unfiltered tart cheery	x	x	x	P
Flour	Hodgson Mill	varies	x	some	x	P
Flour	Bob's Red Mill	varies	x	some	x	P
Flour	Arrowhead	varies	x	some	x	P
Fruit	Dole	Pineapple	x	x	x	P W



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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Fruit	Publix	pear	x	x	x	P
Hot Cereal	Bob's Red Mill	Mighty tasty hot cereal	x	x	x	P W
Hot Cereal	Hodgson Mill	Buckwheat hot cereal	x	x	x	W
Jelly	Polaner	All fruits jelly			x	P W
Jelly	Smucker	Simply Fruit				W
Marinara/ Spaghetti sauce	Walnut Acres	Marinara & herbs	x	x	x	P
Marinara/ Spaghetti sauce	Publix Premium	Pasta sauce	x	x	x	P
Marinara/ Spaghetti sauce	Muir Glen Organic	Pasta sauce	x	x	x	W
Meat	Royal Red	Wild sockeye Salmon	x	x	x	P
Meat	Black Top	Pink Salmon	x	x	x	W
Meat	Crown Prince	Caught in the Wild	x	x	x	P
Meat	Grass fed Beef	Meat department	x	x	x	P
Meat	Buffalo Meat	Meat department	x	x	x	P
Meat	Aidell's	Chicken Meatballs	x	x		P meat
meat Lunch	Boar's head	"all natural"	x	x		P-Deli



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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Milk	Rice Dream, almond silk	Note: look for ones without Carageenan				P W
Nut Butters	MaraNatha	Cashew butter	x	x	x	W
Nut Butters	Smuckers	Organic peanut butter	x	x	x	P W
Nut Butters	Laura Scudders	Organic peanut butter	x	x	x	W
Oatmeal	Greenwise	Original instant oatmeal	x		x	P
Oatmeal	McCann's	Quick cooking Irish	x		x	P
Pizza	glutino			x		P
Pizza	Udi's			x		P
Pizza	Amy's					P W Frozen
Quinoa	Arrow Head	Organic quinoa	x	x	x	P
Rice & Couscous	Bob's Red Mill	Brown or Wild Rice	x	x	x	
Rice & Couscous	Lundberg	Brown Rice	x	x	X	
Salsa	Green mountain	Gringo Salsa	x	x	x	P
Salsa	Paul Newman					W
Sauce/Dips	San-J	Tamari Soy sauce	x	x	x	P
Sauce/Dips	Eden Organic	Tamari Soy Sauce	x	x	x	P



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Skin care/cosmetic	Tom's	Deodorant	Aluminum free			P
Skin care/cosmetic	Jason	Deodorant				
Snacks		Brown Rice cakes		x	x	P
Snacks	Kind	Nut bars		x		P
Snacks	Cascadian	varies				W
Soup stock	Amy's Soup	Varies	x	some	x	P
Soup stock	Imagine	Organic Chick broth	x	x	x	P
Soup stock	Kitchen Basics		x	x	x	P
Spices	Simply Organic	varies				P
Spices	Badia Organic	varies				P
Spices	McCormick		No MSG			P
Spices	Arora Creations		x		x	P
Sweeteners /sugar	Stevia					P W
Sweeteners /sugar	Truvia					P W
Sweeteners /sugar	Organic Florida Crystal					P W



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Product Type	Name Brand	Product Name	Preservative Free	Gluten Free	Sugar Free	Store Name
Tomato Paste	Publix	Tomato paste	x	x	x	P
Tomato Paste	Greenwise	Tomato whole-paste		x	x	P
Tomato Paste	Muir Glen	Tomato paste		x	x	W
Toothpaste	Nature's gate					P
Toothpaste	Natural Tea Tree Oil & Neem					
Water	Publix	purified				P
Yogurt	Cabot Greek		x	x	x	P
Yogurt	Stonyfield		x	x	x	P W
Yogurt	Chobani		x	x	x	P W

P is Publix, **W** is Walmart, **WD** is Winn Dixie

Brands you can feel safe with; Amy's: www.amys.com; Glutino: www.glutino.com; Bob's Red Mill: www.bobsredmill.com, Walnut Acres: www.walnutacres.com, Arrowhead Mills: www.arrowheadmills.com ,

Cascadian Farms: www.cfarm.com, Enjoy Life Foods (wheat and gluten free cookies, bagels, bars & more) www.enjoylifefoods.com or 888-50-enjoy) , Muir Glen: www.muirglen.com, udi's: www.udisglutenfree.com

on line store: www.vitacost.com

It is so important to read labels. I encourage you to read the label on any product on this list before buying it. Companies change in ingredients in their products.

WHAT IS GLUTEN?

Gluten is a protein found naturally in foods.

Gluten can be found in numerous products. You must read labels and look for “gluten-free” on the product. Do not trust that you will be able to read the ingredients and determine if it is gluten free. Below is a partial list of foods that could contain gluten:

- Bread, including muffins, pancakes, waffles, etc. (white, wheat, rye, barley, spelt, kamut)
- Breading
- Cereal
- Cakes, cookies
- Crackers
- Dips
- Dressings
- Flavored Coffees and Teas
- Gravy
- Oatmeal
- Packaged foods (even those labeled “wheat-free” could still have gluten)
- Pasta
- Pretzels
- Seasonings
- Soups
- Soy Sauce

In some people, gluten can cause inflammation, which can cause autoimmune diseases such as:

- Arthritis
- Fibromyalgia
- Hashimoto’s disease
- Irritable Bowel Syndrome
- Psoriasis
- Thyroid disease

In some people, gluten can also cause respiratory distress (including asthma), skin disorders (including eczema), weight gain or weight loss, gastrointestinal distress (including diarrhea, constipation, gas, bloating, reflux), infertility, insomnia, fatigue and headaches (including migraines).

Gluten must be completely avoided for 3 months before any change in symptoms may be felt.