



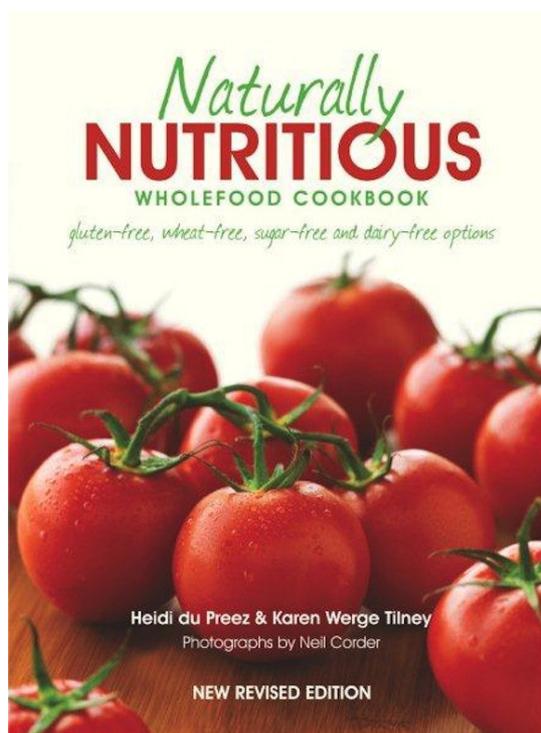
## HEALTHY LUNCH BOX CHALLENGE

MAY 2013 – GLUTEN FREE MONTH

**I have dedicated May to be for all those moms out there that have been requesting Gluten free recipes. I know you are all battling so I ask two very experienced ladies to help me with this.**

Karen Werge Tilney and Heidi du Preez are two amazing women who are so passionate about wholefoods. These ladies have written a lovely and extremely beneficial book about gluten free, wheat free, sugar free and dairy free cooking options. **NAATURALLY NUTRITIOUS – Wholefood Cookbook**. If you are a mom with children or a husband with any of these issues, purchase this book as it will help you, and the recipes are delicious. [ancientgrain@vodamail.co.za](mailto:ancientgrain@vodamail.co.za) or [www.ancientgrain.co.za](http://www.ancientgrain.co.za).

They have provided me with their insight and knowledge for all our Healthy Lunch Box Challenge moms – enjoy. All this information is from this wonderful book.





## GLUTEN AND WHEAT INTOLERANCE

A variety of adverse reactions to the proteins in cereals is possible. These include allergy and intolerances like coeliac disease. The reactions may be mild to life-threatening, short-term to lifelong. Gluten and wheat intolerance is common today with many sufferers being totally unaware of their condition. Most cases of gluten intolerance don't manifest as gut symptoms, so people have no idea they're gluten-intolerant. Wheat products can result in digestive disorders, respiratory tract infections, like asthma and allergy rhinitis, or skin conditions, such as eczema and hives in people sensitive to wheat. A gluten intolerance is usually more severe, resulting in diarrhea or constipation, gastrointestinal bleeding and poor absorption of nutrients, giving rise to many ill conditions like chronic fatigue, inability to concentrate, weight problems, infertility, muscle or joint pain and moodiness or depression. From latest research, it has been estimated that one in three people are gluten intolerant, and that more than 80 % of us are genetically predisposed to gluten intolerance. Avoidance of wheat and gluten-containing foods is the only treatment. If you are wheat intolerant, you only have to avoid wheat and can still eat other gluten-containing products, but if you are gluten intolerant, you need to exclude all gluten-containing products from your diet.

The majority of young children with wheat allergy will outgrow it. Individuals who develop the allergy later in life will probably retain it. Many intolerant to wheat, find that if they remove wheat from their diet for a year or longer that they are able to tolerate wheat upon re-introduction. Adhering to a strict wheat- or gluten-free diet is difficult and has social implications, especially in children. It is therefore imperative that a correct diagnosis is being made. Nonetheless, everyone will benefit from incorporating other nutritious wholegrains into their diet, instead of eating only wheat daily.

It seems that health problems have arisen mostly from the alteration of the chromosome structure of wheat to make it more suitable for the intensive cultivation methods of modern agriculture. In ancient times the nutrients used to be in the wheat germ, but in modern times, over the last sixty years, the nutrients are found in the outer part of the wheat. Before, the bran was soluble, but now it is tough and unbreakable, rather like PVC.

Gluten is difficult for humans to digest. Ancient humans intuitively knew this as they transitioned from hunter-gatherer to agriculture societies and thus fermented or soured their grains to make them more digestible. Gluten is a sticky, viscous protein that causes problems when transported into the blood through a damaged gut wall. Gluten is not recognised as a true protein by the body, which responds to it as if it were an allergen. This is because modern varieties of wheat do not break down in the same way as wheat varieties did before hybridisation. Having gained access to other organs, such as the liver, spleen, pancreas or gall bladder, gluten causes disturbances in function. It sticks to other molecules, and in this way transports insufficiently-digested sugars, cholesterol, fats and salts into the blood.



Furthermore, methods of storing wheat today foster the growth of toxins that denature the protein, making it even more antagonistic to the body. The fact that wheat has become a staple food in the modern diet, consumed on a daily basis, also contribute to the widespread wheat allergies and intolerances. The plethora of insecticides, herbicides and fungicides that is used on the seeds, while growing and upon storing of wheat and other grains; the plant-growth regulators – natural or synthetic hormones; dough conditioners and chemical preservatives, partially hydrogenated vegetable oils and soy flour are all factors contributing to the wide-spread allergies experienced when baked goods are consumed.

## GLUTEN- AND WHEAT-FREE BAKING

What to avoid if you are gluten-intolerant.

Avoid all forms of wheat, spelt, kamut, rye, barley and oats, which will include breads, pasta, cakes, biscuits, pastries, some sauces and soups, and certain canned and processed foods. The gluten in oats differs from that found in wheat and most gluten-sensitive people find that they can tolerate oats. However, there is some concern about the contamination of oats with wheat and other grains and they are therefore best avoided by anyone following a strict gluten-free diet. Anyone suffering from coeliac disease should avoid all forms of gluten.

Avoid processed foods, because some manufacturers use flour as a thickening agent or as a cheap filling ingredient, such as in stock cubes, mixed spices, herbs and seasonings, spreads, yoghurt or ice-cream and even supplements. It's essential to check the labels on all processed foods and avoid any containing the following ingredients: barley, cereal binder, cereal filler, cereal protein, edible starch, modified food starch, malt, rye, rusk, vegetable protein and (wheat) flour. Certain baking powders contain gluten. Beers, lager, ales, stouts and even vinegar may also contain small amounts of gluten. Questionable ingredients are natural flavours, hydrolyzed vegetable protein (HVP) or hydrolyzed plant protein (HPP), maltodextrin (in most milk alternatives) and mono- and diglycerides that could use starch as a carrier, enzyme or binding agent. Even candy might contain wheat flour, used as a processing aid to prevent sticking to the packaging. If in any doubt, phone the manufacturer.

## GLUTEN-FREE PRODUCTS

Gluten-free grains and flours, pasta and noodles made from potato, maize and rice are available. More and more gluten-free baked products are beginning to appear on supermarket shelves. However, the best and most economical is still to bake your own.



Since most of the commercial gluten-free flours are refined, you will need to increase your fibre intake by consuming fresh fruit and vegetables, pulses, lentils and brown rice. Rice bran, psyllium husks or okra can also be added to meals to increase fibre intake. Where possible, use stone-ground flours.

For gluten-free thickening agents, use unbleached corn flour, precooked tapioca, potato, agar-agar, arrowroot, guar or xanthan gum to thicken soups, dressings, sauces and casseroles.

Wheat-free flours include oat, rye, barley and all the gluten-free flours.

Gluten-free flours include brown and white rice, potato, tapioca (cassava), pea or chickpea (garbanzo/chana), lupin, fava bean, yellow and white maize meal (corn flour), arrowroot, buckwheat, millet, sorghum, teff, amaranth and quinoa.

*Note to self:*

Sugar replace with unrefined sugar

Cake flour replace with stone-ground flour

Baking wheat- and gluten-free products requires some experimenting, innovation, technique and lots of patience. Here are some useful tips to ensure a successful baking experience:

**Blending**

In wheat- and gluten-free baking it is best to use a blend of flours rather than only one flour, because no single flour will perform like wheat flour in baking. You might prefer to mix up an all-purpose flour bin, like the following example:

*Gluten-free flour bin*

2 cups (500 ml or 370 g) white rice flour

2 cups (500 ml or 320 g) sorghum flour

2 cup (500 ml or 240 g) chickpea,

1 tbsp (15 ml) xanthan gum

**Note:**

Sift the ingredients before storing in an airtight bin so that the flours are ready to use.



For a wheat-free flour bin, replace the sorghum flour with barley or oat flour.

The above is only an example. Any flour combination can be used. Use neutral flours with a mild flavour and good shelf-life in the flour bin. Stone-ground flours are very high in nutritional value, but must be stored in the refrigerator or freezer. They also tend to give a 'gritty' texture to the end product, unless finely milled. It's therefore not advisable to use them as all-purpose flour in a flour bin. Also, some flours, like buckwheat and millet, have very distinct tastes and others like arrowroot and quinoa are expensive and are therefore not good choices for all-purpose use. Rather use these flours separately, or in combination with all-purpose flour in a recipe

I really hope this helps the moms out there and thank you once again to Karen and Heidi. You can order their book directly through them.

#### **DON'T FORGET ABOUT THE SWITCH CHALLENGE**

The SWITCH Challenge is aimed at getting children to do an hour of exercise a day. What a great combination. Children eating well then motivated to exercise. South Africa is now a country with one of the highest obesity rates in the world, which is very concerning. It's up to us as parents to help our kids and ourselves get back on the right track. In order to help our children we need to get our communities involved- our friends, families and school. Nothing worse than our hard work being undone at the tuck shop on the friend's account (and I am talking from experience here So please forward this to your friends, your class Moms and family, we all have our children's health at heart and need to get on board.

[www.switch2health.co.za](http://www.switch2health.co.za)

Or click through via our NEW website [www.littlecooksclub.co.za](http://www.littlecooksclub.co.za)

Warm regards,

Christine Phillips

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