

Long Grain B. Rice

Welcome!



A collage of food items including rice, beans, almonds, and flax seeds. The background features a glass jar of long grain rice with a handwritten label, a glass jar of mixed beans, a pile of almonds, and a glass jar of flax seeds with a wooden spoon. A white plate with black seeds is also visible.

Long Grain B. Rice

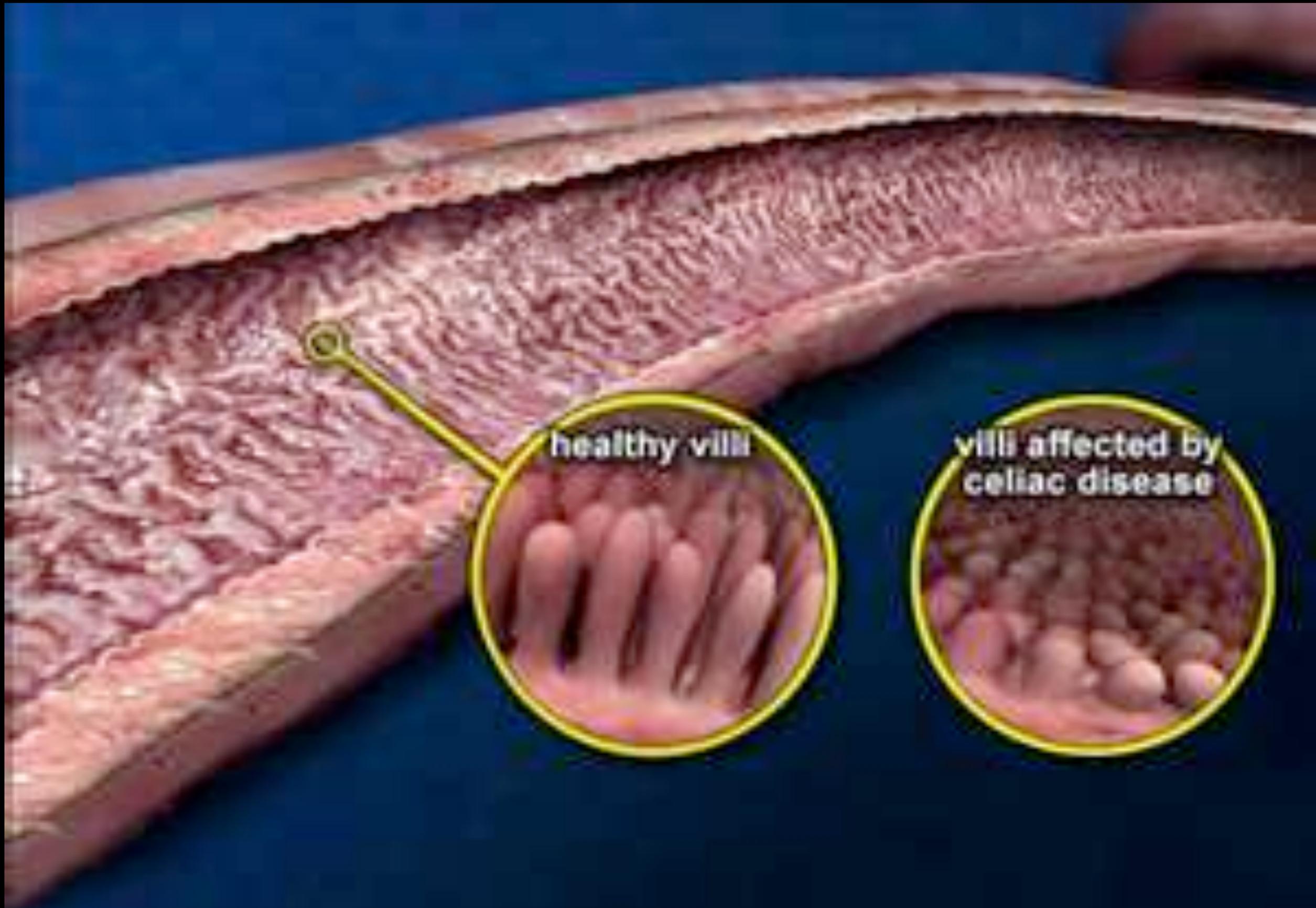
Celiac Disease...

What is it?

Celiac disease, also known as gluten intolerance, is a genetic disorder that affects at least 1 in 133 Americans. Symptoms of celiac disease can range from the classic features, such as diarrhea, weight loss, and malnutrition, to latent symptoms such as isolated nutrient deficiencies but no gastrointestinal symptoms. The disease mostly affects people of European (especially Northern European) descent, but recent studies show that it also affects Hispanic, Black and Asian populations as well. Those affected suffer damage to the villi (shortening and villous flattening) in the lamina propria and crypt regions of their intestines when they eat specific food-grain antigens (toxic amino acid sequences) that are found in wheat, rye, and barley.

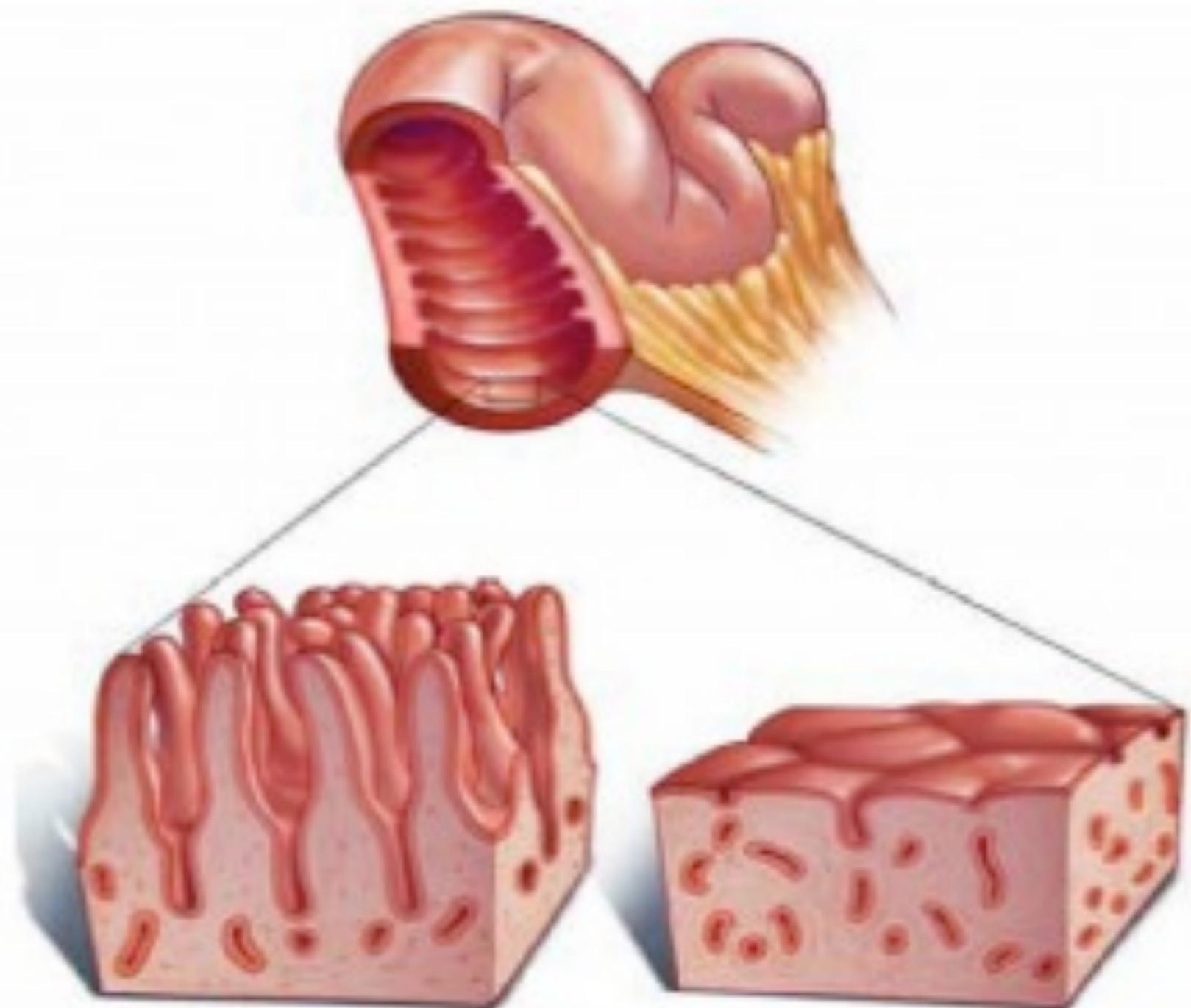
Genetic predisposition

Celiac disease is an immune system disorder in genetically predisposed people that results in damage to the lining of the small intestine when foods with gluten are eaten. The risk for the disease may be inherited, since about 10% of first-degree relatives (mother, father, brother, sister, son, or daughter) of people who have celiac disease also develop the condition. In people who are genetically predisposed, celiac disease may be triggered by environmental factors, including viral and bacterial infections.



healthy villi

villi affected by celiac disease



Normal Villi

Flattened Villi



Healthy normal villi of the small intestine (as seen under the microscope).



Damaged villi of the small intestine. Villi of a person with undiagnosed coeliac disease.

Because of the broad range of symptoms celiac disease presents, it can be difficult to diagnose. . If a person with the disorder continues to eat gluten, studies have shown that he or she will increase their chances of gastrointestinal cancer by a factor of 40 to 100 times that of the normal population.

Further, gastrointestinal carcinoma or lymphoma develops in up to 15 percent of patients with untreated or refractory celiac disease. It is therefore imperative that the disease is quickly and properly diagnosed so it can be treated as soon as possible.

Common Complaints Include

- Abdominal cramping/bloating
- Anemia
- Constipation
- Diarrhea (See Stools below)
- Energy loss
- Fatigue
- Infertility
- Irritable bowel
- Joint Pain
- Mouth sores or cracks in the corners
- Tooth enamel defects
- Weakness
- Weight loss

Common Nutrient Deficiencies in Celiacs

Minerals

- Calcium
- Copper
- Iron
- Magnesium
- Phosphorus
- Potassium
- Selenium
- Zinc

Vitamins

- Vitamin A, D, E, K
- Folic Acid
- Vitamin B 1,2, 3, 6, 9, 12
- Vitamin C

Label Reading

“irradiated, amalgamated,
prostituted, reconstituted,
adulterated, modified, and
artificially-flavored, extruded,
bar-coded, un-pronounceable
things.” - Joel Salatin

Wheat and its derivatives are the most common ingredients eliminated in the celiac diet. Almost any product made from flour has wheat flour as a base. Obvious examples include breads, cakes, cookies, bagels, crackers, pasta and many cereals. Wheat flours and starches are also excellent thickeners and binders and are often found in sauces (including soy sauce), gravies, soups, cornbread mixes, dairy products like sour cream, cottage cheese and yogurt, and processed meats like sausage, hot dogs, lunch meats and broth injected poultry.

What to Avoid!

Wheat

Barley

Rye

Oats

B—LABEL READING FOR BARLEY—genus *Hordeum*

Barley is not often used as a flour in baked goods, but can be used as a thickener in soups and stews. Barley can appear in the form of pearl barley and hulled barley.

Barley is most commonly used as a flavoring and flavor enhancement ingredient in a wide variety of foods. MALT is the most common barley ingredient. If a label lists “malt” it is made from barley unless otherwise specified. Barley extract (barley syrup), barley flavoring, barley enzymes and maltose (malt sugar) are also commonly used as ingredients. Common foods containing barley and malt are: cereals, malted milk, malt vinegar, and beer. Watch for barley in rice milks and syrups (especially brown rice syrup), sauces, soups, cereals, protein bars and snack foods.

Wheat

There are many varieties and names for wheat including bulgur, couscous, dinkie, durum, einkorn, emmer, Farina®, fu, graham, kamut, seitan, semolina, and spelt. Other common wheat products include wheat berry, wheat germ, wheat germ oil, wheat grass (also called triga), wheat gluten, wheat nut and wheat starch. Common ingredients and additives made from wheat include edible starch, food starch and glue.

Label reading for wheat has become somewhat easier since the passage of FALCPA (Food Allergen Labeling and Consumer Protection Act of 2004). The law requires that if a product contains any of the 8 major allergens, the allergen(s) must be listed on the product label by their common name. The allergen listing may appear either within the ingredient list or following the ingredient list in a “contains _____” statement. The 8 major food allergens that must be listed are: milk, egg, fish, Crustacean shellfish, tree nuts, WHEAT, peanuts and soybeans. FALCPA covers all packaged foods sold in the U.S. that are regulated under the Federal Food, Drug & Cosmetic Act, including both domestically manufactured and imported foods. FDA regulates all foods except meat products, poultry products and egg products. Meat, poultry and eggs are regulated by the USDA (United States Department of Agriculture). Raw agricultural commodities such as fresh fruits and vegetables in their natural state are not affected by FALCPA. (Raw fruits and vegetables in their natural state are naturally gluten-free). Compliance with this law is not yet perfect. Cross contamination potential is not consistently conveyed on labels.

Basically this means that if a packaged food contains any type of wheat or a derivative of wheat (like flour or starch) the word wheat will appear on the label. Previously, a cake mix might list “flour” as an ingredient; now it must list “wheat flour” or “enriched flour from wheat. . . .” as an ingredient. If a product contains wheat starch, it must be labeled as such.

R—LABEL READING FOR RYE—genus Secale
Rye is a less common ingredient than wheat or barley. Rye has been cross bred with wheat to form a hybrid— Triticale. Rye is most commonly found in bakery items (like breads and crackers which also contain wheat) and rye whiskey.

O—LABEL READING FOR OATS—genus *Avena*
Oats can be used as flour or in various forms—rolled, steel cut, Irish steel cut, oatmeal, instant oatmeal. Whole grain oats are known as oat berries. oat groats .Oats are commonly used in hot and cold cereals, desserts, granola bars, snack foods, bakery items, and as a thickening/bulking agent. Oat fiber can be found in some supplements. Oats can be added to products to improve nutritional value. Oats can also be found in cosmetics and soaps. Frequently, in cosmetics and soaps, oats will be designated with its scientific name, *Avena sativa*.

LABEL READING FOR HIDDEN SOURCES OF GLUTEN

Here are just a few of the possible sources of gluten in common grocery items. These items in the ingredient list may necessitate a call to the manufacturer to determine the source of the ingredient or additive.

Modified food starch—can be made from corn, tapioca, potato, WHEAT or other sources. Corn is almost always the source in North America with potato and rice occasionally used. Wheat-based ingredients are required to be listed as such by FALCPA.

“Starch” on the label of a United States product means cornstarch and is acceptable for a gluten-free diet.

Caramel color—can be made from BARLEY or WBRO grain products, but is usually made from coal by- products

Dextrin—can be made from WHEAT. Wheat-based ingredients are required to be listed as such by FALCPA.

Hydrolyzed vegetable protein/hydrolyzed plant protein/textured vegetable protein—could contain protein obtained from wheat. Most is made from soy, corn or peanut and label will specify. Wheat-based ingredients are required to be listed as such by FALCPA.

Maltodextrin—US products are made from corn, potato or rice but some foreign maltodextrins can be made from wheat starch. Wheat-based ingredients are required to be listed as such by FALCPA.

Vinegars—balsamic vinegar, rice vinegar, rice wine vinegar, wine vinegar and apple cider vinegar are naturally gluten-free. Malt vinegar is derived from barley and is not part of a gluten-free diet. Distilled white vinegar can be made from grapes, corn, wheat, or other sources. Use of the term “vinegar” in an ingredient statement can indicate either apple cider vinegar or vinegar from a variety of sources. (See the GLOSSARY OF TERMS for more information.)

BE PICKY!

Ingredients that have been derived from wheat, barley, rye or oats that are “specially processed to remove gluten” may be found on products labeled gluten-free. The labeling definitions from both the Codex Alimentarius Commission (in force) and the United States Food and Drug Administration (as proposed) allow such ingredients to be used as long as the final product does not test above 20 parts per million. (See A PRIMER ON GLUTEN AND GLUTEN-FREE for further information.) Thus a product bearing a gluten-free designation may list an ingredient containing wheat--e.g. wheat starch. Products with ingredients “specially processed to remove gluten” may or may not meet the gluten-free definition you use to manage your celiac diet.

Long Grain B. Rice

Gluten Free Grains



Amaranth



Amaranth



Amaranth today is considered a “Supergrain” but it's technically not a grain. It's really an annual herb that grows like a weed. The history of Amaranth is pretty cool. “The Encyclopedia of Healing Foods” by Michael Murray N.D. says:

“Originating in what is now Central and South America, amaranth’s history began as a staple in the diets of pre-Columbian Aztecs, who believed the plant was endowed with supernatural powers and would give them amazing strength. Because of this belief, amaranth was one of the primary foods eaten by Aztec royalty and was incorporated into Aztec religious rituals...”

One of the religious rituals where they used amaranth was human sacrifice. The blood of a human was mixed with cooked amaranth and made into a paste; which was then used for religious ceremonies. In the 1500's, with the Spanish conquest, every amaranth plant was destroyed because Spaniards were horrified by this behavior. The plants were burned and the Aztecs were not allowed to grow or possess Amaranth. If an Aztec was caught with an amaranth plant, then their hand was cut off. Because of this, amaranth was almost lost forever. It was still grown in some remote areas, so that is why we even have it to eat today.

It would have been sad if we had lost it forever. The nutritional benefits of amaranth are nothing short of amazing. It has an amazingly high protein content, which includes the amino acids lysine and methionine, which other grains lack. So, if you combine amaranth with rice, corn, barley, then a complete protein is made available. Plus, amaranth protein is well absorbed. Besides protein, amaranth is high in fiber, it contains essential fatty-acids, vitamin C, B2, B3, B5, B6, folic acid, and the minerals calcium, copper, iron, magnesium, potassium, and zinc. Amaranth also contains phytosterols that have recently been studied and shown to prevent chronic degenerative disease. It has always shown to lower LDL cholesterol.

Nutrition Amaranth

Among its main components is lysine, which is necessary for the construction of all proteins in the body.

- It is also primarily responsible for calcium absorption, helps greatly in recovery from surgery, and sports injuries as well as encourages the production of hormones, enzymes and antibodies.
- Helps lower cholesterol levels significantly in the blood.
- Enhances mental development and stimulates the release of growth hormone, so it is advisable for child consumption.
- Amaranth has dethroned milk as the queen of calcium. This is because 100 grams of Amaranth contain twice the amount of calcium than the same volume of milk. The absence of this protein results in weak bones and osteoporosis. In addition, very low levels of calcium in the blood increase the irritability of the fibers and the nerve centers, causing cramps.
- Phosphorus is one of its components. Compound involved in vital functions of humans, regarded as an essential element for humans, the match is responsible for storing and transporting energy in our body. Its absence or low intake can produce tiredness and loss of concentration. Among other elements, we can find iron and vitamins A and C, which makes the "Kiwicha" a food with very high nutrients content.
- With more proteins than corn, wheat and nearly triple the same proportion to that of milk.

Buckwheat

Though it is usually thought of as a grain, buckwheat is actually the seed of a broadleaf plant related to rhubarb. While it is not a true grain, it is used like one in cooking, and it surpasses rice, and corn on almost every measure of healthfulness

Hulled buckwheat kernels (called groats) are pale tan-to-green, while the roasted buckwheat groats known as kasha—a staple food in Eastern Europe—are dark brown with a nutty flavor. Buckwheat has been cultivated for at least 1,000 years in China, Korea and Japan.

Buckwheat has more protein than rice, millet or corn and is high in the essential amino acids lysine and arginine, in which major cereal crops are deficient. Its unique amino acid profile gives buckwheat the power to boost the protein value of beans and cereal grains eaten the same day. Yet, buckwheat contains no gluten—the source of protein in true grains—and is therefore safe for people with gluten allergy or celiac disease.

Corn



Dried soups
Drink cups, plates and cutlery
Dusting for pizzas
Dyes and inks
Electroplating and galvanizing
English muffins
Enzymes
Fermentation processes
Fireworks
Food acids
Food coloring
Food packaging
Fritters
Frosting and icing
Frozen and dried eggs
Frozen pudding
Glues and adhesives

Antibiotics
Aspirin
Baby food
Bacon
Baked goods
Bakery products
Baking powder
Batteries
Blankets and bedding
Bookbinding
Breadings, coatings and batters

Cake, cookie,

dessert mixes
Candies

Organic solvents
Paints
Pancake mixes
Paper, recycled paper
Peanut butter

Pet food
Pharmaceuticals
Pickles and relishes
Plastics
Potato chips
Powdered mixes

Powdered sugar
Precooked frozen foods
Rayon
Rubber tires
Salad dressings
Salt
Sausage

The Average American consumes 160 pounds of corn per year.

We eat more corn than we eat wheat!

Jams, jellies,
preserves

Laminated building materials
Leather tanning
Lubricants
Mannitol
Marshmallows
Matches
Meat products
Metal plating
Muffins
Ore and oil refining

Coffee whitener
Color carrier for printing
Condiments
Confections, chocolate
Corn bread
Corn chips
Corn flakes
Ore and oil refining
Cornmeal mixes
Cosmetics
Crayons
Disposable diapers
Doughnuts

Spray cooking oil

urgical dressings
Textiles
Theatrical makeup

Tomato sauces
Vinegar
Wallboard and

wallpaper
Wine
Worcestershire sauce

Yeast

Dried soups
Drink cups, plates and cutlery
Dusting for pizzas
Dyes and inks
Electroplating and galvanizing
English muffins
Enzymes
Fermentation processes
Fireworks
Food acids
Food coloring
Food packaging
Fritters
Frosting and icing
Frozen and dried eggs
Frozen pudding
Glues and adhesives
Gravy mixes
Hams

Antibiotics
Aspirin
Baby food
Bacon
Baked goods
Bakery products
Baking powder
Batteries
Blankets and bedding
Bookbinding
Breadings, coatings and batters

Cake, cookie,

dessert mixes
Candies
Canned fruits, fruit fillings
Caramel color
Carbonate

Organic solvents
Paints
Pancake mixes
Paper, recycled paper
Peanut butter

Pet food
Pharmaceuticals
Pickles and relishes
Plastics
Potato chips
Powdered mixes

Powdered sugar
Precooked frozen foods
Rayon
Rubber tires
Salad dressings
Salt
Sausage
Seasoning mixes
Shampoo

Over Four Thousand Uses for Corn!

Hot dogs, bologna
Hush puppies
Ice cream

sherbets

Industrial chemicals
Industrial filters

Instant breakfast foods
Instant pudding mix
Instant tea
Jams, jellies,

preserves

Laminated building materials
Leather tanning

Lubricants
Mannitol
Marshmallows
Matches

Meat products
Metal plating
Muffins

Ore and oil refining

d and fruit beverages
Cardboard
Carpet tile
Cereals
Chalk
Charcoal briquettes
Cheese spreads
Chewing gum
Citric acid
Cleaners, detergents
Coatings on paper, wood and metal

Coffee whitener
Color carrier for printing
Condiments
Confections, chocolate
Corn bread
Corn chips
Corn flakes
Ore and oil refining
Cornmeal mixes
Cosmetics
Crayons
Disposable diapers
Doughnuts

Shaving cream
Shoe polish
Snack foods

Soaps and cleaners
Soups
Spices
Spoon bread
Sports and active wear

Spray cooking oil

urgical dressings
Textiles
Theatrical makeup

Tomato sauces
Vinegar
Wallboard and

wallpaper
Wine
Worcestershire sauce

Yeast



chia
seeds

History Of Chia

Long ago, before the Spanish conquest of Latin America – and well before the Ch-ch-ch-chia Pet was born – chia seeds were a staple food, like corn and beans, in the diets of the Aztecs and Mayans. Chia actually got its name from the Mayan word for “strength.”

Nutrition

The chia seeds are “super” because, like a super fruit, they deliver the maximum amount of nutrients with minimum calories. They have several of the same benefits as the more well-known “super seed” flax, but unlike flax seed, you don’t need to grind them to reap the health benefits. The nutritional benefits of chia include fiber, omega fatty acids, calcium, antioxidants and much more – even protein!

Contributing to its super-seed status, ounce for ounce, chia seeds have more omega-3 fatty acids than salmon! Chia is one of the most concentrated sources of omega-3 in any food. It also contains high amounts of omega-6. Everyone needs to consume high amounts of these essential fatty acids in their diet, because these EFAs build new cells and regulate various processes of the body, but our bodies cannot make them internally. They also support heart health and beautiful skin, hair and nails.

Millet



- **Millet** has nearly 15% protein content. It also contains high amounts of fiber and B-vitamins
- It is especially rich in minerals such as iron, magnesium, phosphorous, and potassium.
- **Millet** is highly alkaline, making it easily digestible and soothing to the stomach.
- Often, people of the African tribe credit millet for their wonderful-looking teeth as it has been their staple food for a long time. This also explains the secret of their fitness.

Teff



HEALTH BENEFITS OF TEFF

Teff leads all the grains – by a wide margin – in its calcium content, with a cup of cooked teff offering 123 mg, about the same amount of calcium as in a half-cup of cooked spinach. It's also an excellent source of vitamin C, a nutrient not commonly found in grains.

Fun Facts About Teff

Just one pound of teff grains can grow an acre of teff, while 100 pounds or more of wheat grains are needed to grow an acre of wheat.

Sorghum



Quinoa



Almonds



Flax Seeds



Mahatma Gandhi once said, "Whenever flaxseeds become a regular food item among the people, there will be better health."

Interesting Find...

People today can make their own hair-setting gel by boiling flaxseed in water to extract its mucilaginous contents. The flaxseeds are then strained off and the liquid cooled to a gel consistency before it is ready to use. Keep Refrigerated.

Rice



Long Grain B. Rice

Gluten Free Bread



If you don't want to fight...
Make waffles!



Long Grain B. Rice

The Blessings of a

Gluten Free Diet



There are more than 50,000 edible plants in the world, but a mere 3 of them, corn, wheat and rice provide 90% of the worlds food.

Rice alone feeds almost
half of humanity.

http://en.wikipedia.org/wiki/Staple_food

Gluten free a blessing in disguise!

Eat a variety. Go out of the norm. Find something new!
There are a lot more grains that you can safely eat than
there are ones containing wheat, we just don't use them.

Happy Cooking!

Download PDF of Recipes...

www.cragglecreekranch.weebly.com

For more information visit:

Celiac Sprue Association