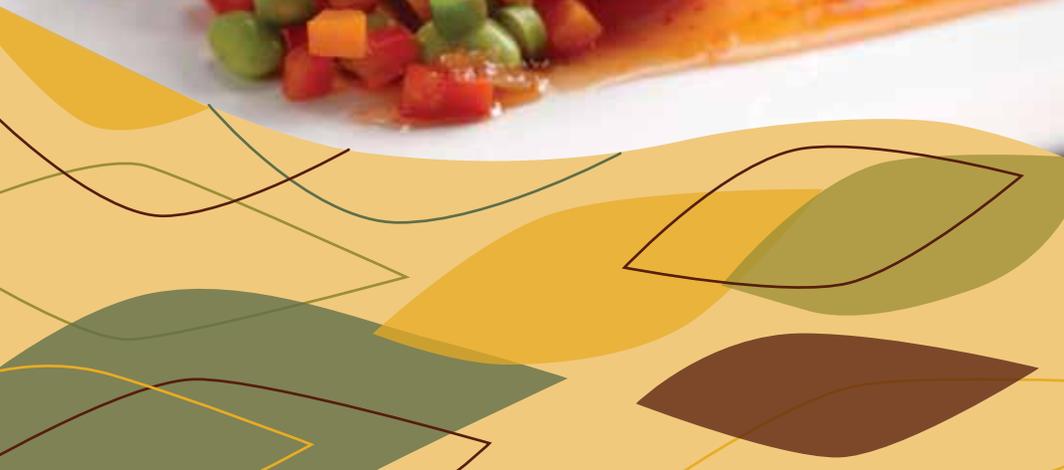


*How to Eat and Live*  
**Gluten-Free!**





## Soyfoods in a Gluten-Free Diet

As awareness of celiac disease increases, more people are being diagnosed with it and following a gluten-free diet. Soybeans are naturally gluten-free, making them a great choice for people with celiac disease.

### What is Celiac Disease?

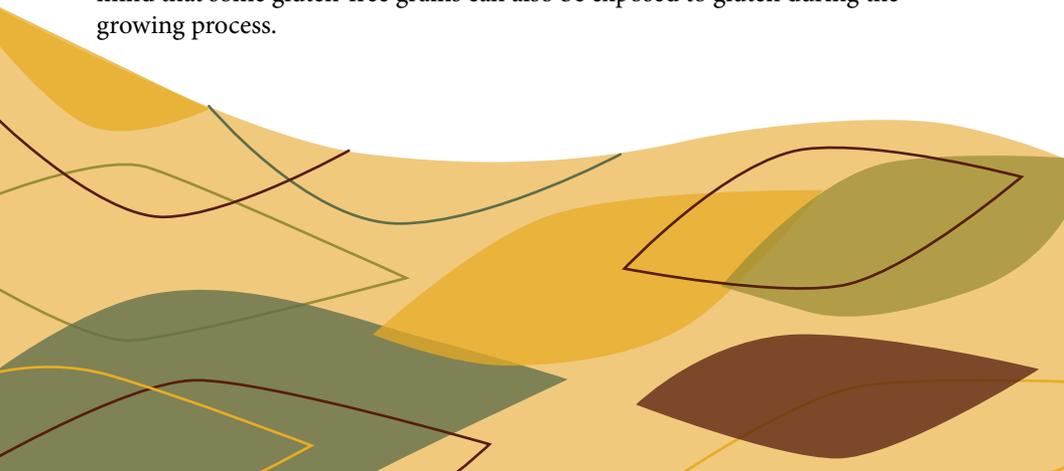
Celiac disease is an autoimmune disease that affects the digestive system. When a person with celiac disease eats gluten, a protein found in wheat, barley and rye, the immune system reacts by damaging the lining of the small intestine. As a result, the small intestine loses its ability to absorb nutrients from food, which can lead to health problems. By avoiding gluten, the small intestine can heal.

*Good to Know!* A gluten-free diet is not a weight loss plan. The diet is very restrictive and can be expensive so should only be followed by people with celiac disease.

### What is a Gluten-Free Diet?

A gluten-free diet is one that avoids all foods that contain any type of wheat, rye, and barley. That includes most bread, pasta, and cereal products. But gluten is also hidden in many processed foods such as sauces, flavorings, and marinades. That's why it's important to read labels carefully. If an ingredient is questionable, contact the food manufacturer to verify that the product does not contain gluten. Since a gluten-free diet can be complicated, it's best for people to seek counseling from a registered dietitian who can help plan gluten-free meals and snacks.

*Good to Know!* When buying gluten-free grains, such as corn, rice, or oats, check the product label to make sure the grain wasn't processed in a plant that also processes wheat or other gluten-containing grains. Keep in mind that some gluten-free grains can also be exposed to gluten during the growing process.



## Nutrition Concerns When Going Gluten-Free

Many breads and cereals are fortified with vitamins and minerals, such as iron, calcium, fiber, and B-vitamins, so avoiding these foods could mean missing out on important nutrients. But soyfoods can replace many of these nutrients. Soybeans, tofu and soymilk provide calcium. Soybeans, soy flour, TVP and tofu provide iron and B-vitamins. Soy also provides complete protein, fiber and disease-fighting phytochemicals.

*Good to Know!* Wheat and gluten are vital ingredients in many foods, affecting the food's flavor, texture, and color. When wheat is removed, sugar, salt, and artificial flavors or colors may be used to help replicate the properties of wheat. That's why it's best to stick with whole foods that are naturally gluten-free rather than specially formulated gluten-free products.

## How Soy Fits into a Gluten-Free Diet

Many soyfoods, like tofu and edamame, are naturally gluten-free. Here are some easy ways to include more soyfoods in your diet.

**Tofu.** This versatile ingredient can be used in many recipes, including soups and stir-fries. You can also use it to make delicious gluten-free desserts.

**Soynuts.** When you want a crunchy gluten-free snack, choose roasted soynuts. Flavored varieties could contain gluten so stick with plain or add your own seasonings.

**Edamame.** These young green soybeans add texture and flavor to salads and stir-fries.

**TVP.** Textured Vegetable Protein is often used as a meat replacement. Try it in casseroles, sauces and other main dishes in place of ground beef.

**Tempeh.** Tempeh holds its shape well so is easy to cook in a skillet or on the grill. Soak it in a marinade and it will quickly absorb the flavors.

*Good to Know!* Soy-based convenience foods, such as veggie burgers and vegetarian sausage, often contain gluten. Always check the ingredients before buying.

**Soy flour** can stand in for all-purpose (wheat) flour in baking. For the best results, you should mix soy flour with other gluten-free flours. Use one of these flour mixes to replace an equal amount of all-purpose flour in recipes.

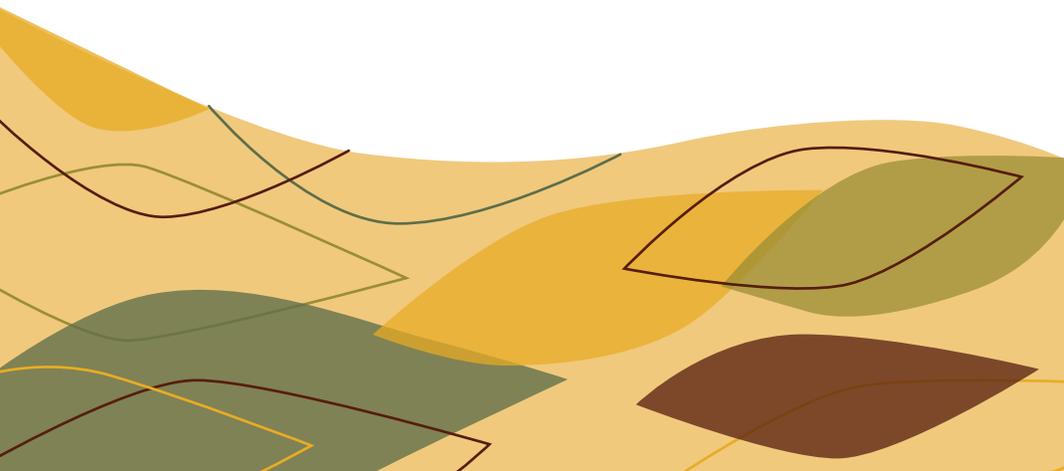
- ½ cup soy flour + ½ cup potato starch flour
- ½ cup soy flour + ½ cup rice flour
- ½ cup soy flour + ¼ cup potato flour + ¼ cup rice flour
- ¼ cup soy flour + ¼ cup tapioca flour + ½ cup brown rice flour

## Foods ALLOWED on a Gluten-Free Diet

- Soybeans
- Fruits and Vegetables (plain, fresh, frozen, or canned)
- Cereals made from soy, corn, or rice\*
- Bread and baked products made with soy, corn, potato, nut or rice flours\*
- Meat, poultry, fish (plain, not seasoned or breaded), eggs
- Dairy (milk, cheese, cottage cheese, most yogurts)
- Soy
- Rice
- Corn\*
- Buckwheat\*
- Sorghum
- Oats\*
- Quinoa\*
- Millet
- Arrowroot
- Amaranth\*
- Tapioca
- Beans

\*May be contaminated with wheat/gluten during processing. Check labels to ensure the product is gluten-free.

*Good to Know!* Baked products with soy flour may brown more quickly. Lower oven temperature by 25° to avoid over-browning.



## Foods NOT ALLOWED

This list includes any food *made* from the grains listed below, such as breads, cereals, crackers, pasta, pastries, and desserts.

- Wheat (durum, semolina, kamut, spelt, bulgur, farina, graham flour, matzo meal, triticale)
- Rye (pumpernickel)
- Barley

## Questionable Foods and Beverages

These are some foods and ingredients that should not be eaten unless you have verified with the manufacturer that they do not contain—nor are derived from—wheat, barley, and rye.

- Baked beans
- Breading
- Beer and other malt beverages
- Broth
- Candy
- Caramel color
- Coating mixtures
- Croutons
- Dextrin
- Dried fruit
- Flavored/seasoned tofu, nuts, cheeses and rice blends
- Gravy, white sauces, cheese sauces
- Hydrolyzed vegetable protein
- Imitation meat or seafood
- Malt flavoring or vinegar
- Malted milk or malt powder
- Marinades
- Processed meats (hot dogs, deli meats, sausages, meatballs)
- Salad dressings
- Self-basting poultry
- Shredded cheese
- Soup bases and prepared soups
- Soy sauce and Worcestershire sauce
- Starch (modified food starch, vegetable starch, gelatinized starch)
- Stuffings
- Thickeners – modified food starch

 **NOTE:** *The ingredients in the following recipes are typically gluten-free but since brands vary, make sure to check labels to ensure that the product does not contain gluten.*

## Chicken and Noodle Toss

*Made with gluten-free noodles and a rich, creamy sauce, this dish is similar to the classic fettucine alfredo. We made it more nutritious by adding chicken and lots of veggies.*

2 8-ounce packages tofu shirataki noodles, fettucine-shaped  
1 tablespoon butter  
4 ounces cream cheese  
½ cup grated Parmesan cheese  
½ cup lowfat milk  
1 tablespoon vegetable oil  
1 cup sliced baby Portobello mushrooms  
2 medium red and/or yellow bell peppers, cut into thin slices  
3-4 cloves garlic, minced  
1 cup frozen edamame, cooked according to package directions  
3 cups chopped cooked chicken  
Salt and coarsely ground black pepper, to taste

1. Rinse and drain shirataki noodles thoroughly. Transfer to a microwave safe bowl and microwave one minute. Dry noodles thoroughly and set aside.
2. In a small saucepan, melt butter over medium heat. Add cream cheese and use a heat-resistant spoon or spatula to blend it with the butter. Add cheese, mixing to combine. Whisk in milk and heat until sauce is smooth, about 2-3 minutes. Set aside.
3. In a large skillet, heat oil. Add mushrooms and peppers and sauté a few minutes. Add garlic and edamame and heat until vegetables are desired tenderness. Add chicken, noodles, and cheese sauce to the skillet, mixing to combine. Season with salt and black pepper, if desired. Warm mixture a few more minutes, then serve. Makes 4 servings.



## Cheesy Polenta Casserole

*Try this Italian-inspired layered casserole in place of traditional lasagna. You won't miss the meat!*

- 1 16-ounce tube refrigerated prepared polenta, original flavor
- 1 24-ounce jar marinara sauce
- 1 cup TVP (Texturized Vegetable Protein)
- 1 cup chopped fresh basil, *divided*
- 1 cup shredded mozzarella cheese
- 1 cup grated Parmesan cheese

Remove polenta from packaging and cut it into ¼-inch slices. Place half of the slices onto the bottom of a 9x9-inch casserole dish. In a medium, heat-proof bowl, rehydrate TVP with water according to package directions. Mix TVP with marinara sauce and spread half of it over polenta slices in casserole dish. Top with half of the chopped basil and half of the mozzarella and parmesan cheeses. Make another layer with remaining polenta, marinara, and cheeses. Bake in 350 degree oven for 30 minutes or until cheeses are browned. Remove casserole from oven and top with fresh basil. Makes 6 servings.



## Edamame and Walnut Salad

*Serve this fresh and flavorful side dish with roasted salmon, chicken, or beef. Save any leftover Ginger Dressing to use later in the week, on tossed greens or grilled fruit.*

- ½ heaping teaspoon Dijon mustard
- 2 tablespoons wine vinegar or balsamic vinegar
- ½ cup extra virgin olive oil
- 1 teaspoon grated fresh ginger
- ½ teaspoon salt
- ½ teaspoon brown sugar
- ½ teaspoon freshly ground pepper
- Juice from 1 orange, divided
- 11 ounce can Mandarin oranges, drained
- 12 ounces shelled cooked edamame
- ½ cup walnut halves, toasted

For Ginger Dressing, combine first 7 ingredients with juice from only one-half of orange, whisk together until emulsified. Squeeze juice from remaining half of orange over edamame and mandarin oranges. Just before serving, gently toss salad with about half of the vinaigrette, adding more if necessary. Taste for salt and pepper and adjust as necessary. Crumble toasted walnuts on top and serve. Makes 8 servings.



## Curried Corn and Pepper Chowder

*Soy milk boosts the protein in this hearty chowder, making it enough for a small meal. Or serve it as a tasty side dish for grilled steak.*

- 2 tablespoons vegetable oil
- ½ cup finely chopped green bell pepper
- ½ cup finely chopped red bell pepper
- ¼ cup minced shallots
- 2 teaspoons curry powder, or to taste
- ½ teaspoon salt
- 3 cups fresh corn or one 16-ounce bag frozen corn, thawed (about 3 cups)
- 1 cup vegetable stock
- ½ teaspoon freshly ground pepper, or to taste
- 3 cups plain, unflavored soy milk
- ½ cup shredded cheddar cheese

1. Heat the oil in a large saucepan or Dutch oven over medium-high heat. Add the bell peppers; cook, stirring occasionally, until tender, about 4 minutes. Add the shallots during the last minute; stir until tender but not browned. Add the curry powder and salt; stir for 1 minute.
  2. Stir in the corn, vegetable stock, and pepper. Bring to a boil, reduce the heat to medium; cover and cook until the vegetables are tender, about 5 minutes.
  3. Transfer 2 cups of the corn mixture to a blender or food processor. Add 1 cup of the soy milk. Process until the mixture is nearly smooth. Pour the puréed mixture into the saucepan; stir in the remaining soy milk. Stir gently over medium heat until the mixture is heated through, about 5 minutes. Sprinkle each serving with 2 tablespoons cheese.
- Makes 4 servings.



## **Resources/Support Groups:**

*For additional information contact one of the support groups below.*

### **Gluten Intolerance Group**

31214 124th Ave SE  
Auburn, WA 98092-3667  
253-833-6655  
[www.gluten.net](http://www.gluten.net)

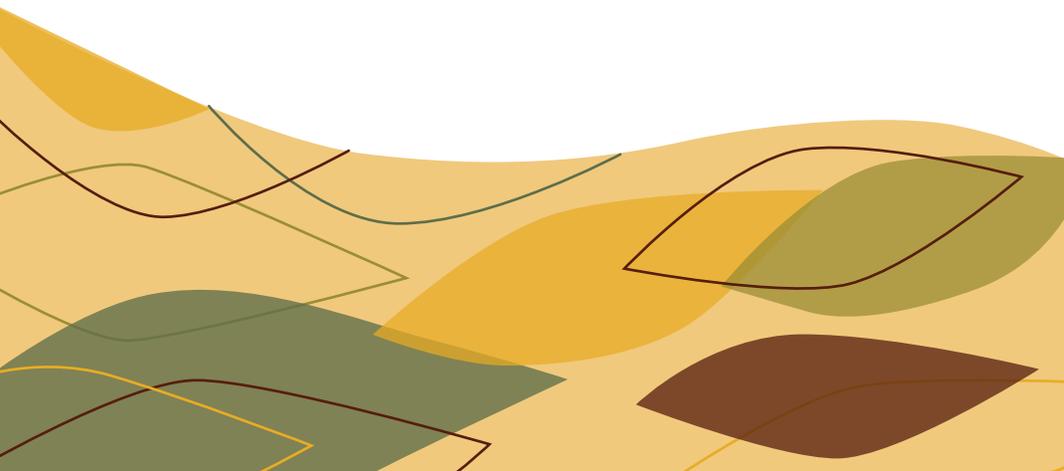
### **Celiac Sprue Association, USA, Inc.**

PO Box 31700  
Omaha, NE 68131-0700  
877-272-4272  
[www.csaceliacs.org](http://www.csaceliacs.org)

### **Celiac Disease Foundation**

13251 Ventura Blvd. Ste.1  
Studio City, CA 91604-1838  
818-990-2354  
[www.celiac.org](http://www.celiac.org)

The information in this brochure is not intended as medical advice.  
Individuals should consult a medical professional for individual advice.





*funded by the soybean checkoff*

1255 SW Prairie Trail Parkway • Ankeny, IA 50023

Phone: 866-431-9814 • Fax: 515-251-8657

[www.thesoyfoodscouncil.com](http://www.thesoyfoodscouncil.com)

**Like us on Facebook**  
**The Soyfoods Council**



**Follow us on Twitter**  
**@SoyfoodsCouncil**



*Photos courtesy of The Soyfoods Council*