

*One Girl's Journey
to Gluten Free
Living*

Gluten Free Resource Kit

GLUTEN FREE RECIPES

Welcome to a world of
gluten-free, satisfying eating!

BEEN DIAGNOSED WITH CELIAC?

Cheer up! Being a celiac is
not the end of the world.



STAYING GLUTEN-FREE AT SCHOOL

It's challenging but it can be done
This magazine has tips and tricks
that you can follow to enjoy a
gluten-free life at school

Annika Dhariwal
Founder Gluten Free Jio



Checkout
My Website

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Hi Everyone, I am Annika Dhariwal, a 17-year-old teenager ,who was diagnosed with celiac disease at the age of 9. As someone who attends boarding school overseas in the U.K. and has traveled over forty countries, I hope to encourage and inspire other children and adults on a gluten free diet to dream big.



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What is Celiac Disease?

Celiac disease is an autoimmune disorder characterized by permanent intolerance to the protein gluten, which is found in wheat, rye, barley, and other grains. Also known as celiac sprue or gluten-sensitive enteropathy, celiac disease, is a genetic disorder that can affect both children and adults. According to a recent estimate by the All India Institute of Medical Sciences (AIIMS), around 6-8 million people in India suffer from celiac disease- that we know of. This auto-immune disorder has no treatment except following a Gluten-free Diet.

When people with Celiac disease consume gluten, their immune system responds by damaging the small intestine. Tiny finger-like protrusions, called villi get damaged in Celiacs with the ingestion of gluten. Villi are responsible for the absorption of nutrition into the bloodstream. Once damaged, a person with Celiac Disease can become malnourished, regardless of the quality or quantity of the food eaten. The proteins that cause these difficulties are collectively called gluten and are found in wheat, barley, rye, and their derivatives.

What are the Symptoms of Celiac Disease?

The symptom of Celiac disease varies considerably, which include intestinal issues like diarrhea, abdominal pain, skin issues like dermatitis herpetiformis (DH), eczema, acne, behavioral issues like brain fog, anxiety, depression, joint/muscular issues like cramps, and swelling in hands, etc. It is not important to have symptoms in the digestive system if one has Celiac disease, as it is commonly believed. There are more than 200 known symptoms of Celiac Disease. This makes it difficult to diagnose people. Some people may not have any symptoms at all but still test positive for Celiac disease blood test.

We can categorize Celiac Disease symptoms into the following –

- Classical Celiac Disease – Typical gastrointestinal problems like stomach ache, diarrhea, etc.
- Non-Classical Celiac Disease – Patients may have mild gastrointestinal symptoms without clear signs of malabsorption or unrelated symptoms.
- Silent Celiac Disease – Patients complain of no symptoms, but still experience villous atrophy damage to their small intestine.

Common Symptoms



Children

- Abdominal Bloating & Pain
- Diarrhea
- Constipation
- Vomiting
- Weight-loss
- Fatigue
- Irritability
- Dental Enamel Defects
- Short Stature
- Failure to thrive at school
- Attention Deficit Hyperactivity Disorder (ADHD)



Adults

- Unexplained Iron Deficiency
- Depression
- Numbness in Hands/Feet
- Infertility
- Dermatitis Herpetiformis
- Fatigue
- Migraine
- Elevated Liver Enzymes

Diagnosis of Celiac Disease

The number of ways Celiac Disease can affect patients, combined with a lack of training in medical schools, contributes to the poor diagnosis rate in India and perhaps the world. Currently, it is estimated that 80% of the Celiac disease population remains undiagnosed. First-degree relatives (parents, siblings and children) whether or not experiencing symptoms, should also be screened, since there is a 1 in 10 risks of developing Celiac Disease.



Nutritional Concerns

At the time of diagnosis, parents and children should meet a registered dietitian who is knowledgeable about Celiac Disease and the gluten-free diet. The patient and the family need to be educated regarding the negative consequences of untreated Celiac disease, including nutrition - related complications such as iron deficiency, osteoporosis, and autoimmune disorders.

Why Get Screened?

Celiac Disease is a lifelong autoimmune disorder that affects multiple parts of your body, which can lead to other serious illnesses whether or not you are on a gluten free diet.

Blood Test

There are several blood tests available that screen for celiac disease antibodies, but the most commonly used is called TTG – IgA test. For this test to work, you should be on a diet that contains gluten. If blood tests suggest celiac disease, your physician will recommend a biopsy of your small intestine to confirm the diagnosis

Endoscopic Biopsy

This procedure is performed by a gastroenterologist and is an outpatient procedure. A biopsy is taken of the small intestine, which is then analyzed to see if there is any damage consistent with celiac disease. The diagnosis may be confirmed when improvement is seen while on a gluten-free diet.

What is the treatment for Celiac disease?

The only treatment for Celiac disease is to go on a lifelong gluten-free diet. This may sound like an easy solution at first, but gluten unfortunately is hidden in food additives, flavorings, cosmetics, school supplies, and more. Therefore, it is more of adopting a gluten-free lifestyle.



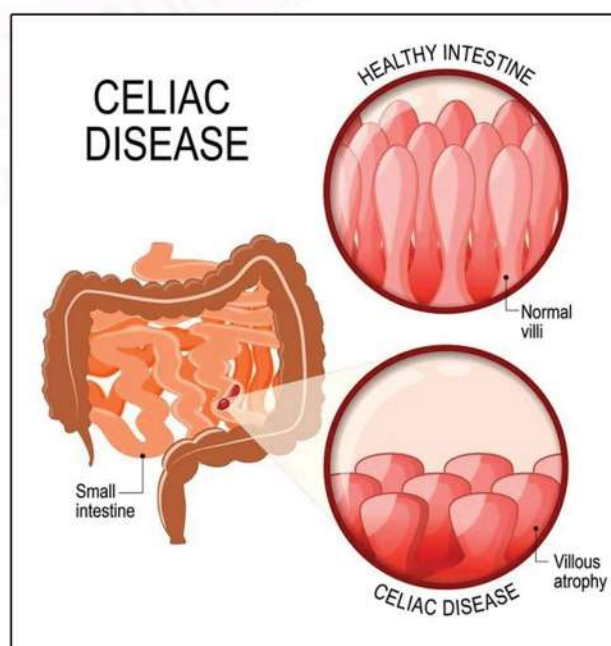
Follow up Care

Frequent follow-up is important to ensure that the symptoms of Celiac disease have resolved. Families often encounter conflicting information, so the diet should also be reviewed to clear up any confusion and identify any potential sources of gluten. Periodic visits for assessment of symptoms, growth, physical examination, and adherence to the gluten free diet are a must. Tissue Transglutaminase (TTG) should be measured after six months of starting a Gluten-free diet and then at one year intervals. A decrease in TTG indicates compliance with the diet and conversely, a rise will indicate non-compliance.

Diagnosis of the disease is only the beginning, as the doctor will provide the education and support for life long compliance to the gluten free diet. Support groups like Gluten-Free Jio are important links, which allow participation of a Celiac and encourage compliance to a gluten-free diet, preventing future complications of untreated Celiac Disease and improvement of quality of life.

Non-Celiac Gluten Sensitivity

People with non-celiac wheat sensitivity experience symptoms similar to those of Celiac Disease, which resolve when gluten is removed from their diet. However, they do not test positive for celiac disease. This is also known as Non-Celiac Gluten Sensitivity. Symptoms typically appear hours or days after gluten has been ingested. Clinically, it has been recognized as less severe than celiac disease.



Some Facts about Celiac disease

Contrary to popular belief, Lorem Ipsum is not simply random text. It has roots in a piece of classical Latin literature from 45 BC, making it over 2000 years old. Richard McClintock, a Latin professor at Hampden-Sydney College in Virginia, looked up one of the more obscure

Latin words, consectetur, from a Lorem Ipsum passage, and going through the cites of the word in classical literature, discovered the undoubtable source. Lorem Ipsum comes from sections 1.10.32 and 1.10.33 of "de Finibus Bonorum et



What is Gluten?

Gluten is a protein found in wheat, rye, and barley. It is the substance in flour that forms the structure of dough, the “glue” that holds the product together. When these proteins are present in the diet of someone with Celiac disease, they become toxic and cause damage to the intestine.



Where is Gluten Found?

The grains containing gluten include wheat, rye, barley, and all their derivatives. These grains are used in such items as bread, cereals, pasta, cakes, etc.

What can you eat if you are a Celiac?

Many foods can fit into your diet that is naturally gluten-free.

Sorghum	Quinoa	Rice
Soy	Amarnath	Arrowroot
Flours made from nuts beans and seeds	Corn	Flax
	Buckwheat	Millet

YES! Foods I can eat!	NO! Foods I have to avoid!
 <p>BEANS, PEAS & LEGUMES</p> <p>MEATS & FISH</p> <p>BUCKWHEAT</p> <p>EGGS</p> <p>CHEESE (Unprocessed)**</p> <p>SORGHUM</p> <p>BUTTER**</p> <p>TAPIOCA (Starch & Flour)</p> <p>CORN (Cornmeal)</p> <p>VEGETABLES (Fresh is best)</p> <p>TAMARI</p> <p>MILLET*</p> <p>SEEDS</p> <p>SPICES (Beware of Seasonings)**</p> <p>YEAST</p> <p>FRUITS (Fresh is best)</p> <p>SOY (Milk, Cheese, Tofu)</p> <p>OILS (Vegetable, Canola, Olive)</p> <p>QUINOA</p> <p>VANILLA EXTRACT**</p> <p>MILK</p> <p>YOGURTS**</p> <p>FLAX</p> <p>VEG. BROTH</p> <p>POTATO (Starch & Flour)</p> <p>NUTS (Plain & Flours)</p> <p>RICE (All Types, Flours)</p>	 <p>BARLEY (Including Sprouted)</p> <p>FLOUR TORTILLAS</p> <p>BEER</p> <p>BOUILLON CUBES</p> <p>WHEAT (Germ, Starch, Bran, Grain, Sprouted)</p> <p>OATS</p> <p>UDON</p> <p>SEMOLINA</p> <p>COUS COUS</p> <p>BREADED FOODS</p> <p>RAMEN</p> <p>GRAHAM (Flour, Crackers)</p> <p>SOY / TERIYAKI SAUCE</p> <p>BULGAR</p> <p>BRAN</p> <p>BREAD CRUMBS</p> <p>DURUM</p> <p>FARINA</p> <p>PASTA</p> <p>CAKE FLOUR</p> <p>RYE, SPELT, KAMUT, TRITICALE</p> <p>HYDROLYZED WHEAT PROTEIN</p> <p>MALT (Vinegar, Flavoring, Syrup, Extract)</p> <p>TABOULEH</p> <p>MATZAH</p> <p>VEGETABLE STARCH</p>

How do I start a Gluten-free diet?

To begin with, a gluten free diet, make a list of all the gluten free products and find a grocery store to shop.

Eating at Home

Breakfast Recipe

4-Ingredient Pancake

- 125 grams of gluten-free plain flour
- 1 egg
- 250 ml of milk
- 1-2 spoon of Butter



METHOD

- Put the gluten-free flour in a bowl, then add an egg and a quarter of your milk into it.
- Whisk thoroughly to create a thick paste.
- Once the mixture is lump-free, whisk in your remaining milk and leave it to rest for 20 minutes.
- Heat a small non-stick frying pan with a small portion of butter. While your butter is melting, stir the mixture that you kept aside.
- When the butter starts to foam, pour a small amount of your pancake mix into the pan and swirl your pan to coat the base.
- Cook for a few minutes, until your pancake is golden brown on the bottom before turning it over and cooking the other side.
- Repeat the steps until you have used up all the mixture, buttering up your pan as necessary.
- Serve your pancakes with your toppings and/or syrups of choice.

Lunch/Dinner Recipe

Achari Arbi

- 8-10 Arbi (Taro Roots)
- 1 Cup Beaten Fresh Curd / Yogurt
- 2 Tomatoes, pureed
- 2 Green Chillies, finely chopped

METHOD

- Wash the Arbi and boil it in a pressure cooker till you get 1 whistle. Once the pressure has settled down, take out the Arbi and let it cool down.
- Peel the skin of the Arbi. To remove the skin from the thick end and then slide the Arbi out of its skin by pressing gently from the other end.
- Cut the Arbi length wise into 2 halves.
- Heat oil in a pan on medium heat. Add sliced Arbi and fry them till light its golden brown. Drain the excess oil on an absorbent paper.

- 1-inch Ginger, grated
- 1/2 tsp Mustard Seeds (Rai)
- 1/2 tsp Cumin Seeds (Jeera)
- 1/2 tsp Carom Seeds (Ajwain)
- 1/2 tsp Fennel Seeds (Saunf)
- 1/2 tsp Fenugreek Seeds (Dana Methi)
- 1/2 tsp Nigella Seeds (Kalaunji)
- 1/2 tsp Turmeric Powder (Haldi)
- 1/2 tsp Red Chilli Powder
- 1/2 tsp Coriander (Dhaniya) Powder
- 1/2 tsp Garam Masala
- 1/4 tsp Dry Mango Powder (Amchur)
- 3/4 tsp Salt, or to taste
- 1/2 Cup Chopped Coriander Oil for frying

- Heat oil in a pan and add the mustard seeds. When they start to splutter add Cumin Seeds, Carom Seeds (Ajwain), Fennel Seeds (Saunf), Fenugreek Seeds (Dana Methi), and Nigella Seeds (Kalaunji).
- Fry them for a few seconds till they start to crackle.
- Now add the finely chopped Green Chillies, grated Ginger and pureed tomatoes to the pan.
- Cook till the raw aroma of the tomatoes goes away.
- Fry the gravy for a couple of minutes till it is properly roasted.
- Repeat the steps until you have used up all the mixture, buttering up your pan as necessary.
- Add 1 cup of beaten curd along with 1/2 cup of water and cook on low heat for 4-5 minutes.
- Stir continuously while cooking, otherwise the curd will curdle.
- Finally, add the fried Arbi slices. Close the flame and let it sit for 15-20 minutes. Add coriander to garnish.



Snack Recipe

Gluten free Dosa

- 1 cup chickpea flour or gf besan

METHOD

- Make dosas right before serving. Place all ingredients for dosa in a bowl and 1 ½ cup of water to make a batter like a crepe batter.

- 1 cup brown rice flour
- ¼ tsp gf baking soda
- Salt to taste
- 1 tsp oil
- 1 ½ cup water



- Heat a non-stick or cast-iron griddle. When the griddle is very hot, put a little oil and spread it on the griddle. Take some of the batters and spread it in a spiral motion moving towards the outward part. Put some more oil on the edges of the dosa.
- Flip the dosa when it turns golden. After 20 seconds of cooking, remove it from the griddle and serve hot with white chutney and sambhar.
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Eating in a Restaurant

SELECTING A RESTAURANT

- Try and find a restaurant that serves gluten-free food (tip: Google 'gluten-free restaurant'). Some restaurants are certified and their staff has undergone a gluten-free training program. In India however these restaurants may be quite rare.
- The best places to eat out if you are a Celiac are Indian, Japanese and Continental restaurants and coffee shops. Steer clear of places that serve junk food like hamburgers or pizzas and Chinese or Thai restaurants. Soya sauce is known to contain gluten.
- Before you visit the restaurant, see if you can get a copy of their menu online. Study the menu to see what might be some good options to order. Phone the manager and enquire whether they can provide a gluten-free meal. Are the servers and cooks equipped to understand and handle your order?
- At the restaurant, speak with the manager again about your menu choices and request him or her to have your order cooked separately in utensils that are uncontaminated with gluten.



- Speak to the waiting staff and ensure they understand your condition. Ask them to convey the information to the chef so they can cook your dishes in a suitable manner using the necessary precautions.

THINGS TO KEEP IN MIND WHILE ORDERING AT RESTAURANTS



- Avoid anything with sauce, ketchup and vinegar - there is probably hidden gluten in them.
- Do not order dishes that have sauces as all sauces contain thickeners made with flour.
- Order dishes that are naturally gluten free, for example, grilled fish or chicken, vegetables and jacket potatoes or a pulao.
- Avoid curries with hing (asafoetida) like Sambar. The hing has wheat as an anti-caking agent.
- South Indian dishes like dosas, appams and idlis are good and are usually made of a combination of rice and urad dal but avoid Rava dosas or idlis. These contain semolina.
- Avoid ordering anything with Suji (sooji) or rava (rawa) -- This is semolina (wheat) and can be used in the batter for frying fish or cutlets. Dishes like Upma also contain Rava. Examine desserts - Kheer might contain Sevia (vermicelli).
- Ensure Koftas (Indian meatballs) do not contain breadcrumbs or any other gluten-containing material.
- Order salads without dressing to be on the safe side.
- Be careful of soups that are labeled cream of anything. The thickening agent probably has flour. Clear soup is a better bet.

A Short Guide To Reading Labels

Completely Avoid

- Food additives / ingredients that have wheat or related terms in the name indicate the definite presence of gluten - avoid at all costs.
- Includes wheat in the name: wheat germ oil, hydrolyzed wheat starch, wheat flakes etc.
- Different variations of wheat: Rava, Sooji (semolina), Daliya (Cracked wheat) bulgur, Couscous.
- Different strains of wheat: Durum, Farro, Einkorn, Kamut - not often found on Indian food labels.
- Triticum-latin name for wheat.

Other ingredients that need to be avoided

- Barley or Malt in the name -Barley water, Malt extract, Single malt, malt flavoring etc. Hordeum (Latin name for barley) .
- Atta, Maida.
- Flour: Refined flour, bleached flour, enriched flour, all-purpose flour etc.
- Oats or Avea Sativa (Latin name for oats).
- Rye or Secale cereale (Latin name for Rye).
- Triticale - a cross between wheat and rye.

Be very cautious



If you counter these words, be alerted to the very strong possibility of gluten in the product

Breaded

Bran

Coated

Cookie

Cereal

Cracker

Breaded

Bran

Coated

Cookie

Cereal

Cracker

Completely Avoid

Commonly found additives that probably contain gluten. These could have been derived from gluten sources like wheat, barley, rye or non-gluten sources like corn, tapioca or potato.

- Food additives with flavoring in the name like Artificial Flavor.
- Food additives with vegetables in the name like hydrolyzed vegetable starch, vegetable protein, vegetable starch etc.
- Food additives with color in the name like Artificial color, Caramel color etc.
- Food additives with starch in the name like Edible Starch, Modified food starch, pre-gelatinized starch
- Dextrate
- Dextrimaltose
- Enzymes
- Brown rice syrup
- Golden syrup
- Dried glucose syrup
- Maltose & Maltodextrin



Points to note:

- Look for 'Gluten-free' on the label. Some manufacturers do label their products and this is very helpful.
- Wheat-free does not mean gluten-free, the product may have rye or barley in it.
- Even if the product does not contain gluten, it may still be contaminated with gluten by using processing equipment that was also used to process products containing gluten.
- Read the labels carefully each time you buy a product, ingredients, suppliers or production facilities may have changed.
- In case of doubt contact the manufacturer through the contact details given on the box and get the answer to your queries to avoid gluten mishaps.

Note:

- Gluten Free
- There are no gluten containing ingredients added to this product however the manufacturer cannot guarantee the product is gluten-free since they do not test for its absence.

Gluten Free Jio App

Gluten Free Jio



4.5
RATING



5.0
RATING

Gluten Free Jio will simply make your life easy. Its an innovative app, which helps celiac or people on a gluten free diet to find restaurants, cafes, fast food corners, grocery shops providing them a hassle free experience. You need not worry about your meals even if you are travelling out of your city. Simply add your current address or any specific address to fetch the list of all the places that offer gluten free food.

Living a gluten-free life in India can be quite challenging. Gluten-Free Jio is here to make things easier for you by creating awareness, helping you locate the nearest grocery stores and restaurants dealing with gluten-free food and supplies, and so much more.

In an effort to bring about a change, our mission is three-fold:

- Find out restaurants near you that offer gluten-free food. You can also filter the options for a particular cuisine of your choice.
- Locate the nearest grocery stores carrying gluten-free supplies.
- Find out directions and contact details from the business listings.
- Review your gluten-free card in any regional Indian language.
- Find useful resources in the form of informative videos, blogs, and eBooks.

Celiac Disease Resources



Websites

- Gluten Free Jio www.glutenfreejio.com
- Celiac Disease Foundation www.celiac.org
- Rochester Celiac Support Group www.rochesterceliac.org
- The University of Chicago Celiac Disease Center www.cureceliacdisease.org
- The Academy of Nutrition and Dietetics www.eatright.org



Books

- Ahern, Shauna James. Gluten Free Girl: How I Found the Food that Loves Me Back....And How You Can Too. Hoboken, NJ: Wiley Publishing: 2007
- Matison M, Matison D. Gluten Free Grocery Shopping Guide by Celecia's Marketplace. Kalamazoo, MI: Kal – Haven Publishing : 2011.
- Lowell, Jax Peters, The Gluten Free Bible: The Thoroughly Indispensable Guide to Negotiating Life without Wheat. New York, NY: Henry Holt and Company LLC: 2005



Magazines

- Gluten-Free Living: A magazine for people with celiac disease
www.glutenfreeliving.com
- Living Without: A magazine for people with food allergies & sensitivities.
www.livingwithout.com

Disclaimer: *The information provided in this resource kit is for general information purposes only. These are my personal views and do not warranty, express or imply the adequacy, accuracy and completeness. Some techniques have helped me in the past. Each individual is unique and what worked for me may not work for you. Please consult your doctor and discuss the strategies that will have the maximum benefit given your specific condition.*

**ATTENTION
PLEASE**

Living a Gluten Free Lifestyle



GET IT ON
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DON'T LEAVE HOME WITHOUT THESE!

Travelling through India? We have Restaurant Dining Cards in over 10 different Indian languages.

Download the restaurant cards from Website
www.glutenfreejio.com