

Gluten-Free & Healthy!



- Get whole grains in your diet. Try a whole grain hot cereal, brown rice bread, wild rice with dinner, or even quinoa pasta.
- Switch to a gluten-free baking blend using sorghum, garbanzo beans, brown rice or other whole grains.
- Have fruit or vegetable with every meal—5-9 servings a day. That can be as easy as an orange with breakfast, a veggie soup and a salad with lunch, dried fruit for snack and 2 servings of veggies along with dinner.
- Choose whole (fresh, frozen or dried) vegetables and fruits over juices, which have most of the fiber removed.
- Include legumes (i.e., dried beans and peas) with your meals regularly; increase your intake of these foods gradually to limit tummy troubles.
- Drink your water! 6-8 glasses a day are important to stay hydrated, **especially when you increase the amount of fiber you eat.**
- Add in fermented foods, like sauerkraut, kimchi, etc.
- Include nuts and seeds several times a week, which also contain monounsaturated fats.
- Go for healthy fats. Increase your intake of fatty fish, like salmon and trout.
- Use healthy oils, like olive, walnut, avocado, etc. Eliminate trans fats completely.
- Limit sugar and high fructose corn syrup.
- Take care of yourself. This includes sleeping well, reducing stress, and doing things you enjoy. **You're worth it.**

