

PROFESSIONAL INSIGHT



STAYING GLUTEN-FREE



Alexandra Anca
MHSoc. RD, author, Complete Gluten-Free Diet and Nutrition Guide

Tips for avoiding cross-contamination in your home:

■ Invest in a new toaster for gluten-free toast: washing the toaster or dividing a four-slot toaster into the “gluten” and “gluten-free” sides will not eliminate contamination with bread crumbs.

■ Label your name on any jars or containers that may be shared by others: butter or margarine, peanut/nut/seed butter jars, jars of jam, jelly, fruit butters or honey. Also consider purchasing products in squeeze bottles.

■ Clean the counters: before starting meal preparation, or whenever you prepare your own snacks or meals, make sure you clean the counters to avoid the risk of contaminating your food with another member of your household who might have left crumbs of bread, crackers or cookies on that counter.

■ Use a separate mesh colander for straining your gluten-free pasta: It is often difficult to wash out small pieces of regular pasta if the colander is used for both regular and gluten-free pasta.

■ Keep a separate cutting board for foods containing gluten.

■ Replace or line baking ware, particularly the metal kind, with parchment paper.

Hidden sources of gluten:

■ Modified food starch: the source of starch may be from wheat, soy, corn and potato. When the source of starch is not identified, check with the manufacturer. Modified food starch from wheat is also a source.

■ Hydrolyzed vegetable protein: the source of vegetable protein may be from wheat, soy or corn. When the source is not identified, check with the manufacturer. Hydrolyzed vegetable protein from wheat is also a source.

■ Seasonings: seasoning mixes may contain wheat flour, wheat starch or barley malt.



TIP

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AVOIDING CROSS-CONTAMINATION IS PART OF LIVING GLUTEN-FREE

Living and thriving on a gluten-free diet

SHOWCASE

■ **Question:** How does a competitive athlete not only live with Celiac Disease, but thrive?

■ **Answer:** He uses it as added incentive to maintain the clean, healthy diet required of athletes.

For some, Celiac Disease might seem like a big hassle and just another inconvenience in one's life. Not to me. Being an elite athlete living with CD—although an inconvenience at times—has actually been a benefit. I am a competitive cross country skier currently living and training in Thunder Bay. I am racing for the Cross Country Canada-governed National Development Center in Thunder Bay, which is one of four across our nation. I was born in Whitby, Ontario in 1990 and eventually moved to the small town of Marathon, Ontario on the top of Lake Superior.



Dudley Coulter
Competitive skier

Once I realized how passionate I was about skiing, I decided to take my ski career more seriously and moved to Thunder Bay to train professionally.

Being an athlete with Celiac Disease isn't as hard as people think it is. Actually I think it's easier! Why? Because eating gluten-free enables me to eat healthier. I know that this more positively impacts my skiing. Any person can follow the Gluten Free (GF) diet, and, in fact, many athletes are choosing to do just that. Following the GF diet stops the inflow of useless carbohydrates like pizza, baking, sugary cereals and much more. Some people eat GF temporarily as a means of cleansing out their system—and I do that every day. I'll admit, it's not always fun while on a ski trip as I watch my teammates order delicious looking meals that I cannot have. But really, I'm eating my own kind of

delicious—usually something like fish and rice or steak and potatoes.

If you have been recently diagnosed and are struggling with all the changes, do what I do. First, take a breather—everything will work out. Secondly, do some research into where your local GF providers are. All of the dishes you normally eat can be replaced by something equal or better. For example my ultimate pre-race meal is oats with honey, yogurt, fruit and a slice of bread with butter. My GF oats are provided by Cream Hill Estates Pure Rolled Oats. I make my own bread but GF frozen bread is often found at the nearest supermarket or specialty store. In the end, if you strictly follow your diet, there is no reason why you can't be the best in your sport. Having CD has made me healthier, has opened a new world of sponsorships and most of all I'm well on my way to reach my Olympic goals.



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