

Food Advocate

MAY 2024 ISSUE | COURTNEY INSLEY

May is,

CELIAC DISEASE AWARENESS MONTH

Celiac Disease is an autoimmune disease that is inherited. It is not a food allergy or a food intolerance. You have a 1 in 10 chance of developing the disease if you have a relative with the disease. Some signs/symptoms to be aware of can include the following: abdominal pain, dental enamel defects, diarrhea/constipation, headaches, and short stature. Unfortunately, there is no cure for Celiac Disease, but for most people, sticking to a gluten free diet can help manage symptoms and help the intestines heal.



May Recipes: Gluten Free Meals

Gluten is the number one trigger of Celiac Disease, therefore avoid foods/beverages containing gluten, such as breads, pastas, and cereals. The following recipes can be enjoyed by anyone whether you are avoiding gluten or not and are overall healthier alternatives!

Your Favorite Recipes Made Healthier

Spaghetti & Meatballs: Swap out pasta noodles for spaghetti squash

Ingredients: spaghetti squash, protein of choice, and tomato sauce

Directions: Cut squash in 1/2 and drizzle with olive oil. Place face down on baking sheet and bake for 40 min at 375 degrees. When done, separate squash with a fork to create noodles. Top with protein of choice and sauce.



Banana Bread: Oats can be blended to create a flour

Ingredients: 2 1/2 cups rolled oats, 3 medium ripe bananas, 3/4 cup brown sugar, 1/2 cup milk, 2 large eggs, 1/3 cup oil, 1/2 tsp baking soda, 1 tsp salt, 2 tsp vanilla extract, and 1 cup rolled oats

Directions: Blend oats first, then add in bananas, brown sugar, milk, eggs, oil, baking soda, salt, and vanilla extract and blend until smooth. Add in the 1 cup of rolled oats and pulse 2-3 times. Pour the batter into a oiled loaf pan and bake for 65-70 min at 350 degrees.



Tacos With a Twist: Ditch the tortilla for a lettuce wrap or make into a bowl

Ingredients: Romaine, protein of choice, and any other toppings

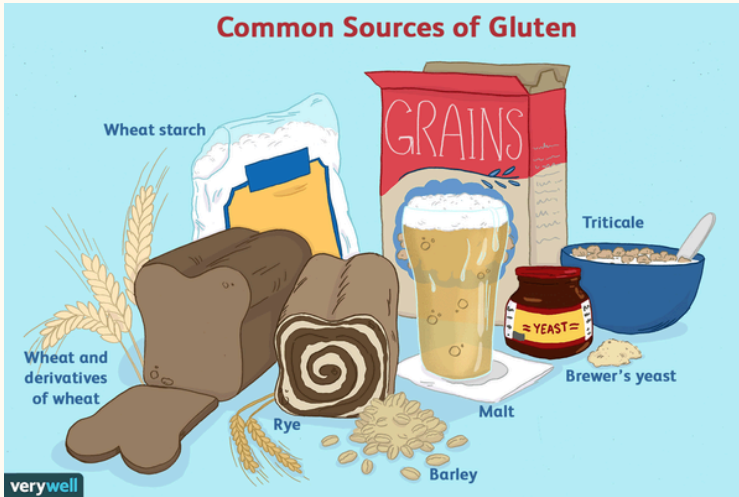
Directions: Place romaine flat and add protein and toppings of choice on top of romaine. All ingredients can also be added to a bowl and paired with tortilla chips.



Helpful Tips While Shopping

Avoid These ❌

Include These ✅



REMINDER!

When in the store look for gluten free labels, check the allergen list if there is one, and become familiar with ingredients that contain gluten.

Gluten Free Snacks

- Popcorn
- Fruit
- Seaweed Snacks
- Oat Granola
- Nuts/Seeds
- Kale Chips
- Tortilla Chips
- Veggies & Dip
- Edamame
- Roasted Chickpeas
- Hard Boiled Eggs
- Rice Cakes