

Quick Start Diet

What can I eat? Won't I starve?

Surprisingly, you won't starve. Lots of good & tasty food is naturally gluten-free, it's a matter of knowing & choosing it. Gluten is generic term for the proteins found in wheat (durum, graham, kamut, semolina, spelt), barley, rye & triticale (hybrid of wheat & rye).

Oats can have high levels of gluten due to cross contamination. Choosing pure, uncontaminated oats requires some additional knowledge, it's best to remove them for now.

If a food has gluten, it's off-limits.

Starting out, it's much easier to avoid packaged, processed foods. Keep it simple, stick to "whole foods" (ie things that don't come in a box with a name that ends in "helper"). Tip: shop the outside perimeter of the store. Usually this is where you find the produce, meats, etc. A regular grocery store contains a lot of gluten-free food, once you know what to look for.

Once you get a handle on the lifestyle, you can branch out from here. Some people feel best when they aren't consuming processed, packaged foods.

Don't worry, there is a lot of GF junk food, but that's another pamphlet.

Foods:

Fresh fruits & veggies. These are almost endless!

Plain meat, seafood & poultry. Avoid products with marinades, sauces or seasonings - it may contain gluten.

Gluten-free grains and flours: Rice, corn, potato, tapioca, bean, garfava, sorghum, quinoa, millet, buckwheat, arrowroot, amaranth, teff, Montina, nut flours.

Meetings

Where: Ripon Medical Center
933 Newbury St.
Ripon, WI 54971

Green Lake Room
(located in lower level)

When: Every third Saturday
of odd numbered
months (Jan, Mar, May,
July, Sept, Nov)

9:00am - 11:00am

Misc:

- No registration needed
- Loved ones welcome
- \$10.00 per family annual membership fee payable after attending two meetings.



A support group designed to help those that maintain a gluten-free lifestyle.

**Celiac Disease
Dermatitis Herpetiformis
Non Celiac Gluten Sensitivity
Wheat Allergy**

We can help you navigate this gluten filled world.

Educate, Motivate & Advocate

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Educate

The more we know about ourselves, our food and our condition - the healthier we will be.

The gluten-free lifestyle has a steep learning curve, but it is very doable. Currently, it's never been easier to be gluten-free.

Being successful requires attention to details. Knowing those details, is a key element.

Once we educate ourselves we can educate others.

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“Knowledge is Health”

Motivate

Let's face it, anytime we make a lifestyle change it's difficult.

The road to gluten-freedom is filled with potholes and road-blocks - things that will derail our efforts.

It challenges us mentally, physically, and emotionally.

Having help to get around, over and through those obstacles is invaluable.

We motivate and support others to give them the best possible chance at success.

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“Failure is not an option”

Advocate

Awareness of gluten and gluten related illnesses has been steadily increasing over the years.

There are organizations that work at the national level to help further labeling laws & food safety in a variety of venues.

Support groups & individuals work at the federal, state & local levels talking to clinics, grocery stores, food manufacturers, hospitals, restaurants, etc.

ECVWGFG is proud to be a part of a larger community and an advocate for better, healthier lives.

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“You can either be a part of the problem or part of the solution”