

**Target Keyword:** How to Protect Gluten-Free Loved Ones  
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Celiac Disease is a lot more serious than most people think. Sure, the main focus is to avoid eating foods that include wheat, barley, and rye. Many people think that those with Celiac Disease, or gluten sensitivity, can't eat oatmeal, oat bread, and oats in general, and that's not the case. Oats do NOT have gluten - yet, they can be cross contaminated depending upon which factory they are made in. Make sure the label says gluten-free or dedicated mill.

There are some people who aren't and never will be diagnosed with Celiac Disease, but who are still sensitive to gluten. Doctors cannot prove that these people have gluten sensitivity, but it can only be proven through trial and error. The easiest way to find out is to stop eating anything with gluten for at least a month, and then finally eat something small with gluten in it. If you get depressed, anxious, and start to have allergic reactions like trouble breathing, itchiness, and rashes, then you most definitely have a gluten sensitivity.

### **How to Protect Gluten-Free Loved Ones**

There are a few ways in which you can learn how to protect gluten-free loved ones. You can purchase a test that can determine if any food you buy or make has gluten in it before serving it. It is called the E-Z Gluten Test Kit and can be bought at the following site: [www.ezgluten.com](http://www.ezgluten.com). It's very portable and works in just 10 minutes.

To learn to protect gluten-free loved ones including friends who are sensitive to gluten, whether they have Celiac Disease or not, you must be sure to learn the simple techniques of cooking food for them so they won't become sick. The reason being, is that you have to learn a whole new way to cook and serve food that's different from what you already know. It will take a lot of love, time, and maybe even some extra money, but you will be so glad you've learned how to protect gluten-free loved ones (and so will they!).

### **Gluten-Free Recipes**

Here is a [site](#) that lists 10 fantastic and very tasty gluten-free recipes.

The truth is, you can choose any fish, chicken, or meat that you and family or friends like as long as it isn't marinated since most marinade contains gluten. Pair that with a fantastic side dish, and you've learned how to protect gluten-free loved ones. Some easy, and very tasty side dishes, from [this website](#) include:

- Stuffed Peppers
- Baked Kale Chips W/ Kraft Ranch Dressing

- Garlic Green Beans
- Grilled Asparagus
- Garlic Mashed Potatoes
- Quinoa Side Dish

The above website for side dishes also includes other fantastic gluten-free lunch and dinner recipes so that you can learn how to protect gluten-free loved ones with your cooking. You might be able to teach your loved ones how to cook them as well.

### **Safety Measures to Put into Practice**

So, now that you know how to protect gluten-free loved ones, we are going to talk about safety measures you can put into action before cooking. First, get rid of, or separate gluten free baking products in your kitchen, such as the following:

- Baking Powder
- Baking Sprays (Use Oil Based Sprays, Not Flour Based)
- Oats/Oatmeal that Don't Say 'Gluten-Free' or what is known as Dedicated Mill Products
- Vanilla - Learn to Make Your Own (Gluten-Free Vanilla Extract) at this site: <http://lifesalasagna.blogspot.com/2011/11/homemade-gluten-free-vanilla-extract.html>
- Cornstarch - Must Say Dedicated Mill or Gluten-Free to keep in your cabinet
- Flour - Only gluten free flour is safe
- Spices - Look for gluten-free spices only
- Vinegars
- Wheat Germ Oil - Use sesame or other nut based oils

Now, let's look at a list of products that you can keep around. You can actually say that you've learned how to protect gluten-free loved ones - And, you can finally put this information into action.

- Baking Soda
- Chocolate - What great news for those chocolate lovers out there!
- Dairy and Eggs - As long as you and your family members aren't lactose intolerant (Most with gluten allergies are)
- Fresh Meats - don't use processed meats like Pepperoni that may have gluten
- Yeast
- Nuts - Make sure they are processed in a gluten free facility first
- Honey
- Corn Syrup
- Fruits and Vegetables

Please don't let this information remain as merely a noun in the back of your mind. It will remain useless if you don't plan on making it an action verb. Good luck!