Gluten free and vegetarian caused my celiac disease to occur earlier?

by Smarty Rocky

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Many Americans are suffering from celiac disease. The most effective treatment as of now is to avoid gluten and have a gluten free diet. This means they will have to stay away from their staple grains. For the vegetarians it would be hard on their part to follow such a diet that does not contain gluten in them as they already have chucked out foods that are rich in various sources of proteins, calcium and fats. As they are already dependent on plant based food, eliminating wheat and wheat products would be quite unpleasant. A gluten free diet for vegetarians can complicate things for them as the natural balance can be disturbed. But with careful planning and thinking, even a vegetarian can have a gluten free diet and a complete balanced food to fulfill his nutritional needs.

Gluten free foods

One can stick to foods that are gluten free and the right substitute for wheat, rye and barley or oats. They are white rice fours, potato starch, corn starch and tapioca starch. They contain carbohydrates in them and do not have protein, fiber, vitamin or mineral. They taste delicious and are easy to prepare various dishes. Some grains like the buckwheat, millet, amaranth, quinoa, teff, wild rice and sorghum can be easily substituted as they have high levels of protein as compared to wheat. Quinoa is the best grain used as they contain amino acid and is recognized as a complete protein food. One can use them as flour for various recipes or use them in the whole form. Apart from the grains one can also use nuts like flax, hazelnut, almond, and legumes like fava beans, garbanzo beans and nay beans. Even the baked products turn out well with a combination of all the flours.

Soy Bean: great Gluten free vegetarian diet

Soy bean is another good alternative source for gluten free vegetarian diet. It is well known for its health benefits and the protein content in them. But if they are processed, chances are they might contain gluten in them. Therefore it would be better to read the label for the ingredients used in them. A vegetarian and a gluten free diet person have to rely on other sources of fiber as well. Eliminating wheat, rye, barley and oats can leave the person with no fiber at all. Therefore one has to find other sources to fill in the diet. Sorghum, wild rice, brown rice, buckwheat and products that are made of these grains can be helpful. Fresh and fresh vegetables can also do wonders for the gluten free vegetarians.

Gluten Free diet: a challenge for some

Although the gluten free diet may seem a challenge for the vegetarians, it can be satisfying and healthy if you plan your diet properly. One can find various recipes that are gluten free and can be made easily. There are many books that are can found at the book stores or the internet, which can be very helpful for those on a gluten free diet.

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Smarty Rocky is working since last 2 years in social life style research department according to him one of the best portal for the information here related a Gluten free and Dairy free and a Gluten free and Dairy free can be a great and favorable way for the thriving state of your business, visit momsgoodlife.com .

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