

# KEYS TO BETTER HEALTH™

## Gluten-Free Baking

Celiac Disease, a disorder that causes gastrointestinal damage and distress when gluten is eaten, affects roughly 1 in 100 individual's worldwide<sup>1</sup>. Diagnosis can occur at any age and the only form of treatment is the complete removal of gluten from the diet. Gluten is a protein found in wheat, barley, rye, and triticale that is responsible for the elasticity in baked goods such as breads, cakes, and cookies. The challenge for gluten-free bakers is to recreate this elasticity and lightness without using gluten. Fortunately, the growing awareness of Celiac Disease and the gluten-free diet has increased the availability of certified gluten-free baking products available in grocery stores, making gluten-free baking easier than ever.



### Food Safety First

The first step in gluten-free baking is to ensure you have an area of your kitchen—if not your entire kitchen—dedicated solely for gluten-free baked goods and ingredients. Dedicated gluten-free cooking utensils, serving dishes, and work area are integral to helping prevent cross-contact between foods and ingredients.

### Gluten-Free Ingredients

From flours to frostings, many ingredients we use for our favorite baked goods now have certified gluten-free options available at your local grocery store. For ease, opt for one of the many gluten-free baking mixes available on the market, however, making baked goods from scratch can be a fun new challenge. Be open to experimentation to find the right flour

blends and textures for you and your family.

- **Almond Meal:** Prepared from ground almonds, this flour is high in protein and provides fiber, calcium, and vitamin E. It is ideal for adding moisture to baked goods and can be used in dessert fillings<sup>2</sup>.
- **Brown Rice Flour:** Made from whole grain brown rice, this flour provides 2 grams fiber per ¼ cup and can help boost the nutrition of your gluten-free baked good. When finely ground and blended with other flours, it may be used as a substitute for wheat flour<sup>2</sup>.
- **Gluten-Free All Purpose Flour:** This is a commercially prepared flour blend created from several different flours. Generally this blend can be used as a 1-1 replacement for wheat-based all-purpose flour.
- **Gluten-Free Oat Flour:** Created from ground oat groats, this whole grain flour may be used to replace other types of flour in a variety of recipes. To use in a baked good that needs to rise (i.e., bread), it should be used as part of a blend with other flours<sup>2</sup>.

Keys to Better Health™ offers a nutrition shelf-edge labeling program, which makes it easy for you to quickly identify healthy choices regardless of what diet you follow. When you're in our store, be on the lookout for our nutrition tags

Resources:

1. What is Celiac Disease? Celiac Disease Foundation website. <https://celiac.org/celiac-disease/what-is-celiac-disease/>. Accessed July 19, 2016.
2. Duyff, R. Flour Power: Learn about Different Kinds of Flours. Food and Nutrition Magazine website. <http://www.foodandnutrition.org/Summer-2012/Flour-Power-Learn-about-different-kinds-of-flours/>. Published August 1, 2012. Accessed July 19, 2016.



*Disclaimer: This information is intended for educational purposes only and does not replace advice from your doctor or health care provider. For individual recommendations, please consult with a doctor or registered dietitian.*