



## Living Gluten Free

**P**asta, bread, cereal and cake are all delicious foods that appear regularly in our diets to provide energy, fiber, whole grains and serve as the occasional treat, but for some genetically susceptible individuals a single bite of these foods can cause abdominal pain and intestinal damage.

Many people have never heard of the chronic autoimmune intestinal disorder called celiac disease. People with celiac disease cannot tolerate any amount of gluten, the protein that is found in wheat, rye, barley and some oats. For these sensitive individuals, eating gluten damages the small intestine so that, over time,

nutrients such as protein, fat, carbohydrates, vitamins and minerals are not able to be absorbed, leading to nutritional deficiencies and malnutrition. Approximately 1% of Americans have celiac disease, but only a small fraction of that population has actually been diagnosed with the disease.

The disease is genetic and often runs in families. Unfortunately, most people who have celiac disease don't know it and it takes an average of ten years before most people are properly diagnosed with it, often because many of the symptoms of the disease are similar to those of other intestinal disorders and the symptoms can be extremely varied from person to person. Some people may have just one symptom, such as iron deficiency anemia, or even have no symptoms at all. However, the most common symptoms of celiac disease include:

- Abdominal cramping, bloating, pain and gas
- Chronic diarrhea, constipation or both
- Nausea and vomiting
- Lactose intolerance
- Acid reflux (heartburn)
- Unexplained anemia (iron, folate or vitamin B12)
- Vitamin or mineral deficiencies
- Easy bruising
- Fatigue
- Weight loss or weight gain
- Canker sores
- Bone or joint pain
- Infertility
- Depression
- Migraines

In children and infants, other symptoms include lack of adequate growth, failure to thrive, vomiting, dental enamel abnormalities, irritability and behavioral changes. To further complicate diagnoses, the disease can appear at any stage of a person's life, not just in infancy. It is often initially triggered by a major stressor,

such as a viral or gastrointestinal infection, surgery, pregnancy, childbirth or severe emotional stress.

Once it is triggered, the body's immune system will recognize gluten as a menace and respond to it by damaging the small intestine. Specifically, the villi, which are small, finger-like projections that line the walls of the intestine, will be flattened. The villi function to

### Prudent Prevention

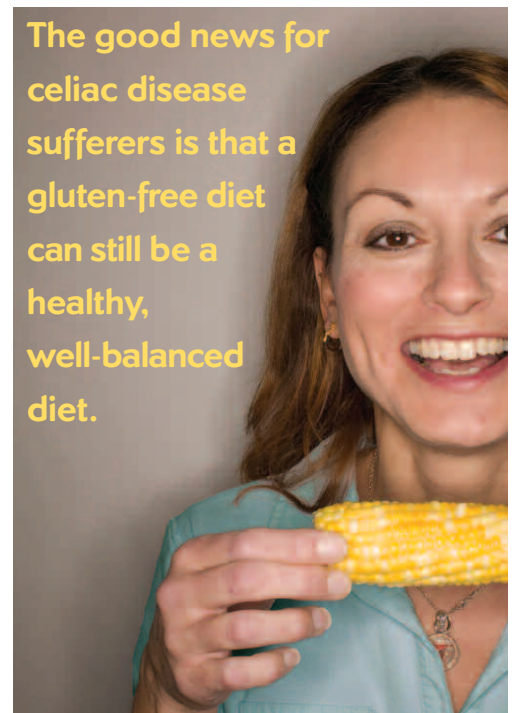
#### Research Update

We know that overall diet can alter our risk of ever getting cancer, but does a post-cancer diet affect the possibility of the cancer's recurrence? New research says it can for colon cancer survivors.

A multi-center study published in the Journal of the American Medical Association found that five years after being treated for stage III colon cancer, survivors were three times more likely to have a recurrence of or die from cancer if they ate a "Western diet" rather than a "prudent diet" over the preceding five years. The "Western diet" was defined by a high intake of red meat (including beef, pork and lamb), processed meat, sweets, deep-fried foods and refined grains. The "prudent diet" was—as you would assume—high in vegetables, fruit, beans, fish, poultry and whole grains.

Colon cancer is the third most common cancer in the United States. Although this study focused on only one type of cancer, it would be prudent for all 10 million American cancer survivors to follow a diet that emphasizes plant foods, fish and whole grains and minimizes sugary, fatty and processed foods.

The good news for celiac disease sufferers is that a gluten-free diet can still be a healthy, well-balanced diet.



increase the absorptive surface area so that the maximum amount of nutrients can be absorbed from food. When villi are flattened, they cannot absorb nutrients – such as iron, calcium and folic acid in the first part of the gastrointestinal (GI) tract and protein, fat, certain vitamins and carbohydrates further down the GI tract – to their full potential, which can lead to nutrient deficiencies and malnutrition.

The long-term consequences of untreated celiac disease are osteoporosis, osteopenia, certain cancers of the digestive system, central nervous

*continued...*

**Go to [www.gelsons.com](http://www.gelsons.com) for your free download of a gluten-free shopping list.**

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- October Store Appearances

*Giving up Gluten continued...*

system disorders, peripheral nerve damage, pancreatic insufficiency and permanent damage to the small intestine. That is why it is crucial to have a proper diagnosis from a gastroenterologist so that if the illness is celiac disease, proper treatment can commence right away. There is evidence that a portion of the autistic population also has celiac disease, and those with other autoimmune disorders such as lupus, thyroid disease, dermatitis herpetiformis, type 1 diabetes and liver diseases may also have gluten intolerance, so the treatment for celiac disease may also be of benefit to people with these associated conditions.

Unfortunately, there is only one treatment for celiac disease: a gluten-free diet. Anyone with gluten intolerance must avoid the gluten found in wheat, rye and barley for the rest of their lives. These grains are commonly found in bread, crackers, pasta, cookies, snack foods and beer. They are also usually hidden in deli meats, soy sauce, soups, and even candies. Following a gluten-free diet gets easier every year as more and more food manufacturers create gluten-free products and new labeling laws require that potential allergens such as wheat (but not rye or barley) appear in bold in the ingredient lists of packaged foods. However, a trip to the market can still be a scavenger hunt and eating in restaurants can always be risky, since even a trace amount of gluten left on a spoon can contaminate a whole meal. For all of these reasons, someone who is newly diagnosed with the disease should work with a registered dietitian to help them learn how to identify both offending foods and safe foods both when shopping at the market and when eating in restaurants.

Most people's symptoms will improve within days of starting a gluten-free diet and the damaged villi in the small intestines will usually be repaired within three to 24 months. Because healing occurs so rapidly, it is important that a gluten-free diet is not started before a firm diagnosis has been made, since the diet can interfere with an accurate diagnosis. Furthermore, the diet is difficult to follow, so nobody who doesn't absolutely need to be on it will want to go to the trouble of adhering to it strictly and those who are undiagnosed may not be as motivated to stay on a strict gluten-free diet if the need for it has never been confirmed.

A gluten-free diet requires an enormous lifestyle change. A person with gluten intolerance must become a food detective, examining food ingredient lists, interrogating those who prepare their food in restaurants and at people's homes and making sure that no cross-contamination occurs in their own kitchen if other family members eat foods that contain gluten. At times, it may feel like there is nothing that is safe to eat. The good news is that a gluten-free diet can still be a healthy, well-balanced diet. Fruit, vegetables, fish, beans, legumes, nuts, poultry, meat, eggs, milk and certain grains are all naturally free of gluten. Potatoes, corn, peas, winter squash and sweet potatoes are starchy vegetables that can stand in for other starches in the diet, and grains such as rice, wild rice, quinoa, cornmeal (polenta), amaranth, buckwheat and uncontaminated oats can replace the forbidden grains. Although up to 50 grams a day of oats are acceptable on a gluten-free diet, they often become cross-contaminated with wheat, barley or rye during harvesting or processing. Some companies, such as *The Silver Palate*, *McCann's* and *Bob's Red Mill*, take extra measures to avoid contaminating their oats. Processed foods are the most difficult to deal with, since gluten can sneak into them in some unexpected ingredients, such as brown rice syrup, and trace amounts of gluten can be picked up in the manufacturing process if the factory also processes foods that contain wheat, rye or barley.

The following is a listing of grains and starches that are allowed on a gluten-free diet. These basic foods can be made into flours, cereals, pastas, chips, bread, baked goods, thickeners, binders and fillers.

<b>Foods Allowed:</b>	
Amaranth	Potato
Arrowroot	Quinoa
Beans (including soy)	Rice
Buckwheat	Seeds
Cassava	Sorghum
Corn	Sweet Potato
Job's Tears	Tapioca
Legumes	Taro
Millet	Teff
Montina (Indian rice grass)	Wild Rice
Nuts	Yucca
Oats*	* only uncontaminated oats from certain manufacturers

The following is a listing of grains and starches that are not allowed on a gluten-free diet. These foods can be hidden in processed foods as flour, binders, fillers, starch, stabilizers, thickeners, preservatives and texture enhancers.

<b>Foods Not Allowed:</b>	
Barley	Seitan
Barley Flour	Semolina
Barley Malt	Spelt
Beer	Triticale
Ale	Wheat bran
Lager	Wheat Starch
	Wheat Germ
	Wheat Four
Rye	Hydrolyzed Wheat Protein
Triticale	Enriched flour
Wheat	<b>Other</b>
Atta	Commercial oats and oat products
Bulgur	Unidentified flour
Durum	Unidentified starch
Graham	Textured Vegetable Protein
Einkorn	Brewer's Yeast
Emmer	Malt
Farina	Certain pharmaceutical products
Faro	
Kamut	

A gluten-free diet requires that all processed foods become suspect; even if you have bought them before. Manufacturers sometimes change ingredients, so a food that was gluten-free this week might not be so next week. All food labels must be scrutinized. As with any healthy diet, though, minimally processed, whole foods should make up the majority of what is eaten. Processed foods should only be a small part of an overall diet. I understand that they are not unavoidable, though, so I have compiled a Gluten-Free Shopping List that is available to our customers who need to follow a gluten-free diet. The list makes no guarantees that a product will be gluten free, but it is a great starting point for those who need guidance in choosing gluten-free foods. If you would like more information about gluten-free diets, contact the Celiac Disease Foundation ([www.celiac.org](http://www.celiac.org)) or use the book *Gluten-Free Diet* by Shelley Case. Of course, you can always contact me as well, at 1-800-GELSONS.

*Our registered dietitian has a Masters in Public Health. However, she is not a doctor and her nutritional recommendations are general in nature and not tailored to specific health problems. Talk to your physician or other qualified health care practitioners concerning particular health issues or before beginning any nutritional program.*

# Eating Mindfully

**H**ave you ever sat down in front of the TV with a bag of chips and eaten the whole bag before you hardly even realized it was open? That's mindless eating. Since we are approaching the holiday season when mindless munching is part and parcel of celebrating Halloween, Thanksgiving, Hanukkah, Christmas and New Year's, I want to help you adopt some strategies for turning a mindless habit into a mindful one. There is obviously a strong emotional component to mindless munching—sadness, anger, frustration and unhappiness can drive people to seek comfort in food, especially around these holidays. Old habits, a busy schedule, multitasking while eating, a troubled relationship with food and not valuing the importance of food are other factors that can lead to eating mindlessly.

Simply put, changing from eating mindlessly to eating mindfully involves slowing down, giving thanks for your food before you eat it and recognizing when you are truly hungry and when you are satisfied. It's really about being present and not distracted while you eat, so that you can eat according to the needs of your body rather than your emotions. There is evidence that practicing this style of eating results in the intake of many fewer calories, which can lead to a healthy weight and a lower risk of cardiovascular disease. Eating mindfully can also help improve digestion, since when we are distracted while eating our digestive process is 30-40% less effective. For better health and a healthy weight, it's important to learn how to practice eating mindfully.

## Slowing down

Have you ever thought about why you eat what you do, or why you like certain foods and not others? There are many hidden cues that influence our eating—things that range from advertising to extra-large portions to the size of our plates. These factors can stimulate you to eat when you're not hungry or encourage you to overeat when you've already had enough. Connecting profoundly with your food, developing a deeper appreciation of it and understanding what draws you to it is an important tool that can help you in your mindful approach to eating. In order to truly savor your food, use your five senses: you need to look, touch, smell, taste and listen. To fully appreciate the power and depth of mindful eating, try the following exercise alone or with others (if you want to discuss your experience afterwards):

1. Before you eat, make sure there are no distractions, so that you can devote your attention to your eating experience for the next 30 minutes.
2. Place a plate with two or three of your favorite foods in front of you. It is better if they require little preparation and can be picked up with your hands. A piece of cheese, some dark chocolate and a strawberry are all diverse and simple foods that would work well. Close your eyes and take a few slow, deep breaths to help clear your mind.
3. Open your eyes and look at your food. Take in the colors, textures, shapes and arrangement on your plate. Without judging your thoughts, ask yourself what pleases you about the appearance of the food.
4. Choose a piece of food to examine first. Pick up a piece with your hands and use your sense of touch to feel its temperature, texture, weight and density.
5. Bring the food under your nose, as though you are going to put it in your mouth. Close your eyes. Smell the different aromas. Do you

smell just the food or things in your environment too? Try to imagine what the food tastes like based on the way it smells.

6. Keeping your eyes closed, take a bite. What do you notice first? The temperature, taste, texture or sound? Begin to chew and taste. Try to identify the different flavors that are rolling around on your tongue. Take another bite and listen to the sounds you make as you chew. Take a third bite and as you chew, see if you can notice the subtle transition from chewing to swallowing. After you swallow, notice the amount of time it takes before you no longer feel any food is in your mouth.
7. Repeat with remaining foods on your plate.

This exercise should bring an awareness of just how fully we can be physically and mentally engaged with our eating. Using all of your senses can help you realize new things that you like or dislike about a food and it can help bring much more sensual satisfaction to your eating experience. Try to do an abbreviated version of this exercise with your first bite of every meal to help set the intention of having a mindful eating experience.



## Giving thanks

Honoring yourself and your food should be a part of your meals. Giving thanks can be like saying grace, or it can be a process through which you take a moment to recognize where your food comes from, the elements of the earth or the ingredients that went into its creation, the nourishment that it will offer your body, and the person (perhaps it's you) who put his or her time and love into preparing your meal. Through this act, I hope that you begin to put only the highest quality, most thoughtfully prepared foods into your body. Appreciating the positive attributes of your food can help you to let go of negative feelings and judgments that you may hold about certain foods and bring more acceptance of your

choices. With mindful eating, if you choose to eat a piece of pizza, you will be able to enjoy every bite rather than feeling guilty or out of control after eating it mindlessly.

## Recognizing true hunger and fullness

Tuning into your body while you eat is the key to eating the right amount of food—not too little and not too much. Begin to use the hunger scale to rate your hunger and satiety. The scale ranges from 1 to 5, where 1=very hungry, 2=somewhat hungry, 3=comfortable, 4=comfortably full and 5=very full. Every time you're about to eat, rate your hunger. The goal should be to always stay between a 2 and a 4, without going to either extreme. If you eat when you're a 1, then you've waited too long to evaluate your hunger. If you eat when you're a 4 or a 5, then you're practicing mindless eating. The purpose of the hunger scale is to help get you back in touch with your physical hunger rather than your emotional hunger. Combine the hunger scale with some mindfulness to help you start listening to your body. Eat when you are hungry and stop when you are full. Learn to dislike the physical feeling of over-feeding yourself.

It doesn't matter if it is a holiday or January 1, mindfulness can be practiced at each meal so that you get what you need out of every food you choose to eat. Mindful eating is about tuning into your senses and listening to your body. Feeling satisfied, nourished and in control of your eating, are important benefits of eating mindfully. When you learn to fully appreciate all of the subtle and wonderful aspects of your food, it will transform your eating into a more nourishing experience, both physically and spiritually.

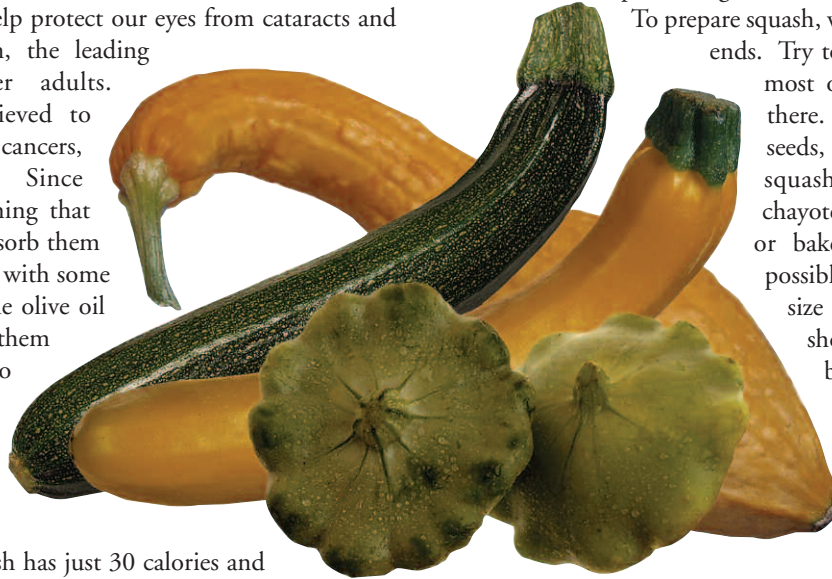
# Food of the Month

## Summer Squash

Squash, like corn and beans, is a food that is native to North America and has helped to nourish us for over 5,000 years. In part nine of my Food of the Month series on “produce outcasts,” I’ll tell you why these relatives of melons and cucumbers should not be overlooked on your next shopping trip.

Summer squash are high in the antioxidants lutein and zeaxanthin. These two types of carotenoids help protect our eyes from cataracts and age-related macular degeneration, the leading cause of blindness in older adults. Additionally, zeaxanthin is believed to reduce the risk of certain types of cancers, including lung and breast. Since carotenoids are fat soluble, meaning that they are carried in fat, you will absorb them best if you combine or cook them with some fat, such as sautéing them in some olive oil or steaming them and topping them with a little Parmigiano Reggiano cheese. Although summer squash can be eaten raw, lightly cooking it does help release some of the lutein and zeaxanthin.

One cup of cooked summer squash has just 30 calories and three grams of fiber. It also contains several times more vitamin A from carotenoids than raw summer squash. Zucchini and other summer squash are also good sources of vitamin B6 and excellent sources



of vitamin C, with the “patty pan” variety having about twice as much as the others.

Although most summer squash is available year round at Gelson’s, its peak season is June through October. Italian squash (zucchini) is the most popular and very versatile, but we also carry golden zucchini, patty pan (scalloped), yellow crookneck, baby and chayote squash. When selecting squash, go for the smaller specimens, since they will tend to have better texture and flavor than larger ones. They should be firm and heavy for their size with no soft spots or pits. Choose those with bright and evenly colored skin. When you bring your squash home, store them in a plastic bag in the refrigerator crisper for up to a week.

To prepare squash, wash just before using and trim the ends. Try to eat the skin of the squash, since most of the nutrients are concentrated there. There is no need to remove the seeds, except if you are cooking chayote squash (remove the skin of larger chayote). Steam, grill, sauté, microwave or bake squash for the shortest time possible. Cooking times vary by squash size and cooking method, but they should be tender and retain their bright color when they are done. Squash pairs very well with other varieties of summer squash, tomatoes, onions, bell peppers, garlic, eggplant, fish, meat, lemon, cheese and several herbs and spices. Try seasoning squash

with any combination of basil, cilantro, dill, mint, marjoram, oregano, parsley, rosemary, sage and tarragon. This month, try my recipes for Zucchini Pancakes or Mediterranean Frittata.

## Jessica’s October Store Appearances: Body Fat Testing

Jessica will be offering complimentary body fat testing and answering your questions about weight loss, food and nutrition.

### Encino

Friday October 19, Noon

### Santa Barbara

Saturday October 20, Noon

### Westlake Village

Saturday October 20, 4:00 pm

### Northridge

Monday October 22, Noon

### Calabasas

Monday October 22, 3:30 pm

### North Hollywood/Valley Village

Tuesday October 23, Noon

### Mayfair Hollywood

Tuesday October 23, 5:00 pm

### Century City

Friday October 26, Noon

\*Testing method is Bioelectrical Impedance and is not appropriate for people with pacemakers or osteoporosis, pregnant women or children. Be well-hydrated for most accurate results.

## Gelson’s has 18 locations in Southern California

CALABASAS 818-906-6228	ENCINO 818-906-5780	NEWPORT BEACH 949-644-8660	PASADENA 626-535-0190	SILVER LAKE/LOS FELIZ 323-660-0387	WEST HOLLYWOOD 323-656-5580
CENTURY CITY 310-277-4288	IRVINE 949-551-6093	NORTHRIDGE 818-377-4133	SANTA BARBARA 805-687-5810	TARZANA 818-906-5752	WESTLAKE VILLAGE 805-496-0353
DANA POINT 949-488-8147	MARINA DEL REY 310-306-2952	PACIFIC PALISADES 310-459-4483	SHERMAN OAKS 818-377-4140	VALLEY VILLAGE / NORTH HOLLYWOOD 818-906-5743	MAYFAIR HOLLYWOOD 323-464-7316