

Our Favorites so Far on Casein-Free/Gluten-Free Diet

My daughter has a true food allergy to beef, so you won't see anything containing beef on this list. That doesn't mean it's not safe on the gf/cf diet, this is just a list of what we eat.

We drink Westbrae rice milk, Westbrae soy milk, and Dari-Free beverage. The rice and soy milk is at our regular grocery stores and health food store. The Dari-Free has to be ordered...Miss Roben's and Gluten Solutions carries it. It's sweet, yet has less sugar than the rice milk! It comes in a powder, so you have to add it to water and really mix it well. I like it a lot. We also purchased the special blending pitcher that these places sell for reconstituting the Dari-Free. Some of the recipes I use for baking call for the Dari-free powder.

I have found that most health food store owners are happy to accommodate any request I have for them to start carrying special items for me. I've ordered some things through the mail-order places, liked them, and then asked our local health food store to carry them so I don't have to pay shipping charges to get them.

Please know that these are safe foods as of right now, and that I've learned to never assume anything about prepackaged foods. They can change the ingredients without changing their packaging, and then what was once safe no longer is. You'll need to check the labels of everything each time you purchase them.

When I put my daughter on this diet, she went through withdraw symptoms for three weeks. She was up every night for hours, she didn't want to eat anything, and she looked terrible. That's how I knew her diet was affecting her. The information about this diet that is published, notes that any change in behavior or sleep patterns means that the child should be off of gluten and casein. After the initial three weeks, regular sleep patterns came back. She was a new person, with tons more skills, and a much happier disposition.

These websites are helpful. I highly urge you to check them out to learn more:

www.autismndi.com (Autism Network for Dietary Intervention)

www.gfcfdiet.com (has pointers to get started, safe food lists, and a chat room)

www.missroben.com (a place to mail order for safe foods and ingredients)

www.glutenfreemail.com (another place to mail order)

www.glutenfree.com (another place!)

www.glutensolutions.com (another place...one of my favorites!)

www.kinnikinnickfoods.com (pre-made cookies, breads, bagels, etc. delicious! All high in sugar and have eggs, though)

I also encourage you to read the article written by Dr. Andrew Wakefield, et.al published in The American Journal of Gastroenterology at www.elsevier.com/locate/amjgastro Once there, click on recent issues, and then on the September, 2000 issue. It is on page 2285-2295, and you can click on the icon for the full text. It medically explains the reason why this diet may be necessary for kids with delays.

Breakfast:

Vann's regular, blueberry, or apple-cinnamon gluten-free, dairy-free, egg-free frozen waffles (at health food store, and in our regular grocery store's health food freezer)

Lifestream buckwheat waffles-mixed berry. Our health food store carries these now after I requested them. These are quite tasty.

We only use 100% pure maple syrup to avoid hidden milk products in butter flavoring, etc. We also are experimenting with adding vegetable glycerin to cut down the amount of maple syrup we are using (trying to cut way back on sugars)

Sylvan Border Farms pancakes. I buy the mix from Gluten Solutions (online). I make the mix by using lite coconut milk (Thai brand has no preservatives) and lemon juice to replace the buttermilk it calls for. These contain healthful flours, like quinoa, amaranth, and chickpea. Once in awhile, I can actually get a pancake without any gummies in the middle! J

Cereals:

New Morning Cocoa Crispy Rice: Miss Roben's carries this

Arrowhead Mills Puffed Rice: Our regular grocery store carries this (comes in a bag)

Arrowhead Mills Puffed Millet: again, this is at our regular grocery store

Enviro Kids Gorilla Munch: Miss Roben's carries this, so does our local farmer's market

Health Valley Rice Crunch 'Ems: Miss Roben's

Enviro Kids Honey'd Corn Flakes: Miss Roben's

Lunch:

Food for Life white or brown rice bread: This only comes frozen. Our regular grocery store sells it in their frozen health foods section, also our health food store carries it. We tried the EnerG Foods rice bread and didn't like it. It was dry.

Deland Bakery, in Florida, has delicious millet breads. Their number is (904) 734-7553. Call and ask them to send or fax you a list of their products. They have great buns, bagels, and their bread is the best. It blows the Food for Life stuff away. The only concern I have is that they do manufacture gluten breads in the same facility, although they state that they clean their lines before each batch to avoid cross contamination. Anyways, you have to order a min. of 24 items for them to ship to you.

I avoid lunch meats because most contain hidden milk and gluten, but do use Cure 81 ham or leftover turkey to make meat sandwiches once in awhile. My daughter likes almond butter (instead of peanut butter), so we use that (health food store) and homemade jam (buy from lady nearby). From the GF/CF diet web site, Welch's jelly is safe. I also rotate in cashew butter and sesame butter to get different nutrients in her diet.

Imagine Foods soups that come in cartons (like the rice or soy milk cartons) We like the butternut squash flavor a lot, and use the cream of corn and potato leek often as well. These are really great. They also make a safe "cream sauce" substitute that is milk free and gluten free, also found in this line of soups. Our regular grocery store's health food section carries the full line. Miss Roben's just started carrying these as well.

Shelton's chicken or turkey hot dogs. Webvan carries the chicken dogs! So does our regular grocer (health food section...in frozen foods) and health food store. These are organic and preservative free.

Shelton's turkey sausage...similar to hot dogs, just more fat! (and more protein too)

Nayonnaise- soy-based mayonnaise that is certified gluten free (I called the company)

Dinner:

Lundberg Farms wild rices

White rice

Brown rice

Jasmati rice

Basmati rice

Arborio rice...I make it plain with the Imagine No-Chicken broth, and my daughter eats a lot of it

Rice pastas (all the stores and mail order places sell many varieties of these)

Lentil bean pastas (Miss Roben's)

Muir Glen tomato sauces, Contandina tomato sauces

Mashed potatoes made with Dari-Free milk and Fleischmann's unsalted margarine

Cascadian Farms hashed browns, homestyle potatoes, and french fries: health food store frozen food section (I order safe ketchup from Miss Roben's)

Boiled red potatoes

Baked sweet potatoes

Roasted potatoes with simple spices

I use the EnerG Foods breadcrumbs (they're delicious, it's hard to believe they're made with rice flours and such) to coat small chicken pieces to fry in oil for homemade chicken nuggets. I also use these breadcrumbs to make meatballs and meatloaves

Roaster chickens, baked fresh fish (farm raised salmon, farm raised tilapia, and orange roughly...these fish have less potential toxins) with lemon and spices, pure pork chops (not Hormel or any other "enhanced with solution" brands because they contain potassium lactate which is a milk by-product), pure pork tenderloin, cornish hens, various chicken dishes with plain spices and such (Note, we get organic meats at our local farmer's market) Meatloaf with ground pork, EnerG breadcrumbs, poha, onions, and spices...better than mom's meatloaf! Poached chicken in crock pot...cover a small fryer chicken with water in the crock pot, add a bay leaf, _ tsp. Ground cloves, one small onion, a few carrots, potatoes if you'd like, and thyme to taste. Cook on low 9 hours.

I ordered lots of different Mr. Spice sauces from one of the gluten-free mail order places (most of them carry this line of sauces), and use those on meats.

Our favorite biscuit so far is one I make from a mix I order from Gluten Solutions. It's called 'Cuz You're Special biscuit mix. It calls for you to use buttermilk in making the mix, but I've always used Dari-free, and they taste good!

EnerG Foods tapioca rolls. These come ready-to-eat, but they are hard and need to be run under water briefly, and baked in the oven at 350 for a few minutes to soften.

Desserts and Snacks:

Cerrone cones: these are safe ice-cream cones (all the ones at the grocery store contain gluten). I order these through Miss Roben's or Gluten Solutions

Glutafin tea biscuits: a ready-to-eat shortbread cookie. I order these through the mail order places. This Glutafin brand makes a variety of cookies, and while the tea biscuits are our favorite one, the others are pretty good too.

Bi Algot ritz-like cracker. Well, that's how they promote them anyways! They don't taste like a ritz, but the shape and texture are good, and the taste is satisfactory.

EnerGFoods pretzels. These taste better than wheat pretzels to me!

Lay's potato chips

Tostitos

Terra Stix Our regular grocery store carries these, but so does Miss Roben's. These are similar to potato sticks.

Health Valley rice crackers. Don't know why they call them crackers, they are like very sweet, very crunchy graham crackers.

Pamela's brownie mix makes an awesome brownie! Great for a treat. Our health food store carries this, and I'm sure one of the gluten-free mail order places would too.

The ANDI group says Tofutti ice-cream (soy cream, really) is acceptable, although the company cannot guarantee its vanilla is gluten free. They did some research on vanillas, and found that most would be gluten free if prepared properly. Anyways, it is pretty good. I like Soy Delicious too, but it is hard to find. It has less bad stuff and more good stuff in it.

Juice bars, fruit bars, I make homemade Popsicles from fruit juice.

Favorite Cookbooks

Cooking without milk and gluten really changes the taste, texture, and look of baked goods. I've had many flops! I still haven't been able to make a loaf of regular white rice bread that doesn't taste like chalk and collapse as soon as it comes out of the oven, so I keep buying the Food for Life stuff. We finally invested in a Kitchen Aid, and that has helped with lots of recipes...but I still can't make a loaf of regular sandwich bread! Anyways, be prepared for different tastes, gummy middles of breads, and taking some practice to learn when a gluten-free baked product is fully baked. You'll get used to it though.

I've bought ingredients from all of the mail order places and found some at our health food stores and regular grocery stores too. I currently have in my fridge (they say it's best to keep some of these flours in the fridge) white rice flour, brown rice flour, sweet rice flour, tapioca starch, potato starch, garbfava flour, four-bean flour, sorghum flour, quinoa flour, poha flakes, xanthum gum (required in almost every recipe), cornstarch, corn meal. This is based upon what I tend to bake most often. You'll probably want to get a cookbook or two, decide what recipes you want to attempt, and then order those flours. You don't just use one type of flour in a gluten-free recipe, you have to combine lots of different flours in order to get the baked good to rise and stick together.

Special Diets for Special Kids by Lisa Lewis. This is my favorite! My daughter's favorite recipes are for the pearsauce bread, coconut quick bread, jam muffins, and the garbanzo beans tossed in a spicy oil, cooked for a few minutes.

Special Foods for Special Kids by Todd Adelman and Jodi Behrend. This is a new one to us, so

we haven't experimented with anything in this book yet. But, most of the recipes look like they'd be good!

Gluten and Casein Free Cooking, GFCFDIET, by www.gfcfdiet.com website. All three cookbooks can be ordered through Miss Roben's.