

Soy Solutions

for a Gluten-Free Diet



Every year more people are diagnosed with celiac disease. As many as one in every 133 people in the United States may have the disease. Currently, the only known treatment for celiac disease is to eliminate all foods containing gluten. Soybeans are naturally gluten-free and an important source of complete protein, fiber and disease-fighting phytochemicals. It just makes sense to include soy in a diet with a wide variety of gluten-free foods.

What is Celiac Disease?

Celiac disease is a genetic, autoimmune disease that affects the digestive system. When an individual eats gluten, a protein found in wheat, rye, barley and possibly oats, it damages the lining of the small intestine. As a result, the small intestine loses its ability to absorb nutrients from food, which may lead to malnutrition and other health complications. The only known treatment for celiac disease is a gluten-free diet. By avoiding gluten, the small intestine can heal.

What is a Gluten-Free Diet?

The gluten-free diet is based on avoiding all foods and any derivatives that contain wheat, rye, barley and possibly oats. Gluten is also hidden in many processed foods such as sauces, flavorings, breadings, marinades and thickeners. The key is to read labels and ingredients very carefully. If an ingredient is questionable, it's best to contact the food manufacturer and ask them to verify the product's gluten-free status.

It is very important for a person diagnosed with celiac disease to get counseling from a Registered Dietitian who has a specialty in celiac disease.

Foods Allowed on Gluten-Free Diet:

Food Sources Naturally Gluten-Free:

- **Soybeans**
- Fruits
- Vegetables
- Potatoes, rice, corn, beans
- Cereals made from **soy**, corn or rice
- Bread and baked products made with **soy**, corn, potato or rice flours.
- Meat, poultry, fish
- Dairy

Gluten-Free Grains:

- **Soy**
- Rice
- Corn
- Sorghum
- Quinoa
- Millet

Gluten-free Grains, cont.

- Potato
- Tapioca
- Beans
- Buckwheat
- Arrowroot
- Amaranth
- Nut flours

Grains NOT Allowed:

- Wheat (durum semolina, kamut, spelt)
- Rye
- Barley
- Possibly Oats

Questionable Foods

These ingredients should not be eaten unless you have verified the source with the manufacturer that they do not contain nor are derived from wheat, barley, rye and possibly oats.

- Breading
- Broth
- Caramel color
- Coating mixtures
- Croutons
- Dextrin
- Hydrolyzed vegetable protein
- Malt flavoring or vinegar
- Marinades
- Processed meats
- Sauces
- Self-basting poultry
- Soup bases
- Soy sauce
- Stuffings
- Thickeners – modified food starch

Baking Gluten-Free with Soy

Use these tips to adapt your favorite recipes when baking with **soy flour**.

- Most gluten-free flours do not substitute cup for cup with all-purpose flour. Using a combination of gluten-free flours when baking will give the best results.
- When using soy flour, use the following combination of flours:
 - ½ cup soy flour + ½ cup potato starch flour
 - ½ cup soy flour + ½ cup rice flour
 - ½ cup soy flour + ¼ cup potato flour + ¼ cup rice flour
 - ¼ cup soy flour + ¼ cup tapioca flour + ½ cup brown rice flour
- Baked products with soy flour may brown more quickly. Lower oven temperature by 25° to avoid over-browning.

Gluten-Free Soy Alternatives

Available internet/mail orders only:

Crum Creek

www.crumcreek.com

Crum Creek Soynuts

Naturally Naked
Slightly Sea-Salted
Brilliantly Blended

Crum Creek Soy Protein Powder

Blue Moon Brands

www.bluemoonbrands.com

Soy Moon Gourmet Soy Cheese

Soy Provolone
Soy Gouda
Soy Mozzarella
Soy Mozzarella with Italian Herb
Queso Blanco
Soy Feta
Soy Bleu
Soy Havarti with Dill

Revival Soy Gluten-Free Products

www.revivalsoy.com/glutenfree/

Revival Bars™

Low-Carb Chocolate Peanut
Butter Paradise
Peanut Butter Pal
Chocolate Temptation
Apple Cinnamon Celebration
Marshmallow Krunch

Revival Shakes™

Chocolate, Vanilla, Strawberry, Peach, Cappuccino,
Banana, Strawberry Banana, Blueberry, Plain

Revival Soy Nuts™

Chocolate-Covered
Yogurt-Covered
Lightly Salted
Unsalted
Zesty Onion and Garlic
Bold BBQ
Hot Jalapeno and Cheddar

Revival Chips™

BBQ Bliss
Sour Cream and Onion Dream
Jalapeno and Cheddar Cha Cha
Rev-It Up Ranch
Sea Salt and Vinegar Voyage
Lightly Salted Sunshine
On My! Apple Pie!
Roasted Garlic and Herb Goodness
Honey Mustard Heaven
Naturally Nice

Available at supermarkets:

Premier Harvest

Soy Anytime! Crunchy Soy and Rice Granules

Joelle's Choice

Joelle's Choice Soy Pudding

Vanilla

Chocolate

Banana

Wildwood Natural Foods ®

Wildwood Natural Foods Hummus

Low Fat

Mid-Eastern

Spicy Low Fat

Seven Herb

Wildwood Natural Foods Vegie Burgers

Original Organic Tofu-Vegie Burger

Mexican Organic Tofu-Vegie Burger

Organic Wild West Tofu Burger

Wildwood Natural Foods Organic Tofu

Vacuum-pack firm- 10 oz & 20 oz

Water-pack medium

Water-pack firm

Garlic Aioli Spread

Wildwood Organic Soymilk

Original – qt. & ½ gal.

Chocolate – qt.

Real Vanilla – qt.

Wildwood Tempeh

Nori Seaweed

Onion Herb

Organic Soy-Rice

Wildwood Organic SOYSmoothies

Mixed Berry

Vanilla Spice

Wildwood Organic SOYogurts

Blue Moon Blueberry

Precocious Peach

Razzmatazz Raspberry

Strawberry Patch

Vivacious Vanilla

Wildwood Soy Sour Cream

Frozen Edamame – under a variety of brand names found in the frozen vegetable sections.

To the best of our knowledge, foods listed above are gluten-free, based on information received from manufacturers as of March 1, 2005. Product ingredients may change at any time. Consumers are responsible for checking all products and ingredients on labels.

Gluten-Free Soy Recipes

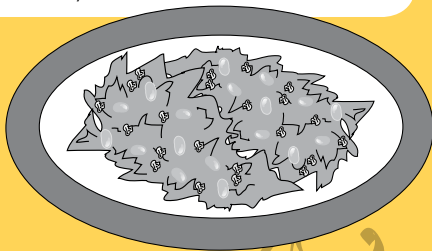
Edamame and Walnut Salad

- ½ heaping teaspoon Dijon mustard
- 2 tablespoons wine vinegar or balsamic vinegar
- ½ cup extra virgin olive oil
- 1 teaspoon grated fresh ginger
- ½ teaspoon salt
- ½ teaspoon brown sugar
- ½ teaspoon freshly ground pepper
- Juice from 1 orange, divided
- 11 oz can mandarin oranges, drained
- 12 ounces shelled cooked edamame
- ½ cup walnut halves, toasted

For Ginger Dressing, combine first 7 ingredients with juice from only one-half of orange, whisk together until emulsified. Squeeze juice from remaining half of orange over edamame and mandarin oranges. Just before serving, gently toss salad with about half of the vinaigrette, adding more if necessary. Taste for salt and pepper and adjust as necessary. Crumble toasted walnuts on top and serve. Serves 8

Serves 8, Calories: 223, Fat: 4.3 g, Protein: 5.6 g, Carbohydrate: 35 g, Fiber: 2.5 g, Cholesterol: 10mg, Sodium: 238 mg

Source: *Simply Soy* cookbook, from The Soyfoods Council, www.TheSoyfoodsCouncil.com.



Curried Corn and Pepper Chowder

This recipe comes from cookbook author and cooking school instructor Paulette Mitchell and is found in the cookbook, *Simply Soy* by The Soyfoods Council.

- 2 tablespoons vegetable oil
- 1/2 cup finely chopped green bell pepper
- 1/2 cup finely chopped red bell pepper
- 1/4 cup minced shallots
- 2 teaspoons curry powder, or to taste
- 1/2 teaspoon salt
- 3 cups fresh corn or one 16-ounce bag frozen corn, thawed (about 3 cups)
- 1 cup vegetable stock
- 1/2 teaspoon freshly ground pepper, or to taste
- 3 cups plain, unflavored soy milk
- 1/2 cup shredded cheddar cheese

1. Heat the oil in a large saucepan or Dutch oven over medium-high heat. Add the bell peppers; cook, stirring occasionally, until tender, about 4 minutes. Add the shallots during the last minute; stir until tender but not browned. Add the curry powder and salt; stir for 1 minute.

2. Stir in the corn, vegetable stock, and pepper. Bring to a boil, reduce the heat to medium; cover and cook until the vegetables are tender, about 5 minutes.

3. Transfer 2 cups of the corn mixture to a blender or food processor. Add 1 cup of the soy milk. Process until the mixture is nearly smooth. Pour the puréed mixture into the saucepan; stir in the remaining soy milk. Stir gently over medium heat until the mixture is heated through, about 5 minutes. Sprinkle each serving with 2 tablespoons cheese. Serves 4

CALORIES 326; FAT 17g; PROTEIN 14.9g;
CARBOHYDRATE 35.7g; FIBER 6g;
CHOLESTEROL 16mg; SODIUM 594mg.

**Simply Soy* is available for \$15.90 at www.TheSoyfoodsCouncil.com.



Resources/Support Groups: For additional information contact one of the support groups below.

Gluten Intolerance Group
15110 10th Ave. SW, Ste. A
Seattle, WA 98166-1820
206-246-6652
www.gluten.net

Celiac/Sprue Association, USA, Inc.
PO Box 31700
Omaha, NE 68131-0700
877-272-4272
www.csaceliacs.org

Celiac Disease Foundation
13251 Ventura Blvd. Ste.1
Studio City, CA 91604-1838
818-990-2354
www.celiac.org

The information in this brochure is not intended as medical advice. Individuals should consult a medical professional for individual advice.



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