

Wheat-free (WF) diet: Replacements for wheat-based foods for each mealtime

Breakfast

You can still eat porridge, corn flakes, puffed rice cereals!

Replace this	With this....	Example
Wheat bread toast	WF bread, oatcakes, rice cakes	Genius bread, BeFree bread, Own brand free-from breads, Nairns oatcakes, Rice cakes
Weetabix	Cornflakes or WF flakes	Doves farm fibre flakes; doves farm cereal flakes, doves farm chocolate stars; Natures Path Mesa Sunrise flakes, Natures path gluten-free O's http://www.dovesfarm.co.uk/gluten-free/gluten-free-breakfast-cereals/ http://ecodirect.ie/catalog/product_info.php?cPath=22&products_id=764&osCsid=f10936ebd7fcd1c3a55a1481d8d294bb
Bran flakes	Cornflakes or WF flakes	"
Wheat museli	Wheat-free muesli	Eat natural' wheat-free muesli (http://www.tesco.ie/groceries/Product/Details/?id=266804650) Tesco 'free from' muesli (http://www.tesco.ie/groceries/Product/Details/?id=267280074)
Granola with wheat	Wheat-free granola	Stable diet Granola (http://www.tesco.ie/groceries/Product/Details/?id=274117760) Foods of Athenry granola, Maria Lucia Bakes granola

Lunch/dinner

You can still eat rice and potatoes!

Replace this	With this....	Example
Wheat Bread	WF bread, oatcakes, rice cakes	Genius bread, BeFree bread, Nairns oatcakes
Wheat wrap/ Bagel/pitta	WF wrap/ bagel	Befree wrap, Befree bagels
Wheat Pasta	WF rice pasta, potatoes	Orgran gluten-free pasta, Dove Farm gluten-free pasta, Tesco free-from pasta
Cous cous	WF grains	Quinoa, millet, brown/white rice
Wheat noodles	Rice noodles	King Soba brown rice noodles http://ecodirect.ie/
Sauce thickened with flour	Sauce thickened with cornflour/rice-flour	-

Treats

You can still eat tortilla chips, popcorn, nuts & seeds, dried fruit!

Replace this	With this....	Example
Biscuits	WF biscuits	Trufree, Lovemore, Foods of Athenry, Mrs Crimbles, Prewetts, Doves farm, Own-brand free-from biscuits
Cereal bars	WF cereal bars	9 bars, 'Nakd' bars, Foods of athenry granola bars
Cakes	WF cakes	Delicious cakes (www.delicious.ie); Foods of Athenry cakes; 'Pure food' brownies
Crisps	WF crisps	Burts crisps, tesco finest crisps, 'Amaizin' corn chips'
Ice-cream	Ice-cream no wheat	Nobo ice-cream, Always check the label!

Websites: www.ecodirect.ie; www.purefood.ie, www.befreefoods.com; www.foodsofathenry.ie; www.dovesfarm.co.uk; www.delicious.ie

BONUS 2: Two easy to make, super – nutritious wheat-free bread recipes.

Easy almond & coconut bread

- 2 cups ground almonds
- 2 tbsps coconut flour
- ¼ cup milled flaxseed
- ¼ tsp salt
- ½ tsp baking soda
- 5 eggs
- 1 tbsp coconut oil
- 1 tbsp honey
- 1 tbsp apple cider vinegar

1. In a food processor, pulse together almonds, coconut flour, flax, salt + baking soda
2. Pulse in eggs, oil + vinegar
3. Pour batter into a lined loaf tin
4. Bake at 200 C for 30 mins (or until a fork comes out clean)

Easy Fruit scones

- 6 oz doves gluten free self-raising flour plus 1 tsp baking powder
- 3 oz virgin coconut oil
- handful of sultanas (optional)
- 3 oz soy/rice milk with 1 egg beaten in

1. Rub oil into flour + baking powder
2. Add sultanas
3. Mix in the milk + egg
4. Shape into scones and bake at 180 C, until a fork comes out clean (~20 mins)