

I'm not a bot



Given article text here So recently you have been told by your doctor that you need to cut back on gluten and dairy products from your diet . As a result , you are feeling stressed about all the changes this will bring to your lifestyle , you might be even trying to give up your favorite foods . I completely understand how you feel . I have been in your shoes before and I am here to guide you through this process . I started experiencing terrible digestive issues that wouldn't go away despite trying various diets . After multiple tests , my doctor advised me to cut out gluten and dairy from my diet . At first, I was shocked and worried about the impact it would have on my social life . However , as time passed , I realized that going gluten-free and dairy-free doesn't have to be difficult or restrictive . In fact , there are many substitutes available for traditional foods , and you can still enjoy delicious meals without compromising on flavor . The key is to make easy changes gradually and find support along the way . You're not alone in this journey , and I'm here to share my experiences and resources with you . I've been cooking since childhood and didn't want to give up on my traditional favorite dishes . As a result , I've made it my mission to learn how to cook with clean ingredients while maintaining the flavors and textures of my favorite foods . On this blog , I'll be sharing recipes and tips that have worked for me , as well as those that haven't . My goal is to provide you with practical advice and support so you can thrive on a gluten-free and dairy-free lifestyle . When it comes to food allergies, there are two major culprits - gluten and dairy. I like to think of them as the dynamic duo, working together to cause digestive discomfort for some people. Gluten is often found in bread and pasta, giving a slightly different texture when you first go gluten-free. However, sometimes eating meals without these allergens is essential. For instance, some people may experience serious health issues or diseases if they consume gluten. Individuals with celiac disease or non-celiac gluten sensitivities can alleviate symptoms like digestive woes to skin issues by going gluten-free. Dairy products are another story altogether. Many of us grew up drinking it and it's used in so many foods. But the truth is, our bodies change as we grow, and some people may develop new aversions or acquire new tastes. Dairy contains lactose, which can be difficult for some to digest, leading to bloating, cramps, and other digestive discomforts. Lactose intolerance and dairy allergies are common reasons to say goodbye to dairy. By going dairy-free, individuals can alleviate digestive problems, skin irritations, and respiratory issues. It's also worth noting that lactose intolerance is a common issue, making it harder for some people to digest. Before making any major changes, it's crucial to consult with your primary care physician and nutrition specialists. For me, my health issues prompted me to get checked out by healthcare professionals, leading me to go gluten-free and dairy-free. Since then, I've never looked back. The key is to listen to your body and seek help when you need it. To make the transition smoother, do research because the answers are out there! Start looking up healthy alternatives to your favorite food items and find online communities that support each other. It's also essential to read ingredient labels, watch out for cross-contamination, and play with spices, herbs, and new flavors to find something you like. Here are some key points about transitioning to a gluten and dairy free lifestyle: 1. ****Experiment with homemade nut milks****: Try blending your favorite nuts with water and straining for a tasty milk alternative. 2. ****Explore ancient grains****: Teff, sorghum, and amaranth offer unique textures and flavors, adding variety to your meals. 3. ****Diversify your plate****: Incorporate colorful fruits, vegetables, and legumes for a nutrient-rich diet. 4. ****Find gluten-free alternatives****: Cauliflower can be used in various dishes, such as pizza crusts or rice. 5. ****Meal prep ahead****: Spend time planning and preparing healthy meals to ensure success on your dietary journey. Some essential products to get started: - Almond milk - Soy milk - Oat milk - Coconut milk (coconut cream is also a favorite) - Almond flour - Coconut flour - Cassava flour - Buckwheat - Quinoa - Chickpeas or chickpea flour Be aware of hidden sources of gluten, such as soy sauce, salad dressings, and processed meats. With time, you'll notice improvements in digestion, energy, and overall health. Personal experiences: Going gluten and dairy free can be a game-changer, with new favorite recipes and foods to try. It may take some getting used to reading labels and trying alternative products, but the benefits are worth it. Gluten-free and dairy-free diets are gaining popularity as people seek to manage chronic disease, food allergies, sensitivities, and inflammation. Both gluten and dairy are common allergens that can cause issues in many individuals. To begin a gluten-free and dairy-free lifestyle, it is essential to check labels closely for hidden ingredients like sauces, soups, and snacks. Focus on whole foods such as vegetables, fruits, proteins, and gluten-free grains to build simple meals. This approach will help ensure adequate nutrition for protein, calcium, and vitamin D. Consider building your diet around nutrient-dense foods like leafy greens, bell peppers, cucumbers, carrots, broccoli, cauliflower, zucchini, avocados, onions, garlic, fresh herbs, lemons, limes, berries, apples, bananas, chicken breast or thighs, ground turkey or chicken, lean beef, salmon, tofu, or tempeh. Explore alternative protein sources like legumes, eggs, almond milk, coconut milk, oat milk, dairy-free yogurt, nut-based or plant-based cheese, and dairy-free butter or margarine. Gluten-free oats, brown rice, quinoa, sweet potatoes, gluten-free pasta, rice cakes, hummus, gluten-free crackers, fresh fruit, mixed berries for smoothies, frozen vegetables, gluten-free flour tortillas or wraps, and gluten-free baking mixes can also be part of your diet. This article has been updated from its original publication in 2021 to provide valuable guidance on starting a gluten-free and dairy-free lifestyle. By following these easy steps and tips, you can make the transition to a healthier diet with minimal disruption. Want to fill the gaps in your diet? Get my unprocessed foods list PDF! Try substituting dairy with almond milk or coconut yogurt and use gluten-free flours for baking. There are plenty of options to explore. Food sensitivities or allergies: Gluten and dairy are common triggers, causing symptoms like bloating, headaches, skin issues, and fatigue. Health conditions: For those with celiac disease, non-celiac gluten sensitivity, lactose intolerance, or casein sensitivity, removing gluten and dairy is often essential. Autoimmune support: Reducing or eliminating gluten and dairy (and other inflammatory foods) can potentially decrease inflammation in conditions like Hashimoto's thyroiditis, rheumatoid arthritis, and multiple sclerosis. First off, let's review what gluten is and how it can be a problem for some people. Gluten is a type of protein found in grains like wheat, barley, and rye. It's the "glue" that holds baked-goods together and is best known for its stretchy quality. Grains and flour products: Wheat, barley, rye, spelt, durum, and semolina Breads and baked goods: Traditional bread, muffins, pancakes, waffles, donuts, and pizza crust Pasta: Spaghetti, macaroni, lasagna, chow mein, ramen, and egg noodles Desserts: Cakes, cookies, brownies, pies, and pastries Processed foods: Soups, sauces, gravies, salad dressings, and seasoned snacks Alcohol: Beer, ale, lager, malt beverages, and certain wines Gluten can be labeled as malt, hydrolyzed wheat protein, modified food starch, or dextrin. Check labels carefully! Barley malt Caramel color (if derived from barley) Farina Malt extract or syrup Brewer's yeast Triticale Graham flour Kamut Spelt Hydrolyzed vegetable protein (when wheat-based) Whole grains: Quinoa, brown rice, millet, buckwheat, and certified gluten-free oats Flours: Almond flour, coconut flour, tapioca flour, and rice flour Snacks: Gluten-free crackers, popcorn, and rice cakes Dairy refers to the milk produced by mammals, such as cow's milk, goat's milk, sheep's milk, and even camel's milk. The most allergenic and most common and frequently consumed type of milk in the United States and Canada is cow's milk. Eggs are not dairy foods, although they are often found in the dairy section of the grocery store. Note: while ghee is often used as a substitute for butter, but it can still be inflammatory for people who have a strong sensitivity or allergy to dairy products. Dairy products: Milk (whole, low-fat, skim), cheese, cream, butter, ghee, yogurt, condensed milk, milk powder, and buttermilk Dishes containing dairy: Mac and cheese, white sauce pasta, pizza, creamed soups, custards, and puddings Hidden sources of dairy: Casein, whey, lactose, lactalbumin, milk solids, and milk derivatives Caseinates (calcium or sodium caseinate) Lactoglobulin Lactalbumin phosphate Recaldent (found in some chewing gums) Nougat Nisin (a preservative derived from milk) Plant-based milks: Almond milk, coconut milk, oat milk, cashew milk, and rice milk Cheese substitutes: Nut-based cheeses, tapioca-based cheese, and soy cheese Yogurt alternatives: Coconut yogurt, almond yogurt, and oat yogurt Cooking substitutes: Coconut cream for heavy cream, and vegan butter or coconut oil To maintain safety from gluten or dairy cross-contamination, it's crucial to use separate utensils, cutting boards, and cookware for gluten-free and dairy-free foods, and wash surfaces thoroughly. Store items in labeled containers and be mindful of appliances. Identify hidden sources like malt, hydrolyzed wheat protein, or whey in packaged foods. Look for certifications like "Certified Gluten-Free" or "Dairy-Free". Experiment with plant-based milks, nut-based cheeses, and gluten-free flours. Use thickeners like arrowroot powder in place of flour. Review meal plans for ideas and consider bread substitutes. When dining out, research restaurants ahead, explain dietary needs to servers, and stick to simple dishes. Ensure nutritional balance with fortified plant-based milks, lean meats, and plenty of fruits and vegetables. Consider supplements if necessary and consult a healthcare provider. Choose whole foods like fresh fruits, veggies, nut butters, and meal leftovers for snacks, or opt for pre-packaged foods labeled "vegan" or "paleo", being mindful of labels to ensure they are gluten and dairy-free. Always double-check and assess potential risks of contamination on your own. Get my full list of top gluten-free and dairy-free snack options. Do you need to stick to a gluten-free and dairy-free diet forever? It depends on your health condition and symptoms. A 6-week elimination diet might help figure out which foods are problematic for you. Consult with a healthcare expert to determine how long you should follow this diet. As you learn more about gluten-free and dairy-free eating, rely on labels and store sections marked 'gluten' and 'dairy' free. Be aware that contamination is possible with any processed food or bulk item. This article is meant as a helpful guide for starting a gluten-free and dairy-free diet. For specific recipes, check out the clean eating recipe index, which uses 100% real food ingredients and is completely gluten-free and dairy-free. To get exclusive clean eating tips and recipes, join my free newsletter list with no spam or obligations to unsubscribe. About the Author: I'm Carrie Forrest, a certified holistic nutritionist with a master's degree in public health and a top wellness blogger with over 5 million annual visitors. I've overcome chronic illness through dietary changes and want to help you transform your health too. Send me a message through my contact form for more information. Please note that this post is for informational purposes only and should not be taken as medical advice. Consult your healthcare provider for personalized guidance. This article may contain affiliate links that won't change the price but will earn us a commission. After every meal, I would experience a range of uncomfortable symptoms, including bloating, abdominal cramps, and fatigue. My mind would feel foggy, and I would often get instant headaches. These symptoms would linger for days, leaving me feeling depressed and anxious. Despite numerous doctor visits and tests, no underlying cause could be found. However, the severity of my symptoms eventually prompted me to take matters into my own hands and adopt a gluten- and dairy-free diet. I made this change abruptly, as I believed it was the only way to heal my gut and alleviate my symptoms. Quitting cold turkey was the most effective approach for me, as even small amounts of gluten and dairy would trigger a reaction. For those interested in learning more about the effects of gluten on the body, a detailed post can be found elsewhere. Embarking on a new lifestyle can be daunting, but I found that taking it one day at a time was crucial. Rather than focusing on what I would miss, I repeated the mantra "think about all that you are gaining, not losing." To successfully transition to a gluten- and dairy-free diet, it is essential to plan and prepare. This includes cleaning out your pantry and fridge, being mindful of subtle sources of gluten and dairy, such as artificial coffee creamer, soy sauce, and certain types of oats. Reading labels carefully is vital, as many packaged items contain gluten or dairy. Being aware of gluten-containing words like barley, durum, and malt can help you make informed choices. By adopting this new lifestyle, I was able to alleviate my symptoms and improve my overall well-being. or Dinkel) Triticale Wheat bran Wheat flour Wheat germ Wheat starch Artificial butter flavor Butter Butter fat Buttermilk Butter oil Casein Caseinates Half & half Hydrolysates Lactalbumin phosphate Lactoglobulin Lactose Lactulose Whey I understand that this is a lot to process, but for those committed to adopting a gluten and dairy-free lifestyle, it's crucial to grasp how these ingredients can sneak into your food. Within weeks, you'll grow accustomed to your new way of living. It takes 21 days to change a habit. If you're the only one in your household suffering from a gluten and dairy allergy or sensitivity, it's advisable to maintain separate storage spaces for your food to avoid cross-contamination. For those with gluten and dairy sensitivities like myself, this may not be necessary. With an increasing array of options available, going gluten and dairy-free has never been easier. Some ideas to help you stock your pantry and fridge include: Fresh or frozen fruits and vegetables Rice Wild rice Quinoa Buckwheat Certified gluten-free oats Amaranth Teff Sorghum Millet Dry or canned beans Corn (organic when possible) Grass-fed beef Seafood Chicken Pork Eggs Coconut, almond, cassava, or rice flour Almond, peanut, cashew, or sun butter Allergy-friendly dark chocolate All nuts and seeds Certified gluten- and dairy-free snacks of your choice (be sure to read ingredients) Canned coconut milk Herbs and spices Olive oil Honey, maple syrup, coconut sugar Coconut flakes Cacao Almond, coconut, or cashew milk Nutritional yeast (you can create great vegan cheese) Almond yogurt (if that's your thing) Vegan ice cream (though read ingredients carefully) Cashew cream cheese Coconut kefir milk This is just the beginning. For meal ideas, you can check out our recipes page, which features 100% gluten- and dairy-free options, many of which are also vegan and Whole30 compliant. While changing food habits was challenging enough, one of the most difficult aspects for me was having to explain this change to everyone in my life. From family members to local takeout joint hosts, suddenly they needed a detailed explanation of what I can and cannot eat. It initially felt awkward and like a burden until I realized that change – even if it's not theirs – makes people uncomfortable. So, I got used to this new way of living, and so did they. After the initial questions, it became a non-issue, with everyone accepting, understanding, and accommodating. Going out to eat is undoubtedly the most difficult part of going gluten- and dairy-free. Carefully reading menus and asking as many questions as possible may feel burdensome but is essential. You're paying for the food, so don't be afraid to ask. Always ask your server to ask the chef for the most accurate information. In larger cities, you may find restaurants catering to individuals with food sensitivities and allergies, but in smaller towns, this will be nearly impossible. Since I rarely dine out... When planning to dine out or attend gatherings, it's essential to take a few precautions. Firstly, consider calling ahead to confirm that restaurants have options for gluten and dairy-free food, as pub fare can be more challenging. However, with growing awareness of dietary needs, many hosts are accommodating requests in advance. It's also crucial to educate others about your dietary requirements, not just to ensure their understanding but also to empower them to make informed choices. To maintain a gluten-free and dairy-free lifestyle, it's vital to involve those closest to you and be open about your needs. Announcing your decision to friends, family, and co-workers can help prevent unintentional situations that may lead to slipping up. If you do experience setbacks, don't hesitate to return to your new normal the next day. Joining online communities or social media groups focused on gluten-free and dairy-free living can be incredibly empowering and motivating. These platforms offer valuable support, recipe sharing, and insights from like-minded individuals. While it's essential to do your own research and not solely rely on one person's advice, being part of a community that understands and supports you can make all the difference. Most importantly, remember that your dietary needs are not a burden but an opportunity to take care of yourself and potentially improve your overall well-being. By embracing this lifestyle change and educating others about its benefits, you'll be more likely to stick with it and unlock new possibilities in your life.

How to go on a gluten and dairy free diet. How to go gluten dairy and sugar free. Gluten free and dairy free diet. How to go gluten-free and dairy-free. What happens when you go gluten and dairy free. How to start gluten and dairy free diet. Easiest way to go gluten and dairy free. Should i go gluten and dairy free. How to go gluten and dairy free pcos. Gluten free and dairy free.