

# Planning for a Safe Gluten Free School Year

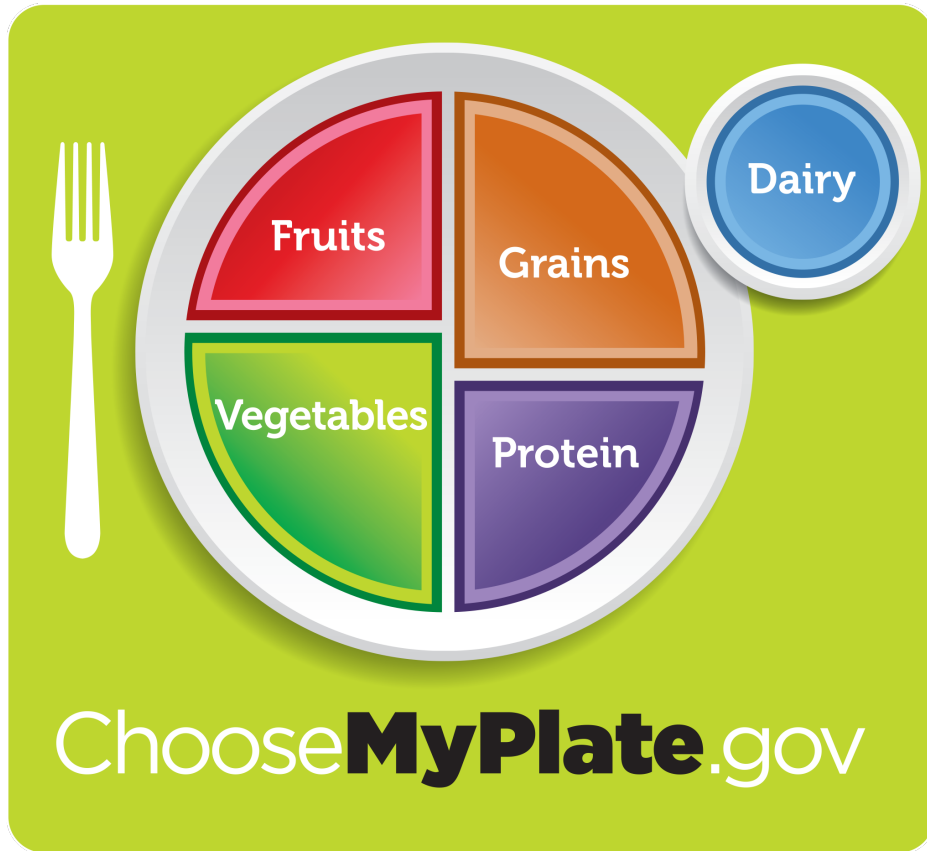
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Gluten Free Expo 2016

# Overview

- ▶ Packing a well balanced lunch
- ▶ Identifying safe ingredients
- ▶ Gluten free lunch ideas
- ▶ Considerations for school events

# Packing a Well Balanced Lunch



- ▶ Half a plate of fruits and vegetables
- ▶ Lean protein
- ▶ Grain
- ▶ Dairy

# Unsafe Ingredients

- ▶ Barley
- ▶ Barley Enzymes
- ▶ Barley Extract
- ▶ Barley Grass
- ▶ Barley Malt
- ▶ Barley Pearls
- ▶ Bran
- ▶ Bleached Flour
- ▶ Bulgur
- ▶ Bulgur Wheat
- ▶ Croutons
- ▶ Couscous
- ▶ Dextrin
- ▶ Durum
- ▶ Einkorn
- ▶ Emmer
- ▶ Farina
- ▶ Fu
- ▶ Graham
- ▶ Hordeum Vulgare
- ▶ Hydrolyzed Wheat Protein
- ▶ Kamut
- ▶ Macha
- ▶ Malt
- ▶ Malt Flavoring
- ▶ Malt Syrup
- ▶ Malt Vinegar
- ▶ Matzo
- ▶ Mir
- ▶ Rice Malt
- ▶ Rice Syrup
- ▶ Rye
- ▶ Seitan
- ▶ Spelt
- ▶ Semolina
- ▶ Sprouted Wheat
- ▶ Tabbouleh
- ▶ Triticale

# Naturally Gluten Free Foods

- ▶ Milk
- ▶ Eggs
- ▶ Fruits
- ▶ Yogurt
- ▶ Poultry
- ▶ Vegetables
- ▶ Cheese
- ▶ Seafood
- ▶ Beans
- ▶ Butter
- ▶ Beef
- ▶ Nuts
- ▶ Sour Cream
- ▶ Pork
- ▶ Coffee

# Gluten Free Balanced Lunches

- ▶ Think outside the sandwich!
- ▶ Hummus, Tortilla Chips, Carrots, Strawberries, Milk
- ▶ Corn tortilla, Gluten Free deli meat, Cheese, Apple
- ▶ Hard boiled egg, Gluten Free Crackers, Fruit salad, Milk
- ▶ Peanut Butter, Rice cakes, Banana, Cheese stick
- ▶ Lunch meat roll ups with cheese, Carrots, Grapes
- ▶ Grilled chicken, rice, broccoli, milk
- ▶ Greek Yogurt, Gluten Free Granola, blueberries, Almonds
- ▶ Salad topped with Chicken, dressing, gluten free chips/crackers

# Considerations for School Events

- ▶ Talk with teachers in advance
- ▶ Be aware of upcoming events
- ▶ Be prepared with alternatives
- ▶ Watch out for cross contamination