

Why Give up Wheat?

The average western diet is based largely on wheat and wheat products and eating the same foods over and over again can lead to food intolerance. Wheat is not the only culprit, but there are several reasons why wheat in particular can cause problems such as those listed below.

Some of the most common symptoms of a wheat intolerance include:-

- Anxiety
- Asthma
- Bloating
- Chronic sniffing
- Coughing
- Crohn's disease
- Digestive problems including Diarrhoea and constipation
- Eczema/acne/spots
- Fatigue/energy lows
- Flatulence
- Headaches
- IBS
- Indigestion
- Insomnia/tiredness on waking
- Itchy eyes/skin
- Mouth ulcers
- Skin rashes
- Weight/fluid retention
- Wheezing

Some of the reasons for intolerance and why wheat should be avoided:

- Wheat blocks certain nutrients (e.g. magnesium zinc) and the elimination of waste products
- Wheat encourages the body to hold on to fluid
- Wheat contains gluten, a protein which many people find hard to digest
- Wheat is contaminated by spraying with pesticides, insecticides etc. and other agro-chemicals during the growing process
- Wheat is stripped of wheat germ and often bran, thus reducing the fibre content and its nourishment
- Wheat has chemicals added in the refining process e.g. bleaches, preservatives, conditioners, chemical oxidizing agents
- Wheat is acidic and overeating can upset the acid/alkaline balance of the body

It is therefore not surprising that the elimination of wheat from the diet can have dramatic effects on not only weight loss, but general health and wellbeing.

The Wheat Free Diet

1. Aim to make fresh vegetables and fruits a large part of your daily diet. These help to keep the body alkaline, provide a high level of valuable nutrients and are a good source of soluble fibre
2. Have 3 to 4 servings of complex carbohydrates every day for blood sugar support, fibre and the nutrients needed for metabolism e.g. vegetables, fruits, grains, beans, legumes, brown rice, rice noodles, lentils
3. Eat 2 to 3 servings of good quality protein a day. Choose fish and vegetarian sources (cottage cheese, soya, eggs, Quinoa) rather than just meat
4. Include 1-2 servings of essential fats per day e.g. a tablespoon of flax seeds (linseed) with breakfast (on muesli/porridge, added to yoghurt or in a smoothie); a tablespoon of oil on salad or a handful of seeds (pumpkin, sunflower, sesame) plus as much oily fish (which also counts as a portion of protein) as you like.
5. Snack on *a few* almonds or brazil nuts

Three meals a day plus healthy snacks (fresh fruits, small amount of nuts/seeds) will help keep your blood sugar stable and your metabolism functioning efficiently.

NOTES: Try not to mix meat sources of protein with carbohydrates such as potatoes or rice. Avoid eating fresh fruit after a large meal, especially if it contained meat, as this disrupts the digestive process – wait for at least 2 hours. Drink at least 1.5 litres of plain water a day. Try and go for a brisk 15 minute walk every day if possible as well as exercising (e.g. swimming, gym, cycling) three times a week. Check the labels – there is wheat in most pre-packaged products.

Long Term: Eliminate wheat entirely for at least 5 weeks. After that, you may choose to introduce moderate amounts of foods containing wheat, which hopefully will not cause problems. However, refined flour such as that found in white bread and processed foods does not give your body the type of nutritional value it requires, so make sure you choose wholegrain products.

Body & Sole Therapy

T. 0208 870 2800 email. lizziegrant@body-and-sole-therapy.com www.body-and-sole.com

Foods to Eat

Dairy

Cheese: Low fat cottage cheese
 Half fat hard cheese (occasional)
 Crème Fraiche (occasional)

Eggs

Fromage Frais (virtually fat free)

Milk (virtually fat free or soya)

Yoghurt (natural, fat free bio, soya). Live yoghurt provides friendly bacteria for the digestive tract and is a good source of protein.

Fish and Seafood

Cod

Haddock

Mackerel

Salmon

Sardines

Tuna

Seafood (all types)

Poultry and Game

All lean cuts with skin removed (not duck or goose)

Meat

All very lean cuts with skin removed

Fruit

All fruit except fresh dates, fresh figs, grapes, mangoes and oranges which should be eaten as special treats only. (Bananas and avocado help reduce craving for carbohydrate.) Black cherries, blueberries, cranberries and black grapes help to heal the digestive tract and contain large amounts of certain antioxidant nutrients.

Vegetables

All vegetables, including potatoes in their skins, although these should only be eaten occasionally

Flour

Wheat free only

Grains

Barley
Buckwheat
Millet flakes
Oats and oat bran (good sources of soluble fibre)
Brown or wild rice

Pulses

All pulses, including broad beans, chick peas, kidney beans, lentils (good sources of soluble fibre)

Nuts (in moderation)

Almonds, unblanched
Brazil nuts
Hazelnuts, in their skin
Macadamia nuts
Pecan nuts
Pine nuts
Pistachios
Walnuts

Seeds

All seeds, especially Flax (linseeds), pumpkins, sesame, sunflower

Other

Rice noodles
Brown Rice
Oatcakes
Rice Cakes
Alcohol (in moderation!) *

* Beer contains detectable levels of a protein present in wheat and so would also have to be avoided in truly intolerant patients. Champagne, Sparkling Wine, White Wine, Red Wine, Brandy, Cognac, Grappa, Mead, Ouzo, Rum, Sake, Tequila should all be wheat free).

NOTE: When wheat is removed from the diet, you may feel slightly unwell for the first few days – possibly tired, headachy, a bit out of sorts. This is a normal reaction and will settle down in a few days. It is also a good sign that wheat was at the root of the problem and that removing it will help your overall health in the long term. Five weeks of a wheat free diet should make a dramatic difference. You should feel more energetic, think more clearly, suffer less bloating and other symptoms you may have been experiencing.

Body & Sole Therapy

T. 0208 870 2800 email. lizziegrant@body-and-sole-therapy.com www.body-and-sole.com

Foods to Avoid

Bread: except wheat free

Dairy: Butter
Cream
Full fat cheese/ sweetened yoghurts & desserts

Eggs: Mayonnaise
Custard
Fried and scrambled eggs

Nuts: Cashews, peanuts, coconut

Fats: Lard
Margarine
Nut butters
All processed meats and sausages

Sugar: Sweets and chocolate
Jams and spreads
Cakes
Biscuits
Pastries

Other: Crisps
Orange juice
Fizzy and sweetened drinks

A few recipe suggestions

BREAKFAST (preferably eaten within an hour and a half of getting up)

Fruit Smoothie

170g fresh mixed berries, peaches, pears, apples or apricots (or a mixture)
8 fl oz low fat natural plain live yoghurt
7 fl oz virtually fat free milk or water
1 tbsp flax seed oil

Put all ingredients into a blender or food processor and whiz briefly. Serve immediately. Add 1 tbsp flax seeds (linseeds).

Muesli

Large batch should last a month if stored in an airtight container in a cool place.

375 g whole rolled oats
250 g combined barley, buckwheat and millet flakes
100 g chopped brazil nuts
50 g sesame seeds
50 g pumpkin seeds
125 g ready to eat dried peaches or other dried fruit
100 g raisins
1 heaped tsp ground cinnamon
1 heaped tsp mixed spice
1 tbsp flax seeds (linseeds)

Serve with chilled virtually fat free/goat/soya milk and leave to soak for 2-3 minutes.
Can be served with fresh fruit e.g. strawberries, apple, peaches.

LUNCH/STARTER

Smoked Trout Pâté

(Serves 6)

255 g smoked trout fillets or smoked salmon slices
200g virtually fat free fromage frais
½ tsp Dijon mustard
½ tsp creamed horseradish sauce
A little lemon juice
A little freshly chopped dill
Sea salt and freshly ground black pepper

Blend the fish with all remaining ingredients in a food processor. Transfer to serving dish, cover and chill. Serve as a starter or lunch with wheat-free toast, oatcakes or crudités.

Tomato Salsa

(serves 4)

4 large tomatoes
1 large avocado
2 tbsp freshly chopped coriander
Juice of 1 lime
2 tbsp good olive oil

Chop tomatoes into quarters and scoop out the seeds. Roughly chop the flesh and put in a bowl. Chop flesh of avocado and add to tomato with coriander. Stir in lime juice and olive oil. Serve with grilled chicken or fish.

Sun-Dried Tomato Dip

(serves 4)

50g sun-dried or sunblush tomatoes drained of oil
4 tbsp olive oil
Juice ½ lemon
150g low fat natural yoghurt

Whiz to blend all ingredients. Serve with crudités.

Hummus

Makes about 1 pint

2x400g tins chickpeas
2 garlic clove
4 tbsp tahini
2 tbsp olive oil
Juice of 1.5 lemons
Pinch paprika
Freshly ground black pepper

Drain then cook chickpeas in plenty of water. Drain, reserving liquid. Purée cooked chickpeas with remaining ingredients with enough of the cooking liquid to make a creamy consistency. Sprinkle with paprika. Chill and serve with crudités or wheat free toast.

Guacamole

Makes about 1 pint

2 ripe avocados
2 tbsp lemon or lime juice
1 small onion, chopped
1 clove garlic, crushed
2 tomatoes, chopped
A few coriander or parsley sprigs, finely chopped
Freshly ground black pepper

Mash avocado flesh with the lemon or lime juice. Add the remaining ingredients, mix well. Check seasoning, adding a little more black pepper or lemon/lime juice if necessary. Chill and serve with crudités or wheat free toast.

SOUPS

Vegetable Soup

(Serves 4)

1 onion
1 clove garlic
1 litre good vegetable stock (if bought check salt content)
1 tbsp olive oil
750g vegetables of your choice e.g. sliced carrots, chopped potato (moderate amount) sliced courgettes, diced pumpkin, chopped green beans, frozen peas, broccoli/cauliflower florets.
Salt and freshly ground black pepper
1 tbsp fresh herbs e.g. parsley, marjoram, coriander, thyme
Optional extras: can of kidney/borlotti/canellini beans, chick peas or lentils
Place all the vegetables in a pan with the olive oil. Sweat over a low heat for 5-10 minutes. Add stock, bring to the boil and simmer until vegetables are tender. Season.

Body & Sole Therapy

T. 0208 870 2800 email. lizziegrant@body-and-sole-therapy.com www.body-and-sole.com

For a smooth soup, liquidise in a blender or food processor. For a chunky soups liquidise half the soup and return to the pan. For a heartier, main course soup add a can of beans, lentils or chick peas (after liquidising and gently heat through)

Carrot & Coriander Soup

(serves 4)

1 onion, chopped
1 clove of garlic, chopped
675g carrots, sliced
900 ml vegetables stock (if bought check salt content)
Salt and freshly ground black pepper
1-2 tbsp fresh coriander, chopped
1 tbsp olive oil

Place onion, garlic and carrots in a large saucepan. Add stock and bring to the boil, then reduce the heat and simmer for 15 minutes until the carrots are tender. Season with salt and pepper. Add half the coriander and the olive oil. Liquidise in blender or food processor.

MAIN MEALS

Trout and Dill Fishcakes

(serves 4)

4 medium potatoes
2 trout fillets
3 spring onions
2 dill sprigs
1 lemon
1 tbsp olive oil
A little non-wheat flour

Peel and chop potatoes and cook for 6-8 min until tender. Drain, return to the pan and mash.

Preheat the grill to high. Grill the trout fillets for 8-10 minutes until cooked through and firm to the touch. Flake into pieces, removing any bones, then put into the pan with the mashed potato.

Cut the spring onions into small pieces. Chop the dill sprigs and zest the lemon. Add to the pan with the olive oil and mix everything well together well.

Shape the mixture into eight small patties. Dust with flour and put on a non-stick baking sheet, then grill for a further 3 min on each side. Serve with large mixed salad.

Salmon & Stir Fried Vegetables

(serves 2)

2 salmon (preferably wild) steaks
selection of stir fry vegetables e.g. bean sprouts, onion, cabbage, mushrooms, carrots
Olive Oil
Soy Sauce
Brown rice

Bake salmon on a tray in the oven at 175° for 20 minutes. Stir fry vegetables in a little olive oil. Add soy sauce to taste. Serve salmon on top of vegetables with brown rice.

Vegetable Lentil Curry

(serves 4)

2 tbsp water or vegetable stock
1 large onion, sliced
1 tsp each of cumin, coriander, turmeric and chilli powder (or 1 tbsp curry powder)
2 garlic cloves, crushed
225g red lentils(soaked or canned)
750ml water
900g vegetables e.g. cauliflower, courgettes, mushrooms, okra, carrots, tomatoes
Handful fresh coriander, chopped

Sauté the onion in the water or stock for 5 minutes. Add the spices and the garlic and continue cooking for 2 minutes. Add the lentils and water. Cover and simmer for 10 minutes. Add the vegetables and continue cooking for 20 minutes or until the vegetables are just tender. Top with coriander and serve with brown rice.

Roasted Mediterranean Vegetables

(serves 4)

2 courgettes, thickly sliced
8 shallots
1 aubergine, sliced
1 red pepper, cut into strips
1 yellow pepper, cut into strips
125g cherry tomatoes
A few sprigs of rosemary or oregano
2 garlic cloves, crushes
Salt and freshly ground pepper
2 tbsp olive oil

Prepare the vegetables and place in large roasting tin. Place the herbs between the vegetables and sprinkle with the crushed garlic and pepper. Drizzle over the oil and turn the vegetables gently so they are coated in oil. Roast in a pre-heated oven at 200°C (Gas 6) for 30-40 minutes until the vegetables are tender. Serve on their own as a main course or with brown rice or grilled poultry or fish.

Brown Rice

Brown rice, which has only the outer hull removed, retains--along with its bran layer--an impressive variety of vitamins and minerals, including niacin, vitamin B6, magnesium, manganese, phosphorus, selenium, and even some vitamin E. Brown rice contains only a small amount of protein, but that is of good quality because of its relatively high level of the amino acid lysine. Because the bran is not milled away, brown rice contains four times the amount of insoluble fibre found in white rice--a prime reason for eating brown rice instead of white. Brown rice has a cleansing effect on the digestive tract and should be eaten as often as possible. Keep a tub of cooked brown rice in the fridge to add to stir fries or soups or serve with curry or fish etc.

Brown Rice Salad

720g brown rice
240g spring onions, chopped
90g canned sweetcorn
60g cashew nuts
60g raisins
1½ tbsp soy sauce
3 tbsp olive oil
80g red pepper, chopped

Cook the rice according to packet instructions.
Mix all the other ingredients with the cooked rice in a large bowl.

Quick & Easy Brown Rice & Vegetables

(Serves 4)

500g brown rice
1 tbsp olive oil
1-2 clove garlic, crushed
1 Bag or stir fry vegetables
Soy Sauce
Freshly ground black pepper
2 tbsp Fresh herbs, chopped e.g. coriander, parsley, mint

Cook the rice according to the instructions and drain. Heat the oil in a wok or large pan. Add garlic and then the vegetables. Stir 3-4 minutes, add brown rice and soy sauce. Season with freshly ground black pepper and sprinkle with fresh herbs. Serve as a main course as with fish or poultry.

