



GLUTEN-FREE
SPECIAL

Cost-effective and
healthy ways to make
leading a gluten-free
life much easier

Living the Gluten-Free Way

11

Tips for Gluten-Free Grocery Shopping

BY ALEXANDRA ANCA & THERESA SANTANDREA-CULL

Although coeliac disease affects around 1 in 70 Australians, an increasing number of people are sensitive to gluten. People with coeliac disease and non-coeliac gluten intolerance are urged to eliminate gluten from their diet in order to ease symptoms, yet often it can be difficult knowing what products to avoid. The key is making fresh food your staple.

Here are some general rules of



How to take the confusion out of shopping for a gluten-free diet

thumb for healthy shopping for anyone wanting to avoid gluten.

1 Buy fresh food

What could be healthier and more wholesome? The beauty of the gluten-free diet is that most fresh foods are also gluten-free. Fruits, vegetables, fresh meats, poultry, seafood, dairy, legumes and fruit juices are the

PHOTOS: (PREVIOUS PAGE AND ABOVE) READER'S DIGEST PTY LTD

The delicious taste of Popcorn in a Nutritious Crispbread



**CORN THINS®
Original**

- ✓ 8% dietary fibre
- ✓ Less than 5g carbohydrate per slice
- ✓ Gluten Free & non-GMO



Don't confuse CORN THINS® with rice cakes.

Being made primarily of corn, not rice, CORN THINS® taste delicious, like POPCORN!

Available in the biscuit aisle of most supermarkets.

www.cornthins.com

healthiest of foods and also gluten-free. Remember how your parents and grandparents used to cook? Fresh and simple.

2 Always shop the fresh produce aisles of the store first

While this doesn't mean avoiding processed food entirely, the reality is the less you find yourself in the centre aisles, the easier and healthier your trip to the supermarket is likely to be.

3 Shop with a list

Save time, money and empty kilojoules by sticking to what you know you need. This will prevent you from wandering towards the snacks aisle.

Be proactive and ensure that the brands of deli meats you choose are gluten-free



4 Speak up at the deli counter

If you are buying deli meat, ensure against gluten contamination by asking that the blade be cleaned before the deli assistant slices your order. Be proactive and ensure that the brands of deli meats you choose are gluten-free.

5 Never shop on an empty stomach

Have a good solid snack or meal before you head out to do your weekly grocery shop. This will help stop you from buying kilojoule-rich snacks such as potato chips and chocolate bars – yes, plain varieties of both are often gluten-free! If you can't snack beforehand, bring along a piece of fruit and a few almonds or walnuts.

6 Stock up on frozen fruit and veg

Believe it or not, frozen fruits and vegetables are just as healthy, if not healthier, than fresh ones! Often they are ripe and flash-frozen at the source, meaning that nutrients and antioxidants are preserved. You can easily incorporate vegetables in soups, quiches and casseroles. Fruits can be served over gluten-free waffles or pancakes, incorporated into smoothies or mixed in with yoghurt or ice-cream. When the season's over for berries, buy frozen ones without

PHOTO: ISTOCK



6¹ Super Steps to LOSE WEIGHT QUICKLY

From Personal Trainer Charles Dornan




1 Start on The Medical Vita Diet. The Australian weight loss program has been tried and tested for 30 years, with outstanding results.

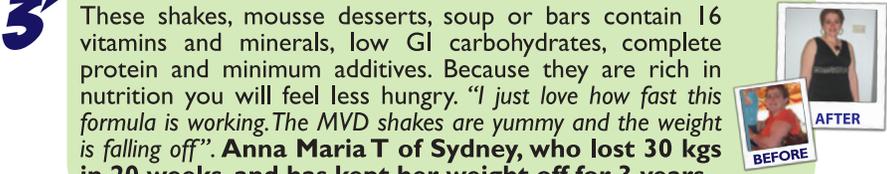
HAYLEY **Memorise the Allowed Foods List.**

You don't have to starve - just stick to the fresh, unprocessed foods listed in the Vita Diet eating plan - including all meats, poultry and seafoods and unlimited vegetables (except for the starchy ones). "The Medical Vita Diet changed my way of thinking about food", **Hayley, who lost 33kgs in 40 weeks.**



3 Have at least two Medical Vita Diet Supplements a Day. **ANNA**

These shakes, mousse desserts, soup or bars contain 16 vitamins and minerals, low GI carbohydrates, complete protein and minimum additives. Because they are rich in nutrition you will feel less hungry. "I just love how fast this formula is working. The MVD shakes are yummy and the weight is falling off". **Anna Maria T of Sydney, who lost 30 kgs in 20 weeks, and has kept her weight off for 3 years.**



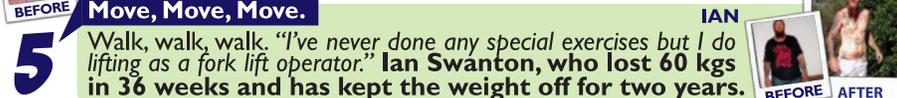
AUBREY **Weigh Yourself Every Week. Excitement is a Great Motivator.**

"I lost 4.7 kgs in my first week and then around 3.5 to 4 kgs a week after that. I swear by The Medical Vita Diet." **Aubrey McDonald, who lost nearly 36 kgs in 14 weeks.**



5 Move, Move, Move. **IAN**

Walk, walk, walk. "I've never done any special exercises but I do lifting as a fork lift operator." **Ian Swanton, who lost 60 kgs in 36 weeks and has kept the weight off for two years.**



LORALEE **Believe it's Easy.**

"It was so easy because the shakes are so yummy and you can eat as much as you like from the allowed foods list." **Loralee Thomas who lost 62kgs in 15 months on the Medical Vita Diet and has kept her weight off for 7 years.**



For more information Call 1300 742 537 (SHAKES) Or visit www.VitaDiet.com.au

added sugars to get a taste of summer!

7 Embrace the mighty bean

Most brands of regular canned beans are not only gluten-free but also filling, nutritious and delicious. A cup of cooked beans is an excellent source of fibre (15 grams), folate, iron and calcium. Beans have been linked to lowering cholesterol, reducing plaque in patients with fatty plaques in their arteries, and improving insulin resistance.

8 Look for fibre

Lack of fibre leads to constipation and is a challenge when you're following the gluten-free diet. Introducing too much fibre too quickly can cause gastrointestinal discomfort, such as gas, bloating and cramping. Take it easy as you introduce or increase servings of quinoa, corn, millet and other gluten-free alternatives to wheat, rye and barley.

9 Dress up your morning cereal

You don't need to limit yourself to plain creamed rice, a popular gluten-free morning meal. Why not add some fresh or frozen fruit, raisins, plain roasted almond slivers, walnuts, pumpkin seeds, sunflower seeds, ground linseeds or chia seeds?



Make your own trail mix, keep it in a well-sealed wide-mouth jar and add a tablespoon or two to your cereal – or eat ¼ cup (60 ml) for a healthy afternoon snack on the go.

10 Buy plain yoghurt and flavour it at home

For a lot of people, the taste of plain yoghurt just doesn't cut it. However, most commercial brands frequently have too much sugar and empty kilojoules. Why not try adding a teaspoon (5 ml) of honey or jam to plain yoghurt along with your favourite frozen berries and some cinnamon or nutmeg? It will still be delicious and you'll save both kilojoules and money.

11 Try gluten-free baked items

Flour made from wheat isn't the only grain to use in baking. Rice flour, corn-flour and tapioca flour or a pre-mixed brand are all good substitutes.

PHOTO: READER'S DIGEST PTY LTD

Don't feel like cooking?

Try a little TLC...



- Over 50 nutritionally balanced **Diabetes Friendly** meal choices, many of which are also **Heart Friendly and Gluten Free**
- **Introductory offer** for new customers - **5 delicious Diabetes Friendly meals from \$55 or 10 meals from \$105**
- **Further discounts of between 5-13%** on additional orders for Reader's Digest readers (where TLC meals are available*)
- NDIS and CDC **Home Care Package** approved meal supplier

"Tender Loving Cuisine has worked with Diabetes NSW & ACT for 16 years, and all our meals that display the 'd' icon have been evaluated and approved by Diabetes NSW & ACT as diabetes friendly"

*Tender Loving Cuisine delivers to NSW, ACT, VIC & QLD only



Tasmanian Salmon with Florentine Sauce



CALL 1800 801 200
or order online at www.tlc.org.au

6

BY ASTRID VAN DEN BROEK

Tasty Gluten-Free Foods

If you have coeliac disease or gluten intolerance, you'll love these versatile options

QUINOA OR RICE? Popcorn or rice cakes? As anyone with coeliac disease knows, this autoimmune disease in which the intestine is damaged by gluten (the protein found in many grains such as wheat, rye and oats) makes finding foods that are both tempting and delicious tricky. For children and adults alike, the challenge can be wearing. We set out to find six coeliac-friendly foods.

Guacamole

Not only is this delicious dip (made from a combo of mashed avocado and lime) gluten-free and yummy, it's also a versatile choice. To dress up this healthy dip (avocado is rich with healthy mono-unsaturated fats), mix in additional ingredients such as chopped coriander, tomato or onion.

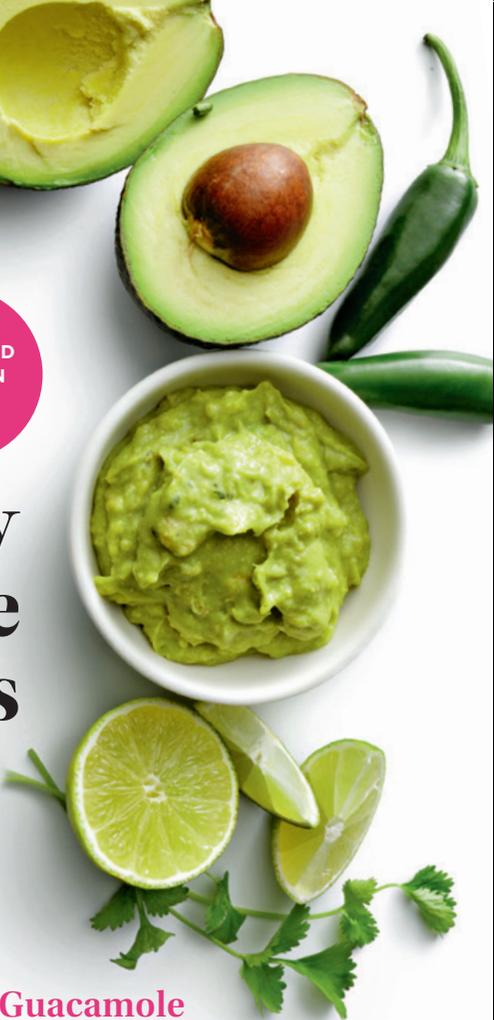


PHOTO: ISTOCK

The snack with active probiotics...



...and gluten free.

- No artificial flavours • No artificial colours
- No preservatives • No added msg
- 100% Australian owned
- One billion live and active probiotic bacteria in every 50g pack



Available at Chemist Warehouse, selected independent supermarkets, green grocers and delicatessens.



WIN GREAT PRIZES at piranhacorp.com.au

Peanut butter

This spreadable topping can be incorporated into a gluten-free diet a number of ways – worked into a dip for vegies, swirled into creamed rice, or baked into gluten-free muffins. As a tasty snack, try granny smith apples spread with or dipped into peanut butter – the tartness of the apples works well with the sweet, nutty creaminess of peanut butter.



Cheese

This bone-building dairy product that's packed with calcium is popular among people with coeliac disease and can be enjoyed a number of ways. Think mozzarella cheese, atop baked potatoes, a bowl of cottage cheese with fruit for breakfast, or celery sticks smeared with herbed cream cheese. Or why not try making a polenta, cheese and mushroom pizza?

Popcorn

This low-kilojoule snack is very popular. Toppings such as butter and salt can make it that much more tasty, or try sprinkling it with cheese to make cheesy popcorn. For those who are tired of popcorn, look for corn-based snacks such as rice or corn cakes (to spread peanut butter or other dips on), corn-based crackers and even corn tortillas. (Tip: Sprinkle some cheese inside a folded-over tortilla and pan-fry it or grill it in the oven for a yummy quesadilla.)

Icy poles

You can buy icy poles that are gluten-free, but making your own can be fun, too. It might involve something as simple as putting a stick into a container of gluten-free plain yoghurt after mixing in chopped fruit, then freezing it. You could also experiment by mixing up some of your favourite gluten-free ingredients and freezing them in an icy pole mould (sold at most supermarkets).

Spaghetti squash

This gourd, which is packed with fibre and vitamin A, earned itself a spot on our list for versatility. While you could eat it as you would a regular squash (think baked in the oven with butter and salt, or with tomatoes and feta), it also works as an alternative to spaghetti. Bake spaghetti squash until it's soft enough to rake through its insides with a fork and pull out the strings of 'pasta' – then top it with your favourite spaghetti sauce and a few shavings of fresh Parmesan.

PHOTO: ISTOCK

TWICE THE FIBRE THAN NORMAL PASTA*



VEGAN



FAT FREE | **LOW CARB**
GLUTEN FREE | **SOURCE OF FIBRE**

MADE FROM A VEGETABLE, SUPERFOOD KONJAC

Konjac has been a staple healthy food in Japan for more than 100 years. Slendier can help you feel fuller for longer, containing soluble fibre it is comfort food with reduced carbs and calories.

*Twice the fibre as the average durum wheat semolina spaghetti per 100g. Difference is 3 grams

Available
 IN THE HEALTH CATEGORY AT:
 WOOLWORTHS, COLES, APPROVED
 RETAILERS AND HEALTH FOOD STORES.

You're Not Alone

Social circles shrink as we age. We can help you find your next friend

BY MEGAN JONES



SHARILENE ROWLAND, 53, can't quite pinpoint when her friends disappeared. It happened, as many losses do, while she wasn't paying attention. After she and her husband divorced 25 years ago, Rowland immersed herself in single parenthood, focusing on her boys, ten-month-old Justyn and three-year-old Brandon. The next two decades were spent running – to hockey practices, play dates, school functions. Then, in 2012, her older son moved out of the family home; the younger followed suit a year later. Rowland slowed down. And she asked herself: *now what?*

Once her nest emptied out, a typical evening went something like this: she'd wrap up work at her catering business, make dinner and ... sit around. She'd watch TV or look up motivational videos on YouTube. She'd think about going to the movies, knowing she would never go alone. She had maintained a few close friendships over the years, but the majority of her pals lived in other cities. Most evenings, she had no-one to make plans with. "I was in my 50s, single and very lonely," she says.

Some nights, anxiety would creep in. "I'd think, I waited too long to get out there," she says. "Am I the only one who doesn't have a big group of friends?"

ROWLAND'S EXPERIENCE IS quite common – we tend to forge fewer social connections as we age. In 2013, a general social survey in Canada polled adults across the country about their friend circles. While adults of all ages had a similar number of close friends, older respondents had fewer casual relationships: people under the age of 25 had a median of 24 'other' friends – those 65 and older had only ten. Five years earlier, a similar survey

“
**Friendships
can protect
older adults
from depression
and cognitive
decline**
”

focusing on community health asked people living in private dwellings about their levels of social engagement. Nearly one in four respondents over the age of 65 said they wanted to participate in more social activities, and one in five reported being lonely.

Ironically, the period in which we have the fewest friends is one in which strong ties become particularly important. The benefits associated with socialising read like a healthy-ageing wish list: friendships can protect older adults from depression and cognitive decline. Social participation can shield us from low self-esteem, maintain our immune systems and boost heart health. People with sturdy social connections tend to eat healthier diets, exercise more and sleep better.

ILLUSTRATION: ADELA KANG

WHILE MANY ADULTS crave new friendships, building those connections can feel daunting. “We’re much more self-conscious than children. We’re afraid we’ll be rejected,” says Irene Levine, a New York-based clinical psychologist who has written extensively about ageing and friendship. Grown-ups are frequently held back by their concern that everyone else has friends. This belief makes people feel inadequate. As a result, Levine says, many would prefer to remain at home, bored, than risk asking someone new to hang out.

The process can be especially difficult for men, who are often taught that emotional vulnerability – key in forming close relationships – is a form of weakness. Geoffrey Greif, a professor at the University of Maryland School of Social Work, has studied the issues men face when trying to make friends.

“We’re told we’re supposed to act in a stereotypically masculine way: not to share our feelings,” Greif explains. “We’re raised to compete with other guys, and that makes it hard to trust them.”

Robert Johnson, 52, has noticed the pressure on men to act ‘masculine’. When the accountant moved cities for work in 2006, he was single and knew few people in his new home. He spent his first few months working, then sat alone in the

evenings watching sports or reality shows. Eventually, he couldn’t bear spending another evening in his living room, so he decided to try Meetup.com, a website where users connect with people in their communities to participate in activities. Johnson was nervous as he drove to his first gathering – a walk around a park – but ended up loving the experience. In 2010, he co-founded his own Meetup group, which holds general-interest events such as trivia nights and yoga classes.

Johnson says he’s met hundreds of new people over the years. Women

regularly outnumber men at Meetup events – in his current group the ratio is about 60:40. When talking to other men, he’s noticed they aren’t always forthcoming about how they’re feeling. “We’re not supposed to admit we can be as anxious and nervous as the next person,” he says.

The internet, if used carefully, can be an effective way to find and strengthen friendships. Look for sites geared toward adults seeking platonic relationships – like Girlfriend-social.com, which connects women searching for friends with one another and has 250,000 users across North America, the UK and Australia.

While he may not have made friends he considers extremely close, Johnson enjoys catching up with people regularly at events. “Having friendships gives you reassurance that you matter,” he says. “Get out there with an open mind and you’ll be amazed what you can find.”

FOR SHY FOLKS, ‘getting out there’ can seem impossible. However, it’s crucial to resist insecurity, says Janna Koretz, a US psychologist who specialises in relationships. Many people, she explains, fall victim to catastrophic thinking. “They might say, ‘If I go out tonight, I could say something stupid. I’ll be embarrassed and I’ll never make any friends.’ They automatically envision a negative outcome.”

To overcome self-doubt, Koretz suggests assessing whether your

fears are realistic and how you might recover if you did slip up. Exposure also helps – the more you try to socialise, the easier it may become.

That was true for Rowland. While she describes herself as outgoing, social isolation took a toll on her self-esteem. After months of feeling inadequate, she decided to sign up for an art class and, in early 2014, joined a ‘50 and Fabulous’ Meetup group. As she connected with new people, her depression lifted. “You realise you’re not the only person without a big circle of friends,” she says. “And suddenly you’re not blaming yourself anymore.”

WHEN YOU’RE READY, look for people who share your interests. This, Levine says, gives you a simple point of connection. Join a book club, a church group or a cooking class – but make sure the activity involves spending time, week after week, with the same people. Just as scheduled classes made developing friendships easier during your school years, Levine says, the continuity will increase your chances of forming bonds.

It worked for Ellen Jamal, 75. She and her husband, Nadim, moved in 2013 to be closer to one of their two daughters. Aside from family, she had no contacts. “It was like being the new kid in school,” she says. “I had to start over.” Jamal sought out activities she knew she enjoyed. First she found a book club through her local library. While she didn’t make close friends there,



ILLUSTRATION: ADELA KANG

she occasionally went for coffee with other members. She joined a hiking group through a nearby seniors' centre and met three women with whom she grew close. Being on her apartment's community board allowed Jamal and her husband to bond with other couples in their building. These days, she sees friends two or three days a week, attending the symphony, sharing dinners and going for walks. She even hiked part of the Camino de Santiago in Spain with a new pal in 2015.

"When people think of 70 year olds, they imagine grey-haired seniors toddling around," she says. "But that's not how I am. I'm happiest around people and I want to enjoy life."

Of course, hanging out together doesn't automatically lead to lasting friendship. One-on-one time is necessary for a relationship to grow, but asking for it can feel awkward.

The solution is easier than it seems: act like a good pal would and listen carefully. If your new acquaintance mentions a love of biking, suggest going for a ride. If you learn of an impending birthday, follow up with a greeting or a card. When Rowland wanted to get to know someone she'd met at an event better, she'd offer them a lift home. They would chat and in some cases agree to meet later.

ABOVE ALL ELSE, when seeking new friends, it helps to be patient. When Rowland signed up for her art course, she had trouble connecting with her classmates, many of whom were retired and decades older. When she eventually got to know other women in their 50s through Meetup, she bonded with several of them.

"It's like shopping," Koretz says. "Sometimes you look at 100 shirts and the 98th one is perfect. You have to spend the time."

““
**One-on-one
 time is necessary
 for a relationship
 to grow, but
 asking for
 it can feel
 awkward**

When you find the right people, says Rowland, your previous discouragement and insecurity seem worth it. Over the past two years, she's built a busy social life. In a typical week, she spends four evenings out of the house, attending street festivals, wine tastings and the like.

Rowland has made a number of close friends. They've become travel buddies, cheer squad and confidantes. Last year, when Rowland was considering breast-reduction surgery to alleviate back pain, her friends were sounding boards. When she went ahead with the medical procedure, they kept her company during her recovery.

"I get to share things with my friends," she says. "They've made my life more full." **R**