

Today's

Diet & Nutrition

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toughest cuisines, with all the sauces and flour dusting. It pays off if you take the time to explain your needs to the chef directly.”

Carry dining cards that translate key gluten-free ingredients and preparation methods in the language of the country you are visiting, Koeller adds. “You can just point to the word or phrase if you need to explain.”

Barfield’s dining cards are printed on 8½- X 11-inch pieces of neon-colored paper. “No one can ignore them at that size and color,” she says.

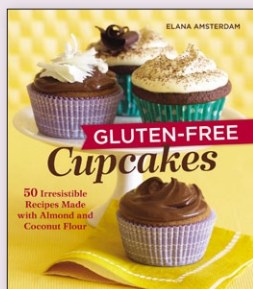
And take time to confirm how something is prepared. “I asked a chef once if the flourless chocolate cake was made with bread crumbs, and he assured me it wasn’t,” Koeller says. “Then he went back in the kitchen and checked. Indeed, the cake wasn’t gluten free.”

Some people worry that restaurant staff or chefs won’t take their special diet requests seriously. “I just tell them I’m on a medically prescribed diet,” Levy says.

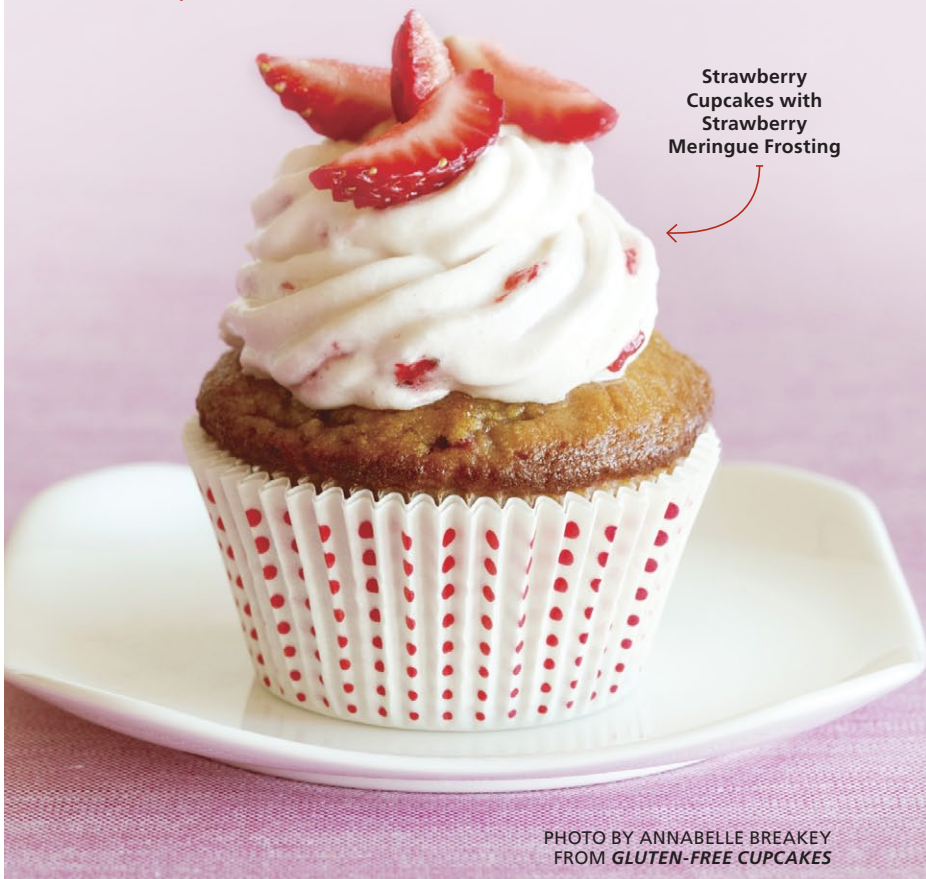
Uncertainty over the availability of gluten-free meals and snacks is why Barfield always packs food. “Nuts, dried fruit, and energy bars,” she says. “That way I know I’ll have something to eat.”

Koeller agrees: “I’ll order a gluten-free meal when traveling by airplane, but things can happen. Accuracy is variable. You might have to change aircrafts. Meals might not get delivered in time. So if I’m traveling for four to six hours, then I pack one meal. If it’s for 10 to 12 hours, I’ll pack two meals. Or if I’m going all the way to someplace like Australia or New Zealand, it will be three meals.”

Educate yourself about a particular country’s cuisine so you can eat out or buy foods



Everyone loves cupcakes. But it isn’t easy for people with gluten intolerance to find a cupcake they love. But now, whether your favorite is Red Velvet or German Chocolate, Elana Amsterdam, creator of the blog *Elana’s Pantry*, shows you how to make them to die for, rather than get sick from, in *Gluten-Free Cupcakes: 50 Irresistible Recipes Made With Almond and Coconut Flour*. You’ll find everything from Zucchini to Black Forest Cupcakes. But start with this cute, sweet concoction.



Strawberry Cupcakes with Strawberry Meringue Frosting

PHOTO BY ANNABELLE BREAKEY FROM *GLUTEN-FREE CUPCAKES*

knowledgably. “Many Thai and Mediterranean dishes are traditionally gluten free,” says Koeller. “On the other hand, I was surprised to learn they add flour to the beans in Brazil, and in Mexico and Central America, they may fry the corn chips in the same oil that they cook the chimichangas.”

In the end, she says, “Successful traveling on a gluten-free diet all boils down to three things: preparation, education, and communication.” ♣

— Carol M. Bareuther, RD