

Benevolent Kitchen | Nutrition Food List

Naturally Gluten Free and Nutritious Food List

In general, eating small portions every two - three hours is best for metabolism and your food consumption should be made up of 1/2 veggies and fruits, 1/4 grains or other carbohydrates, and 1/4 protein. A serving size of protein is about the size your palm, or of a playing card, or the circle to the right.

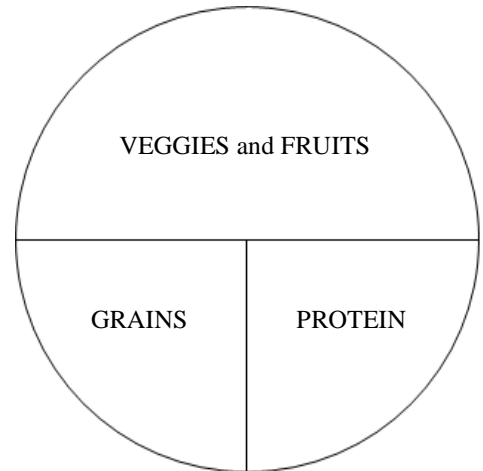
Common deficiencies with newly diagnosed/un-treated Celiac are B-12, Iron, and Vitamin D. In addition to fortified foods, here are some foods high in these essential nutrients:

B-12: Liver, Salmon, Snapper, Venison - (No plant makes B-12, the amount of B-12 in plants depends upon the relationship of the plant to its environment, thus making options such as Sea Vegetables and Brewer's Yeast, unstable sources.)

Iron: Red meats, Asparagus, Broccoli, Leafy Green (i.e. Kale and Spinach), Black Strap Molasses, and Dried Fruits (i.e. Apricots, Prunes).

Vitamin D: Cod Liver, Mollusks, Herring and other fish, mushrooms.

The following list is by no means all-inclusive and although some items listed are botanically out of place, the listing is closer to most grocery store produce section placements. Yes, some obvious foods are missing, like peanuts, but hey, you already thought about them yourself! ***Fresh, organic, local is best!***



FRUITS

APPLES – Red Delicious, Fuji, McIntosh, Rome, Golden Delicious, Granny Smith, etc.
BERRIES – Strawberry, Blueberry, Raspberry, Cranberry, Currant, Blackberry, etc.
CITRUS – Grapefruit, Pineapple, Orange, Tangerine, Clementine, etc.
FIGS -
GRAPES –
MELONS – Honeydew, Watermelon, Cantaloupe, etc.
STONE FRUITS – Pears, Peaches, Plums, Apricots, Nectarine, Cherry, etc.
TROPICAL FRUIT – Banana, Star fruit, Mango, Papaya, Kiwi, Avocado, Coconut, etc.

VEGETABLES

CRUCIFEROUS – Bok Choy, Broccoli, Cauliflower, Brussel Sprout, Kohlrabi, Cabbage, etc.
LEAFY GREENS – Spinach, Kale, Collard, Lettuce, Mustard Greens, Watercress, etc.
MUSHROOMS – Crimini, Portobello, Shitake, Maitake, Oyster, Enoki, etc.
NIGHTSHADES – Eggplant, Tomato, Potato, Bell Peppers, etc.
ONIONS – Scallion, Leek, Vidalia, Red, Sweet, Yellow, White, etc.
ROOT VEGGIES (savory) – Parsnip, Rutabaga, Radish, Garlic, Turnip, etc.
ROOT VEGGIES (sweet) – Beets, Carrots, Sunchoke, Sweet Potato, etc.
SQUASH – Zucchini, Pumpkin, Butternut, Spaghetti, Acorn, etc.
SEA VEGETABLES – Wakame, Nori, Kelp, etc.

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GRAINS, cereals, grasses, etc.

AMARANTH
BUCKWHEAT
CORN
FLAX – (others like this are Chia and Hemp)
MILLET
QUINOA
RICE – Black, Wild, White, Jasmine, etc.
SORGHUM
TEFF

PROTEIN

BEANS – Adzuki, Mung, Chickpea (Garbanzo), Lima, Black, Kidney, etc.
BEEF – (lean) Eye Round, Sirloin Tip, Top Round, etc.
CHEESE (softer) – Gruyère, Gouda, Havarti, Munster, Swiss, etc.
CHEESE ('mold') – Brie, Camembert, Blue, Limburger, Roquefort, Gorgonzola, Stilton, etc.
CHEESE (harder) – Parmesan, Pecorino Romano, Cheddar, Monterey Jack, Feta, etc.
EGG – Chicken, Duck, Quail, etc.
FISH – Anchovy, Catfish, Cod, Halibut, Mahi-mahi, Sablefish, Sardine, Squid (Calamari), etc.
LENTILS – Red, Orange, Green, Brown, etc.
MILK/CREAM – Cow, Goat, Sheep, Soy, Nut, Hemp, Rice, etc.
NUTS – Chestnut, Hazelnut (filbert)
PEAS – Snow, Snap, Split (i.e. Yellow, Green), etc.
PORK – (lean) Loin, Tenderloin, Ham
POULTRY – Chicken, Turkey, Duck, Goose
SEEDS – Almonds, Walnuts, Brazil, Cashew, Pine nut (Pignoli), Pistachio, Sunflower, etc.
SHELLFISH – Clams, Crab, Scallop, Mussels, Oyster, Shrimp, Lobster, etc.
SOY – Tempeh, Tofu
YOGURT – Cow, Sheep, Water Buffalo, Goat, Rice, Soy, etc.

OILS

HIGH HEAT (above 230°C/445°F) – Safflower, Canola (Rapeseed), Sesame, Corn, etc.
MEDIUM HEAT (above 190°C/375°F) – Grape Seed, Almond, Olive, Walnut, etc.
LOW/NO HEAT – Coconut, Avocado, Flax, & other unrefined, cold pressed, raw, etc.