



## You CAN have your gluten free cake and eat it too

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Tree nuts not only have a range of great health benefits but they are naturally gluten free, making them the ideal snack or food ingredient for the one in every 100 Australians that are gluten intolerant.<sup>1</sup>

The intolerance known as Coeliac disease is an autoimmune condition that mistakenly produces antibodies which damage its own tissues when gluten is consumed. Those that have the Coeliac condition have a permanent intestinal intolerance to gluten, a protein found in wheat, rye, barley, triticale and oats.<sup>2</sup>

With the only way to manage the condition to adhere to a lifelong gluten free diet, people with Coeliac disease need to be well informed about what they can and can't eat, and be 'ingredient aware'.<sup>3</sup>

It is often easy to feel your taste buds and sometimes even your nutrient intake is limited when having to adhere to strict dietary requirements, however by doing your research (knowing the obvious and less obvious food sources of gluten), and having a look at gluten free alternatives, such as nuts, you can have your cake and eat it too!

Nuts and nut flours can often replace the gluten containing foods or ingredients others take for granted, and as such, can provide valuable essential nutrients to help ensure you keep a healthy balanced diet.

Nuts are packed full of vitamins and minerals including selenium for a well functioning immune system, magnesium essential for nerve and muscle function and strong bones, iron for healthy blood, Vitamin E, fibre, and protein making them a virtual gluten free vitamin pill.<sup>4</sup>

Plus, as nuts are high in protein and contain unsaturated fats (the good fats), they are a great way to keep Coeliacs feeling fuller for longer, preventing you from straying to foods that may contain gluten during busy times or social situations.<sup>5</sup>

Whether you eat a handful of raw nuts (30-50g) daily or add them to your gluten free favourites, nuts can enhance the palatability and nutrient quality of your overall diet.

Here's some tasty gluten free tips:

- Snack on a handful of raw nuts instead of a muesli muffin or flavoured potato chips
- For a sweet treat, try sprinkling crushed nuts and a splash of honey over yoghurt and fruit instead of indulging in pastries
- Try crumbing fish with crushed macadamias, pecans or almonds instead of breadcrumbs

- Make a deliciously dense cake by making it flourless. Look for recipes that use almond meal or other nut flours as a gluten free flour ingredient
- Instead of using breadcrumbs in a stuffing mixture, try combining crushed nuts and herbs

Nuts for Life now has a range of gluten free recipes available. Please visit [www.nutsforlife.com.au](http://www.nutsforlife.com.au)

**For further information, please contact Porter Novelli Melbourne:**

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