Beat: Lifestyle

By AirBnB - Discover TASTY GLUTEN-FREE BAKED GOODS in PARIS with a Local Blogger

With Blogger MARIA CHIARA RUSSO

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USPA NEWS - Is it GLUTEN FREE ? Is any Basic Diet Guide for Celiacs and Others Who Have to Avoid Gluten ?... Getting the Basic Gluten-free Diet right is easy when you know the Ground Rules. A Gluten-free Diet (GFD) is a Diet that strictly excludes Gluten, a mixture of Proteins found in Wheat and related Grains, including Barley, Rye, Oat, and all their Species and Hybrids...

Is it GLUTEN FREE ? Is any Basic Diet Guide for Celiacs and Others Who Have to Avoid Gluten ?... Getting the Basic Gluten-free Diet right is easy when you know the Ground Rules. A Gluten-free Diet (GFD) is a Diet that strictly excludes Gluten, a mixture of Proteins found in Wheat and related Grains, including Barley, Rye, Oat, and all their Species and Hybrids. Gluten causes health problems for those with gluten-related disorders, including celiac disease (CD), non-celiac gluten sensitivity (NCGS), gluten ataxia, dermatitis herpetiformis (DH) and wheat allergy... Gluten Proteins have Low Mutritional and Biological Value, and the Grains that contain Gluten are not essential in the Human Diet. However, an unbalanced selection of Food and an incorrect choice of Gluten-free replacement Products may lead to Nutritional Deficiencies.

Many commercially available Products are labeled 'gluten-free,' but there will be some that are not ; this is why Proper Label Reading is important. It is also important to remember that 'wheat-free' does not necessarily mean 'gluten-free.' Be wary, as many Products may appear to be Gluten-free, but are not. As a rule, Traditional Wheat Products such as Pastas, Breads, Crackers, and other Baked Goods are not Gluten-free. However, there are many Gluten-free Options available that use Alternative Flours and Grains.

Soups and Sauces are one of the Biggest Sources of Hidden Gluten, as many Companies use Wheat as a Thickener. It is always a good idea to read the Label of any pre-prepared or Canned Soups and Sauces, paying special attention to those that are Cream-based. Fresh and Frozen Fruits and Vegetables are naturally Gluten-free. However, it is important to read Labels on any Processed Fruits and Veggies, as well as Dried Fruit and Pre-prepared Smoothies. Most Beverages are Gluten-free, including Juices, Sodas, and Sports Drinks. Alcoholic Beverages, including Wines and Hard Liquor/Distilled Liquors/Hard Ciders are also Gluten-free....

Maria Chiara RUSSO is a Blogger living in PARIS since a while now and the Founder of Baci di Dama. Living gluten free.... 'Go Gluten-free' is the AirBnB Experience she offers you. She claims 'When I was diagnosed with Celiac Disease, I decided to turn my Diagnosis into one of the most beautiful things in my Life. Now I spread the word and delicious ideas through Blogs, Brands, and Tours.' First you meet with her at Café Pinson to have a Healthy Breakfast to start the PARIS' Tour, discussing and her helping you to figure out all the Best Places in Paris to Shop, Eat and enjoy Typical French Gluten-free Foods.

Chiara is proud to declare 'I am always on the Hunt for the Latest Restaurants, Bakeries and Pastry Shops where we can enjoy fantastic Gluten Free Food. Whether you´re looking for that up-beat busy Cafe to enjoy a spot of lunch or an intimate Restaurant I have a growing list of GF Hotspots for you to relax and taste the most delicious Food around.'

For many People, avoiding Gluten has become a Cultural, a Dietary Choice, and an Entry Ramp to a New Kind of Life.... 'No matter what kind of Sickness has taken hold of you, let´s blame Gluten,´... Try the Experience with Chiara and her Journey !

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