



Helpful Resources for Food Sensitivities

Message from Milly

Greetings to all,

Back in December I promised some more information on helpful resources for food sensitivities...so here it is!

When I first began practicing back in the 1990s, food sensitivities were barely recognized as a real issue.

Sure, lactose intolerance was "tolerated" as a legitimate problem. But beyond that, the idea of avoiding things like wheat/gluten, dairy, soy, eggs, sugar, artificial sweeteners, etc. was generally considered quackery.

Yet, it was obvious that those with "mystery" health problems thrived when they abstained from certain trigger foods. Most notably: dairy, wheat/gluten, corn, soy, sugar, artificial colors/sweeteners, and sometimes eggs and nightshade vegetables.

Delivering this news to clients (especially those with children) was always tough, because it required a significant shift in lifestyle that meant special shopping trips, expensive specialty foods, learning new cooking techniques, cooking everything at home, eating really awful millet or rice breads, etc.

Thankfully times have changed and there are loads of helpful & tasty resources for those with nearly any type of food

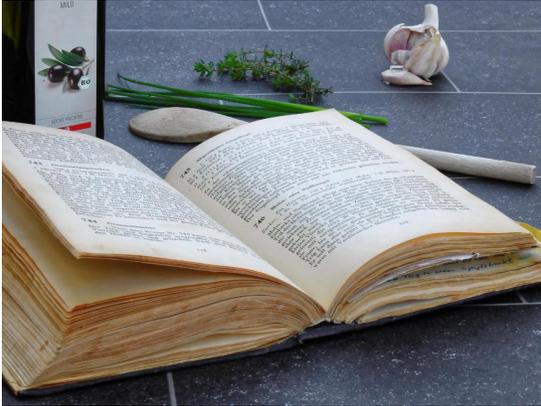


sensitivity.

Today, I share some of my favorite cookbooks, brands, recipe sites, cooking classes, and money-saving resources I've learned about over the years.

Blessings to all,

-Milly



10 Awesome Food-Sensitivity-Friendly Whole Foods Cookbooks

Yes, you can get nearly any recipe for free online these days. But, for those of us who still enjoy the convenience of a real cookbook, here are a few to browse and consider adding to your collection:

- [Cook Once, Eat All Week: 26 Weeks of Gluten-Free, Affordable Meal Prep to Preserve Your Time & Sanity](#)
- [Food Babe Kitchen](#)
- [Against All Grain](#)
- [The Conscious Cleanse](#)
- [Nourished Kitchen](#)
- [The Defined Dish](#)
- [Nourishing Traditions \(a classic oldie, but a goodie!\)](#)
- For the kiddos: [Nourished Beginnings Baby Food](#) and [The Little Lunchbox Cookbook](#)
- [Vegetarian Cooking for Everyone](#)

Not every cookbook will be suitable for everyone's food sensitivities/requirements. So be sure to look through them online and adapt recipes as-needed.

Also, you'll notice I'm linking to new online bookstore, Bookshop.org, that donates directly to independent bookshops vs. linking everything to Amazon. Hopefully, you all appreciate the intention here! But if not, of course you can find nearly all these books on Amazon too.

The Yummiest Food-Sensitivity-Friendly Prepared Foods

- **Gluten-free pastas:** [Jovial](#) is hands-down one of the tastiest alternative pasta brands on the market. They offer rice, cassava (grain-free), and Einkorn pastas. [Banza chickpea pastas](#) are also yummy and packed with protein. And a shout-out to Trader Joe's affordable brown rice/quinoa and [brown rice/lentil pastas](#) too.
- **Gluten-free breads:** [Sami's Bakery](#) does gluten-free, egg-free, dairy-free, canola-oil-free, corn-free, millet and brown rice flour breads, rolls, sourdoughs, bagels, pita, pizza crusts, and Lavash RIGHT. [Canyon Gluten-free Bake House Breads](#) are also delicious. Available at most natural foods stores or order directly online.
- **Gluten-free pizza crust:** [Caulipower Crusts](#) are thin-style, gluten- and grain-free, and absolutely yummy. Available at most grocery or natural foods stores in the frozen section. [Etalia Foods](#) is divine. Simple Mill's mix is lovely. And Sami's pizza crust is also great for those who like a thicker, heartier crust.
- **Gluten-free, grain-free crackers:** [Simple Mills Almond Flour Crackers](#). A great deal at Costco!
- **Wheat-free crackers:** [Jovial's Organic Einkorn Sourdough Crackers](#).
- **Dairy-free cheese:** [Treeline Cheeses](#) are my best recommendation because they do not contain any yeasts or "natural flavors" which can contain high levels of glutamate and/or be a sneaky code word for "MSG". [Miyokos](#) also has yeast-free options like cream cheeses, butters, and their fresh mozzarella is awesome on pizzas, in caprese, etc. If you're sensitive to the naturally high glutamate in nutritional yeast, steer clear of their cheese slices, sticks, and Artisan Cheese Wheel flavors. Available online (greater variety) or in natural foods stores.
- **Dairy-free milks:** [Malk](#) is a favorite as it contains no gums or artificial flavors. [Nut Pods](#) or [Califia Oat Creamer](#) are great in coffee. [Ripple Milk](#), made from split peas, is also a decent choice for



those who want more protein, just opt for the unsweetened. Available at natural foods stores or online.

- **Egg-replacers:** flax eggs (2 tablespoons ground flax mixed with 2 1/2 tablespoons warm water) or [Bob's Red Mill Egg Replacer](#) are both good for baking. For mousses, meringues, etc. you must try aquafaba---the liquid left over in canned chickpeas. It whips up just like egg whites!
- **Junk-free protein powder:** [Food Babe's protein powders](#) are some of the best. Sugar-free, soy-free, dairy-free, hormone-free, artificial-everything-free, and yummy.
- **Healthy cooking oils:** extra virgin olive oil and coconut oil for low- to medium-heat cooking, and avocado oil or refined coconut oil for high heat cooking. Walnut oil is also lovely on salads.
- **Dairy-free butter:** [Miyokos](#) is the only acceptable brand I've found, both for flavor and ingredients.
- Corn-free and Gluten-free tortillas and tortilla chips: [Siete](#) has a great variety products...and their [Churro Chips](#) are a delightful refined-sugar-free treat.
- **Sugar-free chocolate**---[Lily's](#), just watch the dairy if you're avoiding it.
- **Stevia**---[Stevita Naturals](#) is a great pure, fair trade, and tasty brand. They're family-owned and also have candies, hot chocolate mix, gum, etc.
- **Allergen-free cookies:** [Enjoy Life](#), yes they have some brown sugar but they're free from nearly everything else problematic and taste great!
- **Dairy-free ice creams:** [Nada Moo](#) is a pretty clean brand out of Austin, TX that tastes great...the Mint Chocolate Chip is heavenly and not overly coconuty. [So Delicious Cashew Milk ice creams](#) are also delish but do contain sugar and some gums. I've also heard good things about ["Cado" vegan ice cream](#) which is made from organic avocado and sweetened with organic cane sugar.



As always, the information in this newsletter is provided for educational purposes only and is not meant to replace the advice or care of your medical provider.

All the links to products are provided for educational purposes and are not affiliate links.

For sweets that can be adjusted to GF, DF, vegan, sugar-free, etc. it's tough to beat: chocolatecoveredkatie.com.

[100 Days of Real Food](#) offers excellent family-friendly recipes and lunch ideas that are easily adaptable.

[Kids Cook Real Food](#) provides online cooking classes for children based on real food ingredients. Topics cover everything from cooking safety, different techniques, baking, dressings, and preparing meals.

[The Nourishing Gourmet](#) is a great resource for affordable natural food recipes.

[Wellnessmama](#) is a classic go-to for GF, grain-free, more paleo-style recipes.

[Acleanplate](#) is handy because it lets you sort recipes by your food sensitivity/allergen.

[Ohsheglows](#) is a great resource for dairy-free, plant-based, vegan recipes.

[The Medical Medium website](#) (and books) is a great resource for plant-based, allergen-free, super-duper-superfood recipes. Excellent for those on restrictive diets.

For saving money on natural foods, first and foremost I recommend supporting local farmers by joining a CSA in your area, shopping farmer's markets, and checking out: localharvest.org.

[Costco and costco.com](#) are now the #1 provider of organics in the US. Check out the organic and gluten-free products to save on bulk buying.

[Thrive Market](#) is a membership-based, discount online natural foods store. They have lots of great options for different diets/food needs, good sales, and great clean beauty products.

[Azure Standard](#) is an excellent option for

natural food bulk buyers, or those who live in rural areas. It's totally different than shopping at a store, you actually meet a semi truck at a specified drop location monthly...but it's worth it for big families and/or if you like to save by buying in bulk. Sadly, they recently had a fire at their headquarters so orders are currently delayed, but be sure to check them out.

[Vitacost](#) is now owned by Kroger, but still offers great deals on natural foods.

[Nuts.com](#) is a good resource for bulk buying flours, nuts, etc.

For us here in Atlanta, DeKalb Farmer's Market has always been a best-kept secret for affordable organics and health foods. It's worth the drive, **and be sure to bring cash, check or debit card---no credit cards are accepted.**