

“Riding & Racing Gluten-Free”

30th January 2013



What will we talk about this evening?

1. Reasons for living gluten-free
 2. Symptoms of gluten-intolerance
 3. Possible scientific explanations
 4. What to avoid, and close substitutes
 5. Getting your calories in training
 6. Event-day nutrition
-Most of all we want this to be interactive....**

Reasons for being gluten-free...

1. Severe conditions including Celiac
2. Lower-level intolerances/allergies
3. Voluntary/Weight Loss



Gluten free

(any benefits from 3. are likely due to removal of inflammation due to 2.)

Why “volunteer”?



- 200lbs (91kg) end 2011
- 150/95 blood pressure
- 300+ cholesterol
- 36” waist
- Struggling to stay in cat5 fields

- 150lbs (68kg) mid 2012
- 120/70 blood pressure
- >200 cholesterol
- 30” waist
- Having fun at front of Cat4

How does Celiac affect the body?

- The small intestine is where the villi are contained – which are small finger-like projections that help the body to absorb nutrients.
- Gluten flatten the villi so that nutrient absorption is compromised



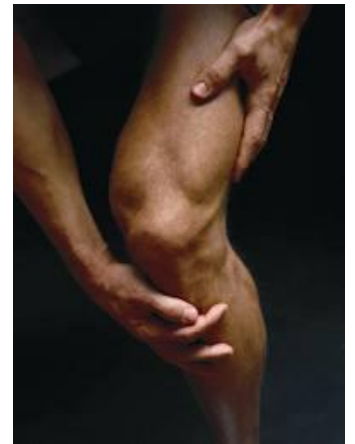
Symptoms of Sensitivity/Intolerance

- Full range of intestinal/stomach issues
- Swelling of hands, face, neck
- Skin complaints – e.g. eczema, psoriasis



Symptoms Continued...

- Joint pain
- Severe fatigue, broken bones that don't heal, “mind fog”
- A gluten-free diet normally resolves

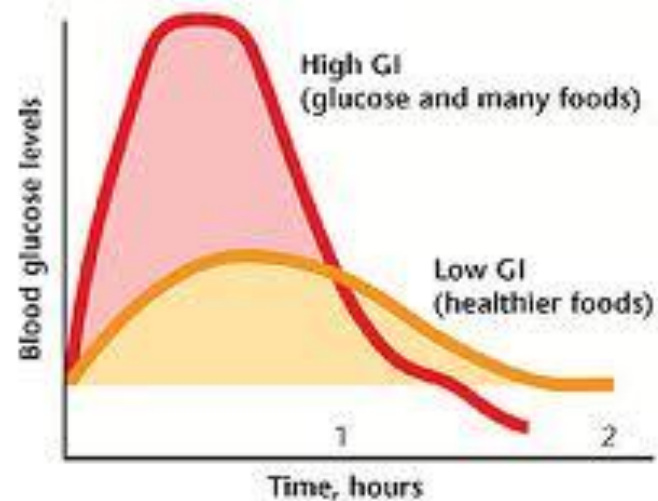


Celiac very different from sensitivity

- Celiac disease due to a mix of genetics, virus and exposure to gluten – specific antibody test will diagnose
- General “sensitivity” usually present without Celiac +ve and often without +ve skin-test allergy to wheat
- Rise in intolerance/sensitivity attributed to changes in wheat breeding from about 1950s onward

Differences continued...

- Gluten sparks inflammation and insulin spikes as well as “addictive” brain responses
- Symptoms of gluten-driven issues often so mild as to not be noticeable – only “felt” once gluten-free



What to avoid when gluten-free?

Avoid wheat, rye, barley or malt

1. Obvious – most breads, cakes, pizza
2. Obvious – wheat pastas/noodles
3. Obvious – most beers
4. Not so obvious – soy sauce, soups, gravies, ice cream, Palm substitutes, some nuts, some chocolate, nearly all breakfast cereals



What to Avoid Continued...

- Think: is it sweet – check for malt; does it need thickening – check for flour
- Questioned – oats, maltodextrin, MSG, distilled products (malt vinegar, spirits-no grain alcohol)
- 100% adherence for best results if just sensitive/intolerant – vital for Celiac

What are the substitutes?

INSTEAD OF....	TRY....
BREAD/CAKES	RICE/CORN TORTILLA, GLUTEN-FREE CAKE/BREAD, LETTUCE!
PASTA/NOODLES	RICE NOODLES, QUINOA, LENTILS, POTATOES, GLUTEN-FREE PASTA
BEER	SORGUM BEERS, CIDER, WINE, SPIRITS (no grain alcohol)
PIZZA	CORN/RICE TORTILLA BASE or GLUTEN-FREE BASE
SOY SAUCE	GLUTEN-FREE SOY SAUCES, Braggs Liquid Aminos

In general – just eat “real” food!



What about during events/races?

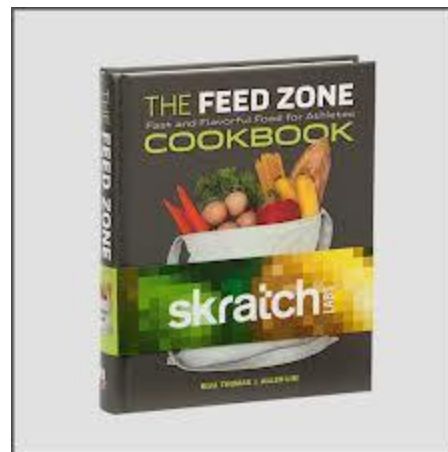
Everyone is different, but....

1. Shorter rides can be done “on water”
2. Some energy powder/drinks are OK
3. Pay attention to shots/blocks & bars



Energy for rides...continued

4. Bananas! Or make your own cakes using rice, flax meal or oats (Allen Lim's book)



Some Popular Gluten Free Brands

- Best GF Pizza – Cabby Shack in Plymouth
- Best GF Bread – UDI (I like flax seed & chia)
- Best Pasta – bionature organic (pink/yellow)
- Cereal – Bob’s Redmill GF oatmeal or Chex



Popular Brands Continued...

- Baking – substitute Bob's Redmill All Purpose Flour (also Almond flour is great)
- Best GF Beer – Redbridge(B) or New Grist(A)
- Widest range of GF beers – Curtis Liquor
- Hersey's chocolate (most) is gluten free



4 pack

Can I go out to eat?

- YES!! Most restaurants know what gluten is now.
- Make sure you tell your waiter/waitress and be sure to be proactive – ask questions.
- If you do have Celiac, make sure if you are ordering anything that is fried that it is made in separate oil. (“Hola” – is an example)
- Positive experiences: Burtons, Riva, Chipotle, Wild Ginger Thai