



The Dietitian's DISH

...for a
Healthy
Lifestyle



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Gluten-Free living is simple with fresh produce!

For people dealing with Celiac Disease or gluten intolerance, living a gluten-free life is a necessity. That means being careful to avoid products containing wheat, rye, barley, and others derived from these three grains - because they contain a protein called gluten.



There are many foods which naturally do not contain gluten, but it's important to be careful about how they were packaged and prepared. Cross-contamination impacts their safety for those living with these health concerns. The simplest place to start is to choose whole foods which haven't been processed. Fruits and veggies are naturally gluten-free.



Enjoy a combination of fresh flavors for breakfast, snack, or dessert.



Mango Berry Salad

Ingredients:

- 2 mangos, diced
- 1/2 cup raspberries
- 1/2 cup blueberries
- 2 Tbsp. chopped mint
- 1/4 cup orange juice (packaged or fresh squeezed)
- 1 - 2 Tbsp. honey

Directions:

1. Add fresh mango, raspberries, blueberries, and mint to a bowl.
2. Whisk together orange juice and honey.
3. Pour dressing over the salad mix and stir to combine.

