



Fewer carbohydrate choices mean it's easy to become reliant on white rice and potatoes. To ensure you get variety, try opting for brown rice, lentils, sweet potatoes and gluten-free oats.

It's also important to consider the reason you need to go gluten-free. If you're coeliac, you're more at risk of developing osteoporosis so you'll need to up your calcium intake, which you can do by increasing dairy products in your diet or opting for foods like sesame seeds and tuna.

I'd recommend visiting a registered dietician first. They'll give you a diet sheet suited to your lifestyle and also help you feel less daunted by the new lifestyle change.

Good luck!
ALI WALSH

I'm hearing a lot about sorghum flour. What are its benefits and what does it work well with?

Sorghum flour is my favourite gluten-free flour. I find it to be the closest in texture and taste to traditional wheat flour. I've come to love it, and I use it in nearly every baked product I make. It even works as a direct substitution for wheat flour, such as in pancakes, and it makes the basis for great gluten-free bread, which is a God-send. Some people, however, detect a bitter taste in sorghum flour, so you could try sweetening

the batter. It's astounding that people in India and across the continent of Africa have been eating sorghum for generations, and I only discovered it when I had to go gluten-free.

Sorghum is one of the best sources available for dietary fibre. One serving contains 48% of your daily recommended intake of fibre. This is great as it is vital for your overall digestive function. It keeps your digestive tract moving and of course prevents constipation.

One of the greatest benefits of eating whole grains is that they retain all of their dietary fibre, unlike refined grains that are processed, meaning parts such as bran and germ are removed in the process.

Sorghum does not have an inedible hull like some other grains, so you can even feast on its outer layer. This means it supplies even more fibre, in addition to many other crucial nutrients, and has a lower glycemic index.

LISA ROUKIN



OUR EXPERTS



Ali Walsh

Ali Walsh was diagnosed with coeliac disease nearly 20 years ago, at a time when free-from food was scarce. She started her own cake business

because there was a lack of fresh gluten-free cake on offer. Ali feels if you can't eat a particular food, you shouldn't feel deprived, and has created recipes so delectable that even people without dietary requirements clamour for her bakes. A regular on *BBC Radio*, Ali often advises on managing diets.

www.thelocalbakehouse.com



Lisa Roukin

Chef, teacher and writer

Lisa, author of *My Relationship with Food* has as her main focus the desire to develop gluten- and wheat-free recipes. She

runs her own business teaching private cookery lessons and demonstrations, based around her healthy way of eating. She has cooked live on *BBC Radio*, and was a finalist on *Gordon Ramsay's The F Word*. She is also a blogger for the *Huffington Post* and provides gluten-free recipes to *Ocado*.

www.myrelationshipwithfood.com



Becky Graham

Becky is a nutritional therapist based at the renowned Institute for Optimum Nutrition in Richmond, London. She is trained

in functional medicine, which uses a personalised approach to nutrition working with a wide range of conditions from stress and low energy to digestive or hormonal imbalances. As well as working with clients on an individual basis, Becky works with large companies to support health and well-being initiatives.

www.healthyhedonist.co.uk