

RESOURCES TO START YOU OFF ON THE  
RIGHT FOOT



GLUTEN FREE CASEIN FREE  
DIET RESOURCE GUIDE

SO YOU DON'T FALL DOWN THE RESEARCH RABBIT HOLE;)

myCHILDwill THRIVE

A Path to Recovery from Neurodevelopmental Disorders



## Gluten Free/ Casein Free Diet Resource Guide

Starting any new diet can be confusing, we didn't grow up learning about what foods contain gluten and casein and where they might be hidden. In order to be successful at implementing any therapeutic diet you need to become a self made expert so you can get the job done best you can the first time.

I don't say this to overwhelm you but to encourage you to dive into the resources and get organized before starting which will make implementing the diet so much easier on you and your family.

It is also important that you are tracking the foods your child is eating and symptoms you notice (or have disappeared since implementing the diet) in your child's [Food, Mood, Sleep and Poop Journal](#) or on something like the [Birdhouse App](#). This will help you refine your approach over time and tailor the diet to your child's bio-individual needs. For more on this check out [How to Keep and Review Your Child's Food Journal For Maximum Results](#) on the My Child Will Thrive blog.

Make sure you also [follow us on Pinterest](#) as I am adding meal planning ideas for [GFCF meals](#) to our Pinterest boards weekly.

\*\* Please note that some of the links in this resource guide contain affiliate links. There is no additional cost to the purchaser but a small commission may be paid to My Child Will Thrive, which will support the continuing efforts to provide free quality information to all parents on an ongoing basis.

## **GFCF Diet Resources:**

### **Meal Planning Services & Pinterest Boards**

[Real Plans](#) - is an online subscription based meal planning tool where you can get customize the meal plans for the diet you are currently following (i.e. you can get custom gluten free, casein free meal plans). It includes shopping lists, recipes and a mobile app. Learn all about it [here](#).

[MCWT - Gluten Free Casein Free Pinterest board](#).

[TACA Now](#) - Pinterest account is focused on all thing GFCFSF

### **Blogs & Facebook Groups about the GFCF Diet:**

[TACA - GFCFSF Resources](#) - this is a comprehensive resource guide to this diet.

<http://gfcfdiet.com/>

[Nourishing Hope's Guide to the GFCF Diet](#)

<https://groups.yahoo.com/neo/groups/gfcfkids/info>

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## **Books about the GFCF diet:**

[Nourishing Hope for Autism, by Julie Matthews, CNC](#) is a comprehensive guide to a number of healing diets including the GFCF diet. It also includes explanations for how to customize healing diets for your own child.

One of my favourite cookbook authors is Danielle Walker - now not all of her recipes are dairy/casein free but they usually have modification to make them dairy free. She has three cookbooks all of which I own personally and love the recipes. She is particularly gifted at baking without grain flours!

[Against All Grain: Delectable Paleo Recipes to Eat Well & Feel Great](#)

[Danielle Walker's Against All Grain: Meals Made Simple: Gluten-Free, Dairy-Free, and Paleo Recipes to Make Anytime](#)

[Danielle Walker's Against All Grain Celebrations: A Year of Gluten-Free, Dairy-Free and Paleo Recipes](#)

Here are a few others that have excellent reviews on Amazon:

[The Dairy-Free and Gluten-Free Kitchen: 150 Delicious Dishes for Every Meal, Every Day](#)

[Cooking for Isaiah: Gluten-Free & Dairy-Free Recipes for Easy Delicious Meals by Nardone Silvana \(Aug 26 2010\)](#)

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## Other GFCF Diet Resources:

[Nourishing Hope's: GFCF on a budget](#)

[GFCF Food Lists](#)

[Directory of GFCF Foods and Links to Producers](#)

[FAQs about the GFCF Diet](#)

## Supplements:

Ideally, gluten and casein (and for some soy) will be completely eliminated from the diet, however there are times when accidental exposures occur. There are a couple supplements that are nice to have in your tool box just in case this happens.

- ***Digestive enzyme with the DPP IV - enzyme*** which is required (and often deficient in our kids) for the breakdown of gluten and casein. Houston Enzymes produces a product called [TriEnza](#) not only includes DPP IV but is a comprehensive digestive enzyme that aids in the breakdown of, carbohydrates, fats, proteins and phenolic compounds in the diet, mitigating the exposure your child has. Alternatively, you could try Houston Enzymes [AFP Peptizyde](#) which includes the DPP IV enzyme but not the others included in the TriEnza. For more information about the Houston Enzyme product line you can visit their [video library](#). Please note that although, some advocate for use of these enzymes in place of removing gluten and casein from the diet, this is not recommended as there are many more factors at play than just the breakdown of the proteins.

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## Supplements (continued):

- [Activated charcoal](#) - This can be used after an exposure to “mop” up the potential downstream side effects of improperly digested foods flowing through the digestive tract.

In addition to the supplements listed above, supporting the detoxification system with an [epsom salt bath](#) (which provides sulphur to the body via the skin), can be helpful in the case of accidental exposures. As oral supplementation is not the most effective manner to provide sulphur. Epsom salt baths allow your child to easily absorb magnesium sulfate directly through the skin. [Purchase them in bulk](#) as you will go through a lot quickly (and it is much more cost effective).

Use this guide as a starting point and jump into the [My Child Will Thrive Village Facebook group](#) and ask all the questions you need to there. We are here to help.

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