

Gluten-free Recipe Substitutions - Diabetes and Celiac Disease -

When you have celiac disease you need to substitute ingredients in recipes to make your food gluten-free. When you have both celiac disease and diabetes, you will need to understand how the substitutions change the carbohydrate count in the recipe.

- Most gluten-free breads are much heavier than regular breads, so there is more carbohydrate in each serving. Always read the Nutrition Facts table to check the carbohydrate amounts in each serving.
- Thicken sauces with cornstarch instead of flour. It takes 1 tablespoon of cornstarch to give the same thickness as 2 tablespoons of flour.
- A straight substitution of rice flour for regular wheat flour should work fine for cookies and muffins, but will not work for breads and cakes. The gluten in regular wheat flour makes breads and cakes rise, so always use a tested recipe.
- Gluten-free flour mixtures give a better texture than a single gluten-free flour.

Substitute 1 cup (250ml) of wheat flour with:

- 5/8 cup rice flour and 1/3 cup potato starch flour
- 3/4 cup rice flour and 1/4 cup cornstarch
- 1 cup soy flour and 1/4 cup potato starch

Carbohydrate Content of Gluten-free flours

Ingredient	Amount	Total Carbohydrate (g)	Total Fibre (g)
Amaranth Flour (whole grain)	¼ cup	20.0	3.0
Arrowroot Flour	¼ cup	29.8	1.1
Buckwheat Flour (whole-groat)	¼ cup	22.5	2.2
Corn Bran (crude)	¼ cup	17.3	16
Corn Flour, yellow (whole grain)	¼ cup	23.8	4.2
Cornmeal, yellow (whole grain)	¼ cup	24.8	2.4
Cornstarch	¼ cup	29.3	0.3
Flaxseed Meal	1 Tbsp	2.0	2.0
Garbanzo (chickpea) Flour	¼ cup	13.3	2.5
Garbanzo & Fava Bean Flour	¼ cup	18.0	6.0
Potato Flour	¼ cup	35.0	0.0
Potato Starch	1 Tbsp	10.0	0.0
Quinoa Flour (whole grain)	¼ cup	21.0	4.0
Rice Bran (crude)	¼ cup	15.5	6.6
Rice Flour (white)	¼ cup	33.5	1.0
Rice Flour (sweet white)	¼ cup	24.0	1.0
Rice Flour (brown)	¼ cup	32.0	1.9
Sorghum Flour (sweet white)	¼ cup	25.0	3.0
Soy Flour (full fat)	¼ cup	8.0	2.2
Soy Flour (defatted)	¼ cup	10.3	4.6
Tapioca Flour	¼ cup	26.0	0.0
Guar Gum Powder	1 Tbsp	6.0	6.0
Xanthan Gum Powder	1 Tbsp	7.0	7.0