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Healthy Gluten Free and Sugar Alternatives in Cooking and Baking **Workshop Tips**

This workshop would be ideally conducted by someone with extensive knowledge about gluten free diets and why they are necessary for some people but even though they help to make people feel better going gluten free may not exactly be “healthy”. Having done research on who needs it and why is important but also why so many people often feel better on a gluten free diet when they don’t medically need to be on it. Information about prepackaged gluten free food and its general lack of nutrition and often high arsenic levels, increased calorie content and higher sugar levels is also important to share with the audience while offering them healthier more nutritionally dense alternatives is key.

Making the connection between going gluten free and over consumption of sugar and weight gain is also something to be knowledgeable about. Gluten free alternatives often either have more sugar in them or are made up of refined carbohydrates that end up acting like sugar in the body and are almost instantly turned to fat. Showing all the alternatives and what exactly makes them a better alternative is really useful as well as giving them a reference that they can take home with them is also really helpful because information dense workshops tend to be hard to retain afterward.

Having some statistics to back up your claims is always a good idea and looking into what the latest research says on the topic comes in handy as well. Though I think to get the most out of the subject matter it would be best to offer it in more of a classroom type setting as opposed to at a festival so that you can really get the opportunity to hit all of the subject matter and also be able to offer samples of food that are made with both gluten free and sugar alternatives so that people can see for themselves that eating healthier doesn’t mean sacrificing taste too and sending them home with the recipe so that they can make it themselves at home.