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Chapter 1: Introduction

Whether you're brand new to the gluten free world, still trying to figure out the gluten free diet, or you've been eating gluten free for some years and are now ready to become an advocate for gluten free awareness. I guarantee you'll experience an entirely new world of possibilities for you and your family in the pages ahead.

You don't have to be nervous when you walk into the grocery store. You don't need to feel embarrassed when you're dining out with your friends. You don't need to explain what Gluten Free or Celiac Disease is to everyone you meet. It's your right to wake up and feel comfortable and confident with your special diet.

No longer do you need to feel overwhelmed with all of the information out there about Celiac Disease and the gluten free diet. No longer do you need to wonder what the next step is for you (or even where to get started on your new diet).

After reading the Goodbye Gluten, the Definitive Getting-Started Guide to Gluten Free, you'll have a clear mind and six week meal plan that you can use to understand your gluten free journey.

I have no doubt that the Goodbye Gluten, the Definitive Getting-Started Guide to Gluten Free will open your eyes to a new way to look at your diagnosis that will actually make you feel lucky to have been diagnosed with Celiac Disease over any other possible condition. Yes – I said you are lucky to have been diagnosed with Celiac Disease.

I don't know when exactly you will have a shift in your mindset and feelings towards a gluten free diet, but when you do, I imagine it can change the way you live your life.

Goodbye Gluten, the Definitive Getting-Started Guide to Gluten Free

I know what it's like to need information NOW and not have a lot of extra money to invest with a coach, mentor or even in a course on gluten free living. That's why I've taken every conscious step to make this report complete and stand-alone. You can implement each lifestyle choice that I teach you here and see results in your gluten free diet and lifestyle very quickly.

Here's what you get as part of the Goodbye Gluten, the Definitive Getting-Started Guide to Gluten Free:

- eBook: With over 50 pages of easy to read information, we outline the basic premise behind the gluten free diet.
- Meal Plans and Shopping Lists: We provide 6 weeks of meal plans and shopping lists to make it as easy as possible to go gluten free.
- Recipes: We provide our favorite 100 recipes from our Gluten Free Meal Plans.
- Food Journal: We include our Food Journal template to help you keep track of how you feel after each meal.

Now, you might be wondering...

Why create a quick start guide to going gluten free?

Before we dive into the three most important issues of living gluten free, I want to take a moment and share with you how this report came to be.

One thing I know from experience is that when you need information on the gluten free diet you usually need the information yesterday. That's what happened for me. Even though my mother had been diagnosed three years prior to the start of my gluten free diet, I wasn't living at home for her to teach me every single little bit of knowledge she had gained about a gluten free diet. I was living several hours away and living on a measly college budget, so I did not have

a lot of time or resources to buy book after book about Celiac Disease and Gluten Free living. I desperately needed a complete resource about the gluten free diet.

Today, we live in a world that has only really begun to embrace the gluten free diet and other food allergies. I am very thankful that I did not develop Celiac Disease a mere 10 – 15 years prior (at least knowingly) when there were very limited resources and ingredients did not have to be listed on foods. Over the past years, organizations and Celiac advocates have teamed together to really create a presence in government issues and this is only the beginning.

Individuals and groups across the country are working to create awareness for Celiac Disease and a Gluten Free Diet – and for more than just personal reasons. Many people working to promote Celiac Disease are working so others do not have to struggle through diagnosis and understanding. Organizations are creating training programs for restaurants like the Gluten Intolerance Group and the National Foundation for Celiac Awareness and a Seal of Recognition Program like the Celiac Support Association to easily recognize Gluten Free products.

There are millions of people around the world who eat a gluten free diet. However, I couldn't find exactly the guide that I needed. Long story short - I knew it was time to create my own gluten free resource kit.

I made an “all or nothing” decision.

I remember the day clearly. I had spent several hours “google-ing” gluten free ingredients, gluten free organizations, etc. I was very frustrated with the results. Many focused on what I couldn't eat (instead of sharing what I could), many sites explained why Celiac Disease is very hard to cope with, some even mentioned how I would spend the rest of my life feeling left out and secluded because of my diet.

I grew up as a very optimistic person, and I know I wouldn't have accomplished many of the goals I have set for myself without this optimistic spirit. When all of these resources were completely pessimistic or underlying pessimistic tone, I knew I wasn't about to change my entire viewpoint on life because of a change in diet.

I made a decision that day, that I would uncover an optimistic side to a gluten free diet. I've spent the last five years compiling all of the information and resources that I could on Celiac Disease and gluten free. I joined support organizations, held benefit dinners and even held a Celiac Awareness Day at PNC Park with the Pittsburgh Pirates. Last year, I traveled over 8,000 miles advocating for Celiac Disease awareness, and this year, I'll be speaking at some of the top conventions, expos and events. During the last five years, I've uncovered a lot of "hidden" resources, and I met a lot of very influential people in the gluten free world.

Here's what happened next...

It's not what you might think.

I became very frustrated.

My friends turn to me when they need a burst of positivity, so I naturally see the glass half full at all times. But, I was frustrated, depressed and I couldn't find the positive in my gluten free lifestyle anymore. I had been reading so many pessimistic approaches to the gluten free diet that my own outlook had become negative.

I spent some time soul searching, and I realized after only a short time that I knew again that it was my mission to share a complete positive resource on living life with a gluten free diet.

The result of this research and my studies is outlined in the basis of Goodbye Gluten, the Definitive Getting-Started Guide to Gluten Free. In the near future, I will be expanding on my work through other gluten free resources and trainings.

In the coming pages, you will be given a lot of information. I could have easily made this a few hundred pages long; however, I realize that your time is valuable and you need to most important information up front.

So, here it goes!

What Does Gluten Free Really Mean Anyways?

For as misunderstood as the gluten free diet is, it is really not that complicated in theory. Someone on a gluten free diet avoids all traces of gluten, storage proteins: gliadin and prolamine. In a further section, we will discuss all of the ingredients to avoid on a gluten free diet; however, here are the main grains that should not be eaten:

- Wheat (durum, semolina, kamut, spelt)
- Rye
- Barley
- Oats
- Triticale

Many individuals can benefit from a gluten free diet, everyone from individuals with Celiac Disease to dermatitis herpetiformis to ADHD and Autism to simply people who want to feel more energized. Often individuals who must be on a gluten free diet because of medical reasons, like Celiac Disease, also experience other sensitivities to other food allergens like casein, milk, lactose and eggs.

Going Gluten Free Because of Celiac Disease:

Celiac Disease is an autoimmune disease. An autoimmune disease is a disease in which the response happens against any of your own organs, tissues or cells. When you eat any foods containing gluten [wheat, rye, barley and oats that have been rotated on the field with gluten grains] your body reacts by attacking the villi in your small intestine.

Villi are “wormlike processes on certain membranes, esp. on the mucous membrane of the small intestine, where they serve in absorbing nutriment.” As your body attacks these villi it becomes very hard for you to absorb the nutrients and vitamins necessary to give you and your body a healthy life.

As you eliminate gluten from your diet, the villi begin to heal themselves. If you do not consume any more gluten, no more intestinal damage will occur.

However, just one dose of a gluten containing food can significantly de-rail your healing process and send you and your body back to damaging your intestines.

Going Gluten Free for a Healthier Lifestyle

The Center for Celiac Research at Massachusetts General Hospital for Children estimates that about 6 percent of Americans have gluten sensitivity. Currently, there is no diagnostic test for gluten sensitivity. While these people don't have Celiac Disease, their symptoms are alleviated when they stop eating gluten.

Anna Medaris Miller, an endurance runner and marathoner, said “since cutting gluten out of my diet in August of last year, I’ve noticed a profound change: My digestion is gentler, my sleep is sounder, my energy level is more even. These benefits also seem to have led to improved athletic performance. Since going off gluten, I placed in a race for the first time in my adult life, won a small

community biathlon and achieved a personal best in a 5K run. Most important, I felt good while doing it.”

It's not just endurance runners that are going gluten free. Other celebrity athletes like Saints quarterback Drew Brees, the Garmin cycling team and top tennis player Novak Djokovic have all touted the benefits of going gluten free.

Djokovic gained a reputation of being unpredictable, prone to sickness and even out of shape. In 2010, he went gluten-free. The following year, he won 10 tennis titles, three Grand Slam events and 43 consecutive matches.

“My life had changed because I had begun to eat the right foods for my body, in the way that my body demanded,” he writes.

While you might not be an endurance runner or a pro-athlete, imagine how your life will change when you eat the right foods!

Overview of the Challenge

This book contains everything that you need to know to go gluten free whether you have Celiac Disease, gluten sensitivity, aren't quite sure which foods are causing your irritation or simply want to try the gluten free diet to find out if it's right for you.

You'll receive information on what gluten is, how to read nutrition labels to find, and even more inside this book. Also included with this book are six weeks of gluten free meal plans, grocery shopping lists and over 100 recipes for you to try!

If you're going gluten free because of Celiac Disease, you won't be doing this as a challenge or to experiment with removing gluten from your diet. You'll need to make this a life-long change. However, if you're experimenting with gluten free living, take this seriously. You're here because you want to feel a certain way. We'll figure out your goals and desires for going gluten free in Chapter Six. I'll

Goodbye Gluten, the Definitive Getting-Started Guide to Gluten Free

ask you to commit to a 21-day 'Gluten Free Challenge' and let every food-based decision you make for the next 21-days radiate from those desires.

Chapter 2: About the Diet

Figure out if you should go Gluten Free, the theory behind this way of eating, and the science supporting it.

Should You Go Gluten Free?

Going gluten free is a personal choice. I am not a medical professional and am not advising you to go gluten free in this book, I am only assisting you with what I know about living a gluten free lifestyle from five years of experience.

There are many reasons to go gluten free. If you are concerned that you might have Celiac Disease, but are not yet diagnosed, do not start the gluten free diet before the proper blood work that's discussed in Chapter Six. If you start the gluten free diet before your blood work, then your doctor will not be able to properly test for gluten anti-bodies.

The Celiac Support Association has a great resource to see if you could be experiencing symptoms of Celiac Disease. Check it out [here](#).

For those of you that simply want to try the gluten free lifestyle to see if it gives your more clarity, energy and vitality. Jump right into the Gluten Free Transformation and 21-day challenge!

One of the most important skills you will learn while going gluten free is how to properly read a nutrition label and spot ingredients.

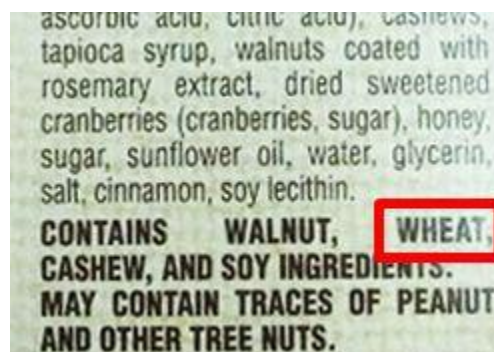
Let's get started.

How to Read a Nutrition Label Step-By-Step

Currently the Food and Drug Administration (FDA) is proposing changes to the nutrition labels on packaged foods. The new law would force companies to place a bigger emphasis on total calories, added sugars and nutrients like Vitamin D and potassium. We'll talk more about the FDA in a minute. Now, let's talk about how you can easily read a nutrition label to see if a product contains any gluten ingredients.

Step 1: Find the allergen warning.

The FDA requires that the top eight allergens must be listed on the nutrition label. These allergens include: milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans. If the label indicates that the food contains wheat – it is not gluten free. **Note: Gluten is not one of the top eight allergens and does not have to be listed in the allergen warning. The product can still have gluten ingredients even if wheat is not one of them (like rye or barley).** Here's an example:



Step 2: Check the packaging for gluten free messaging.

In August 2013, the FDA updated the regulation of gluten free claims. Only products that contain a gluten limit less than 20 parts per million (ppm) can be labeled as “gluten-free”, “free of gluten”, “no gluten” or “without gluten.” If the product contains one of these labels, then go ahead and give it a try. **Products labeled “no gluten ingredients” are not regulated.** Products that are

naturally gluten free are not required to say they are gluten free. For example, an apple is naturally gluten free, but the label does not have to say it is gluten free. Continue onto Step 3 if the product is not labeled gluten free (or naturally gluten free like veggies, fruits and un-marinated meats).

Step 3: Carefully read the list of ingredients.

According to the allergen warning, the product does not contain wheat (Step 1), but it is not labeled gluten free either (Step 2). Now, we must go through each ingredient on the label to look for a gluten-containing culprit. We will cover a detailed list of ingredients to look out for that contain gluten or *could* contain gluten in Chapter 3.

Step 4: Call the manufacturer.

If you've completed Steps 1 – 3, but are still not one hundred percent sure that the product in question is gluten free, it's time to call the manufacturer. Check the product label for a customer service number or other contact information. Tell the representative that you have a question about the ingredients in their product, and ask if it contains gluten. If there is a particular ingredient that you're concerned about let them know. For example, maltodextrin can be wheat-derived or corn-derived. As someone with Celiac Disease, when the customer service representative asks me 'what is gluten,' I know that the product isn't one that I feel comfortable eating. To avoid hours on hold with customer service, some companies are even publishing information about gluten ingredients on their FAQ page. [Here's a link to Bigelow Tea's FAQ page talking about gluten free ingredients.](#)

If you're interested in learning more about the nutritional meaning of the labels, the American Heart Association has a great guide [here](#).

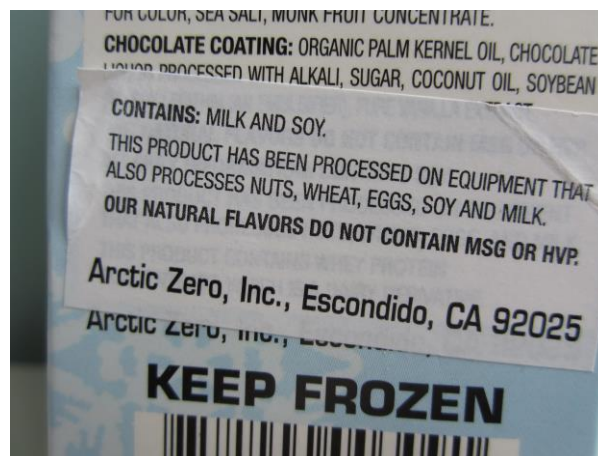
Understanding the Gluten Free Labeling Laws

As mentioned earlier, the FDA updated their regulation of gluten free claims in August 2013. Only products that contain a gluten limit less than 20 parts per million (ppm) can be labeled as “gluten-free”, “free of gluten”, “no gluten” or “without gluten.”

You might be wondering why even 20 ppm of gluten are still allowed in ‘gluten free’ foods. Currently food testing cannot reliably detect gluten at lower levels than 20 ppm. The 20 ppm level is aligned with existing gluten free labeling standards in Europe and Canada.

If you are going gluten free because of Celiac Disease or other medical reason there are a few more details that you need to know about the FDA's rule.

Products labeled “no gluten ingredients” are not regulated. Currently, manufacturers can use the claim “no gluten ingredients” without any consequences. If a product uses oats and/or oat flour, they likely were cross-contaminated during the production process. Most commercial oats are processed in facilities that also process wheat, barley, and rye— resulting in significant amounts of gluten-contact. The “no gluten ingredients” claim can also be used if the food is processed using shared equipment. Here’s an example of a product label processed on shared equipment:



Even as a ‘veteran’ Celiac, I didn’t exactly understand the implications of this myself until I read Gluten Dude’s post, Shared Equipment is NOT Gluten Free. Within his post, he also shared a video filmed by Kinnikinnick after they purchased used equipment that came from a facility that made waffles (lots of gluten) and decontaminated it to be safe for gluten free foods. [Click here to read the post and watch the video.](#)

The FDA standard applies to dietary supplements. Fillers and coatings like modified food starch and maltodextrin are commonly used in pills – they are also often derived from wheat. Product testing can be expensive for companies and smaller labels may not want to incur the additional expense to add ‘Gluten Free’ labeling to their vitamins and supplements. Another caveat to this is that fact that many of the raw ingredients are sourced from countries with more lenient regulations on gluten. If you want to know if a company tests their products in-house, call them directly and ask their customer service hotline. More information on Vitamin and Supplements can be found in Chapter 3.

Manufacturers are not required to test their products for gluten. Even if a manufacturer is using the gluten-free claim, they aren't required to test their products for the 20 ppm limit. In fact, it's up to the FDA to test products for conforming to their regulations. In Chapter 3 and 4, we'll talk about products that go above and beyond the gluten free labeling laws and actually choose to get their products Certified Gluten Free – making our lives easier!

Products that are naturally gluten free can be labeled gluten free. The FDA fears that the new labeling laws will create an influx of ‘gluten free’ labeled products that are already naturally gluten free because of the assumed healthiness of gluten free foods. Personally, if it says gluten free – it's less time that I need to spend reading an ingredient label at the grocery store.

A gluten or wheat-derived ingredient can't be in the ingredients. If a product was made from a gluten-containing grain and specially processed to

remove the gluten, then it can **NOT** be labeled gluten free. It does not matter if the amount of gluten leftover in the product is less than 20 ppm or not. This may sound a little confusing and a little like a no-brainer (seriously, why would they ever consider something that's derived from gluten be labeled gluten free without performing an exorcism of gluten). Unfortunately, it is actually common practice in Europe to let supplements, packaged foods and confectionery goods derived from wheat to be labeled gluten free if they meet the 20 ppm regulations.

The FDA does regulate alcohol, and the new labeling law does not apply to most alcoholic beverages. The debate about what alcohol is actually gluten free after the distilling process continues to rage on. Some believe that all plain spirits are gluten free after the distilling process others do not, but more on that in Chapter 3.

If you have an adverse reaction to eating a food that's labeled gluten-free, the FDA encourages you to report it to your state's local FDA Consumer Complaint Coordinator as well as the Center for Food Safety and Applied Nutrition's Adverse Event Reporting System (CAERS) at 240-402-2405.

Real-Life Testimonials

Here's a few 'Success Stories' from some of my friends also on a gluten free journey:



Jessica Neeren,
CeliacAdvocate.com

“My name is Jessica and my celiac story is probably very similar to those you have heard before. Every time I ate I became very sick. After many, many visits with my doctor I was growing extremely frustrated. He concluded I had a combination of IBS and anxiety. My symptoms were not going away and I knew something wasn't right. Unwilling to accept this diagnosis, I decided it was time to switch doctors. When I met my new doctor and ran over my list of symptoms he had given me a possible diagnosis within five minutes. I remember

saying there is no way I am allergic to gluten. It is embarrassing to admit this, but I had never heard of celiac disease, and I had no idea what gluten actually was. So why was I so sure I didn't have something I had never even heard of?

"I had never heard of celiac disease, and I had no idea what gluten actually was."

Perhaps I was just scared of what was unknown to me at the time. My doctor sent me to the lab that same day to get my blood work done. Days later I received the phone call that would change my life forever. I was in complete and utter shock. I cried for 10 minutes and then decided that I could not mourn for my "loss" any longer than I already had. At that moment I decided I would look at this situation the same way I look at anything else in my life- with my glass half full."

"Literally, the moment I gave up gluten I felt like a new person."

"I consider myself extremely lucky, as I had been very sick for one year and had already obtained my diagnosis. Literally, the moment I gave up gluten I felt like a new person. There is no better feeling than eating something and actually getting to enjoy it because I don't immediately get sick. The diagnosis was bad timing, as my husband and I had a trip planned to Italy and we were leaving two weeks later. Instead of focusing on what I could not eat, I found foods I could eat and safe restaurants where I could eat them. I

"Instead of focusing on anything negative, I will only focus on the positive."

met with my nutritionist and I had a better handle on my situation. It was incredible how much information I had learned in only two weeks."

"My mission is to help raise celiac awareness. Instead of focusing on anything negative, I will only focus on the positive. I grew up with parents who always told me "attitude is everything" and I live by that. This is just the beginning my journey as a celiac advocate."

"If you are living your life well, you will go through many epiphanies as time goes along. There is the first epiphany we have as a child when realize that we are separate from our parents. All the way up to the epiphany that we usually have as

an adult that we really aren't separate from each other at all. (It seems that we all end up in the same place, wherever that may be.)



With many more in between. But, the epiphany that I have had many times, yet I really love it, is where I realize that I really don't know anything. Because after those is when you seem to get great insight.”

“My insight came after my husband and I had been

Tia Hain, GlugleGlutenFree.com

teasing my mother-in-law for a few years because she kept saying that she couldn't eat wheat. It always made her sleepy. Yeah, whatever. It's all in your head. (This is where whatever you may or may not believe in came along and gave me a

"As a last resort, he told her to stop eating gluten."

comeuppance.)”

“My husband and I were watching a television show on PBS with Dr. Mark Hyman. He was talking about this woman he had been trying to help for years, and as a last resort, he told her to stop eating gluten. All of her symptoms disappeared. I had all of the symptoms that she had and many more. The next day I went to the store to give this gluten-free thing a try.”

“The first sign to tell me that I was right was sleeping. I hadn't fallen asleep before 6am in almost 2 years. That night I fell asleep at 10pm and slept like a

**"I hadn't fallen asleep before 6am in almost 2 years.
That night I fell asleep at 10pm and slept like a rock."**

rock. That alone hooked me. But, then

something else even more wonderful happened. The sharp, stabbing stomach pains I had been having since before I can remember went away. The only time they have come back is when I ate pasta and pizza in Italy. Then, the water blister on my fingers that would turn into dry patches of 3 to 4 layers deep of skin that would peel off just went away, never to return. I have had numerous other symptoms go away since starting a gluten-free diet, but these three were really wreaking havoc on my life. Needless to say, I apologized to my mother-in-law.”

“I have been lucky in figuring out what is wrong with me and been able to fix it. But in other ways, I haven't been lucky. Looking at my family history, I realize that I have lost a lot of my family members due to complications from Celiac

Disease. Even though I wasn't able to get a formal

"I feel like I have gotten extra years added on to my life, even if that just means in quality."

diagnosis (I went gluten-free before I knew about testing. I would pretty much feel like I was dying if I had to eat gluten for one day, let alone 30 to 90), I am 99% sure that I have Celiac Disease. Too many people in my family have died from various cancers (a lot of intestinal). We have had a lot of depression to the point of successful and attempted suicide. Other autoimmune disorders, including lupus. Plus, who knows what I am forgetting or just don't know.”

“I never got to know my maternal grandmother. I never got to know my aunt. Her own children didn't get to know her. We almost lost my other aunt before she was 50. And all of this is on my mother's side. “

“While I feel sorry for myself for a few minutes, I suck it up and make my resolve that much stronger. I'm not going to lose anyone else. My son isn't going to lose anyone else. And I am going to do whatever I can to make sure that others are aware and don't lose the people that the love, whether it be to suffering and losing quality of life or actually losing their life.”

“So, that's my story. I hope it helps. Maybe it can give you some insight or even hope. I am doing great after 4 years of being gluten-free. While I am pretty sure my intestines won't completely heal because of my age, they are really trying. I feel like I have gotten extra years added on to my life, even if that just means in quality.”

“I feel incredible now that I am a Gluten Free convert. After suffering candida for many years and feeling constantly exhausted and drained it is great to finally have my life back and have more energy than ever for the things I love to do like walking and bike riding and kayaking. My whole perspective has changed and I

am no longer struggling to get out of bed in the morning. Eating gluten made me feel tired, sluggish and irritable. Since not having gluten for 4 years, I feel like I *am* on a mission now. Supercharged with energy and turbo charged ready for action.”



Lee Holmes,
SuperchargedFoods.com

“My goal is to help others change the way they eat, one buckwheat pancake at a time! That’s why Supercharged Foods was created, to positively impact on the lives of people, especially ones who are on a

gluten free diet.”

“There’s a whole generation of people looking for answers and to be able to give them the opportunity for self-empowerment, self-renewal and positive change is something that means

a lot to me as I have been through the

"I started to notice that my hair was getting thicker, my skin was clearer and energy levels increased enormously."

experience myself. The website has a meal planner, shopping list and heaps of recipes that are exciting and delicious as well as a monthly newsletter. There’s no longer any need to feel like you are missing out by not eating gluten, you can still eat superbly.”

“I thought when I was diagnosed that I would miss out and my life would be so difficult but my journey of self-discovery and my love of food and cooking led me back to my kitchen and I began to take pleasure in the simplicity of creating gorgeous simple meals from scratch. The foods I used were my medicine and they healed my body at a cellular level. I started to notice that my hair was getting thicker, my skin was clearer and energy levels increased enormously. I began to realise that diet does play an important part in how you feel and also that nutritionally-rich wholesome food really can heal you from within.”

“Growing up, I was always a generally healthy and active child. I had mild chicken pox when I was a baby; the odd ear infection and stomach ache, and scraped up my knees from playing – nothing out of the ordinary for a normal kid. As I grew older, I would begin to complain of nausea, dizziness, headaches and abdominal discomfort; all of which were quickly dismissed by my doctors as unrelated symptoms of no consequence.”



Victoria Yah
GlutenFreeLiving.ca

“Eating three cream filled donuts in one sitting probably didn’t help my stomach aches, but at no point did anyone consider any of my other symptoms to be related to what I was eating. The only obvious sign I had to my underlying food allergies and intolerances was at age 10, when I cooked myself up sugary fruit

compote with strawberries, apples, raspberries and pears. Shortly after enjoying my dessert, I broke out in total body hives, and an allergist would later diagnose me with an allergy to pesticides. For over a decade following that very itchy experience, I avoided most berries until organic varieties became more available at regular supermarkets.”

“At age 20, out of coincidence and curiosity, I found out about and visited an M.D. who was practicing integrative medicine. By this time, I had learned to live with my nausea, motion sickness, gas and abdominal discomfort, along with seasonal throat and sinus infections. But

"I didn't have to accept feeling less than 100% every day, and that contrary to previous opinions, it wasn't all in my head."

through my new doctor, I finally came to realize that all these symptoms were in fact related, that I didn’t have to accept feeling less than 100% every day, and that contrary to previous opinions, it wasn’t all in my head. My new doctor helped me develop the strong belief that nutrition is truly the fundamental basis to achieving and maintaining overall good health. And even more importantly – knowing what nutrition is specifically right for each individual. “

Chapter 3: Gluten Free Food Guide

This chapter will break down the gluten free diet into bite-sized bits including:

- Naturally Gluten Free
- Foods to Avoid
- Gluten Free Candy
- Alternatives to Traditional Gluten-Filled Ingredients (Cup4Cup)
- Certified Gluten Free Products
- Alcohol and the Gluten Free Diet
- 10 Hidden Sources of Gluten

Naturally Gluten Free Foods

The following foods are naturally gluten free (if eaten without marinades, sauces or spices):

- Beef
- Poultry
- Fish, seafood and shellfish
- Fruits
- Vegetables (undercooked broccoli can be a concern for some with Thyroid issues)

Gluten Free Grains and Starches

The following grains & starches are allowed:

- Rice

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- Corn
- Soy (Some individuals on a gluten free diet also avoid Soy)
- Potato
- Tapioca
- Beans
- Garfava
- Sorghum (Some individuals on a gluten free diet also avoid Sorghum)
- Quinoa
- Millet
- Buckwheat
- Arrowroot
- Amaranth
- Tef
- Montina®
- Nut Flours

Foods to Avoid

The following grains contain gluten and are NOT allowed:

- Wheat
- Rye
- Barley
- Oats (unless certified gluten free)
- Triticale

Gluten By Another Name

The following ingredients are hidden names for gluten:

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- Abyssinian Hard (Wheat triticum durum)
- Atta Flour
- Barley Grass
- Barley Hordeum vulgare
- Barley Malt
- Bleached Flour
- Bran
- Bread Flour
- Brewer's yeast
- Brown Flour
- Bulgur
- Bulgur Nuts
- Bulgur Wheat
- Cereal Binding
- Chilton
- Club Wheat (Triticum aestivum subspecies compactum)
- Common Wheat (Triticum aestivum)
- Couscous
- Crippled Rice
- Dinkle (Spelt)
- Disodium Wheatgermamido Peg-2 Sulfosuccinate
- Durum
- Edible Coatings
- Edible Films
- Edible Starch
- Einkom
- Einkorn (Triticum monococcum)
- Emmer (Triticum dicoccon)
- Enriched Bleached Flour
- Enriched Bleached Wheat Flour
- Enriched Flour
- Farina
- Farina Graham
- Farro/Faro
- Filler
- Flour
- Fu (Dried wheat gluten)
- Germ
- Graham flour
- Granary Flour
- Groats (Barley, wheat)
- Hard Wheat
- Heeng
- Hing
- Hordeum Vulgare Extract
- Hydroxypropyltrimonium Hydrolyzed Wheat Protein
- Hydrolized wheat protein
- Hydrolyzed vegetable protein
- Kamut (Pasta wheat)
- Kecap Manis (Soy Sauce)
- Ketjap Manis (Soy Sauce)
- Kluski Pasta

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- Maida (Indian wheat flour)
- Malt
- Malted Barley Flour
- Malted Milk
- Malt Extract
- Malt Syrup
- Malt Flavoring
- Malt Vinegar
- Macha Wheat (Triticum aestivum)
- Matza
- Matzah
- Matzo
- Matzo Meal
- Matzo Semolina
- Meripro 711
- Mir
- Modified wheat starch
- Natural Flavoring
- Nishasta Oriental Wheat (Triticum turanicum)
- Orzo Pasta
- Pasta
- Pearl Barley
- Persian Wheat (Triticum carthlicum)
- Perungayam
- Poulard Wheat (Triticum turgidum)
- Polish Wheat (Triticum polonicum)
- Rice Malt (if barley or Koji are used)
- Roux
- Rusk
- Rye
- Seitan
- Semolina
- Semolina Triticum
- Shot Wheat (Triticum aestivum)
- Small Spelt
- Spelt (Triticum spelta)
- Sprouted Wheat or Barley
- Stearyltrimoniumhydroxypropyl Hydrolyzed Wheat Protein
- Strong Flour
- Suet in Packets
- Tabbouleh
- Tabouli
- Timopheevi Wheat (Triticum timopheevii)
- Triticale
- Triticale X triticosecale
- Triticum Vulgare (Wheat) Flour Lipids
- Triticum Vulgare (Wheat) Germ Extract

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- Triticum Vulgare (Wheat)
Germ Oil
- Udon (wheat noodles)
- Unbleached Flour
- Vavilovi Wheat (Triticum aestivum)
- Vital Wheat Gluten
- Wheat, Abyssinian Hard
triticum durum
- Wheat amino acids
- Wheat Bran Extract
- Wheat, Bulgur
- Wheat Durum Triticum
- Wheat Germ Extract
- Wheat Germ Glycerides
- Wheat Germ Oil
- Wheat
- Germamidopropyldimonium
Hydroxypropyl
- Hydrolyzed Wheat Protein
- Wheat Grass
- Wheat Nuts
- Wheat Protein
- Wheat Triticum aestivum
- Wheat Triticum Monococcum
- Wheat (Triticum Vulgare)
Bran Extract
- Whole-Meal Flour
- Wild Einkorn (Triticum
boeotictim)
- Wild Emmer (Triticum
dicoccoides)

The following products should NOT be consumed/used without checking the nutrition label and/or ingredient list as they are often derived from prohibited grains:

- Amp-Isostearoyl Hydrolyzed
Wheat Protein
- Artificial Color
- Baking Powder
- Breeding, Coating mixes,
Panko
- Broth, Soup bases
- Brown rice syrup
- Bouillon cubes
- Candy (gluten free options
listed below)
- Clarifying Agents
- Coloring
- Communion wafers
- Cookie Dough
- Cookie Crumbs
- Couscous
- Croutons
- Dry Roasted Nuts




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- Emulsifiers
- Enzymes
- Fat Replacer
- Flour or cereal products
- Gravy Cubes
- Ground Spices
- Herbal supplements
- Hydrolyzed Wheat Gluten
- Hydrolyzed Wheat Protein
- Hydrolyzed Wheat Protein Pg-Propyl Silanetriol
- Hydrolyzed Wheat Starch
- Hydrogenated Starch Hydrolysate
- Hydroxypropylated Starch
- Imitation bacon
- Imitation seafood
- Marinades
- Miso
- Natural Juices
- Non-dairy Creamer
- Pastas
- Play-Doh: A potential problem if hands are put on or in the mouth while playing with Play-Doh or are not washed after use.
- Prescription Drugs & Over-the-Counter Medications
- Pregelatinized Starch
- Protein Hydrolysates
- Processed luncheon meats
- Sauces, Gravies
- Seafood Analogs
- Seasonings
- Self-basting poultry
- Sirimi
- Soba Noodles
- Soy Sauce
- Soy Sauce Solids
- Sphingolipids
- Stabilizers
- Starch
- Stock Cubes
- Stuffing, Dressing
- Suet
- Teriyaki Sauce
- Thickeners (Roux)
- Tocopherols
- Vegetable Broth
- Vegetable Gum
- Vegetable Protein
- Vegetable Starch
- Vitamins
- Wheat Starch

Certified Gluten Free Products

There are dozens of gluten free food certification companies available. Some certifications are completed by non-profit organizations and others are through for-profit companies.

Here are a few of the available non-profit certification programs, their standards and the image to look for on the package of your favorite gluten free foods.

Organization	PPM Standard	Certification Seal
<u>Celiac Support Association</u>	5 ppm gluten or less	 Celiac Sprue Association®
<u>Gluten Intolerance Group</u>	10 ppm gluten or less	Certified  Gluten-Free ®
<u>National Foundation of Celiac Awareness</u>	20 ppm of gluten or less	

Each of these organizations certifies hundreds to thousands of products each year

through rigorous testing. Instead of overwhelm you with tons of product names and brands listed here that could potentially be out of date, here are links to up-to-date certifications by organization:

[Brands Certified by the CSA Seal of Recognition Program](#)

[Brands Certified by the Gluten-Free Certification Organization \(GFCO\) by the Gluten Intolerance Group](#)

[Brands Certified by the NFCA and the Canadian Celiac Association](#)

Vitamins, Supplements, and Oils

A few months ago, I connected with a fellow Celiac at the Gluten Free and Allergen Free Expo in New Jersey. His name was Ken Scheer, and you might know him from Twitter, [@KenScheer](#), or his blog [RockAHealthyLifestyle.com](#).

We started talking about our energy levels and overall well-being after going gluten free. I confessed that I still didn't feel completely energized and sometimes lacked clarity or focus. That's when he mentioned his secret to 'feeling good again' – Nutrasumma. P.S. I got some help writing this section from Ken – thanks Ken! 😊

Nutrasumma products are created to enhance health and nutrition using the highest quality ingredients; to work with the body, not on the body, effectively creating "Supplements you can FEEL." This focus has played out from the start of this company, it holds true today, and will continue to set the standard for this company, and the supplement industry as a whole... LONG into the future.

The products created by Nutra Summa, take into consideration the needs of the user, as well as the needs of the body, without compromising one for the other. Their emphasis on safety, testing, and awareness of allergens is above and

beyond the demands required, and their goal of staying “5 years ahead of safety/testing requirements”, is one of the defining factors of this company’s integrity and devotion to the people it serves.

Nutra Summa searches the globe for the highest quality ingredients to build the safest, most effective products, consistently exceeding the standard at which they are “required” to adhere to. Once the ingredient source is found, each ingredient goes through a rigorous testing phase to ensure what was found, is in fact of the highest quality, allowing the final product to meet their strict guidelines. Testing for plasticizers, ensuring safety from cross contamination regarding allergens (gluten, dairy, etc.), and safeguarding against heavy metals exposure are a few of the steps taken to produce a product that Nutra Summa can stand behind. Many of these steps are not yet taken by a many companies on the market, yet with the example set by Nutra Summa that is sure to change. This company is setting the standard for quality, safety, integrity and commitment to impacting the supplement industry in the most positive way possible, by always looking to raise the standard.

With the rising cost of health care; investing in one’s health by means of prevention, is why companies like Nutra Summa will be of interest to ALL consumers. Supplements are not just for the “fit” anymore, they are for everyone who wishes to improve and maintain their health and wellness, while prolonging the quality of their lives.

Feel healthy, feel strong, feel clear headed, feel calm... all are options with supplements by Nutra Summa.

Recommended Supplements if You’re Gluten Free

These are the top supplements that have helped Ken the most with common everyday issues that we face on the gluten free diet and with Celiac Disease.

Pea Protein

One of the greatest values of this type of protein is that it is a non-dairy source of protein. Dairy products have a tendency to allow inflammation (water retention) and the absence of this quality plays a large role in diminishing unwanted water weight, as well as helping to create an ideal environment for physical improvement. Nutra Summa's Pea Protein has an extensive amino acid profile, the addition of immune balancing compliment of colostrum, as well as a great taste to a high quality product. It tastes fantastic and I will usually consume 30-40 grams of pea protein every day.

Summa Lean

As with most of their products Summa Lean has been designed to deal with the causes of the body's issues, not the symptoms. A less active metabolism, is due to a variety of issues and each of their products strive to put the body in balance, rather than deal with topical problems. The combination of natural ingredients look to stabilize one's ability to reduce stress, maximize the body's natural values and enhance the body's own ability to repair itself. This product has improved my mood, enhanced my metabolism and more efficiently burned fat. When I've forgotten to take Summa Lean I can immediately feel my energy is lacking.

ZMA

Improves muscle function and recovery, immune system support, prevents muscle cramping, balances hormone levels and is engineered to help you relax and improve focus. I usually take ZMA before I sleep, which has always been a challenge for me but not anymore. The bottom line is after I started taking these products over a year ago, my energy has increased ten-fold, my mental clarity is much better, I no longer have "brain-fog", I haven't taken a nap in a long time unless by choice not necessity and I'm sleeping much better.

Additional Supplements for Athletes on a Gluten Free Diet

Amino Clear

Supports muscle recovery, increases power and energy when you work out. It can even boost your immunity.

Glutamine

Maintains skeletal muscle size, prevents muscle breakdown and increases muscle glycogen stores. May help athletes recover from overtraining. If you have a gastrointestinal disease (like Celiacs), then it can help with leaky gut and ulcers, and it's one of the most important nutrients for your intestine.

Essential Oils: Are They Worth the Hype?

For those of you that know my Celiac Disease diagnosis story, you might already know this, but my mom, Denise, was diagnosed two years before me after a pretty grueling process. Living in a family with multiple Celiacs (there's three of us!), makes life a little easier. People understand what you're going through, and holidays are typically a lot easier than some of the horror stories that I've heard about hidden gluten, cross-contamination or more.

You might know Denise from Twitter, [@NoGlutenHere](#) or her blog [NoGlutenHere.com](#) and Gluten Free Travel Booking Service [WeTravelGlutenFree.com](#).

After my mom's diagnosis, she spent hours and hours research Celiac Disease and the gluten free diet – always trying to find a way to improve our health and wellness. A few months ago, she found [doTERRA](#), a certified Pure Therapeutic Grade essential oils that are pure natural aromatic compounds carefully extracted from plants. What makes essential oils remarkable is their ability to cross into the blood brain barrier and into the cell wall, making it possible to repair DNA. This is a more holistic approach to wellness, and another route to travel on ones persons health journey with whatever else they may be using.

*Warning: you can't judge me after reading this story. I have had a wart on my left foot since I was sixteen. I won't give you the exact number of years, but that's been over 10 years. I've tried dozens and dozens of treatments to get rid of this wart from freezing it at the dermatologist's office (multiple times) to those over-the-counter treatments, but it refused to go. After she started working with doTERRA, I ordered a bottle of Melaleuca oil to test out the strength of their products (and the continued willpower of my wart). I diligently placed a single drop of Melaleuca oil on my wart two times a day (morning and night) for two weeks, and PRESTO! It was gone. I have been wart free for 6 months for the first time in 10+ years.

I know that my 'wart story' has nothing to do with oils and their effect on Celiac Disease and the body on a gluten free diet. But in a world of wellness that you don't always see concrete results (usually they are all about how you feel); I wanted to show you the power of these oils versus modern day medicine. [Disclaimer: I'm not telling you to NOT go to your primary care physician or use modern medicine.] Remember, I had this wart frozen multiple times and even cut out several times by my dermatologist, but it refused to go. Within two weeks of using the doTERRA oil, my wart was gone! There are hundreds of other success stories of using doTERRA products to overcome ailments from cold symptoms and congestion to headaches and heartburn and more!

Anyways, let's talk about the doTERRA oils that can help you improve your health and wellness.

P.S. I got some help writing this section from Denise the doTERRA specialist herself – thanks Mom! ☺

Recommended Essential Oils if You're Gluten Free

There are hundreds of essential oils and combination oils available from doTERRA. Here are five that I recommend for everyone with Celiac Disease or living on a gluten free diet:

Basil

Improves respiratory problems and maintains a healthy digestive tract – Crohn's Disease, diabetes, restless leg syndrome, vertigo, autism, migraines, mental fatigue, bronchitis and more – take internally in capsules, diffuse or inhale aroma directly, apply topically to temples, tip of nose, reflex points or area of concern. Plus, you can even add a drop to your foods in place of fresh herbs!

Digestzen

Maintains a healthy digestive tract - Gas, bloating, abdominal cramping, constipation, stomach ache, nausea, indigestion, vomiting, digestive problems, IBS, diarrhea, -- take internally by a drop or two in water, or apply topically to stomach or bottom of feet

Lemon

Cough sore throat, gout, hangover, gallbladder stones, and kidney stones. Also great for cleaning (dishes/laundry), disinfecting, stains on clothes and permanent marker removal, -- can be diffused into air, or taken internally by adding a few drops to a cup of water.

Lavender

Eczema, tension, dehydrated skin, skin allergies, anxiety, insomnia, rash, stress, burns, bruises, cuts, calming, restlessness, exhaustion, chapped lips, sinusitis, pain, itching, -- can be applied topically to area of concern, back of neck, bottoms of feet, diffused into air, etc.

Vitality Supplements

Immune support, Cellular Energy, Cellular longevity, DNA protection, stress management, digestive health - helps with Fatigue, chronic fatigue, candida, chronic pain, allergies, -- take as supplements as directed, diffuse oils into air or inhale oils directly.

Goodbye Gluten, the Definitive Getting-Started Guide to Gluten Free

These were only five of the possible essential oils that can help you improve your health and wellness. I recommend everyone having the Physician's Kit and Vitality Supplements to get started with doTERRA. There are several ways to purchase the doTERRA oils. You can visit the [website](#) and purchase directly, create an Independent Product Consultant account that entitles you to 25% off retail prices, or join as a Preferred Member and get 20% off all products (small fee of \$10). Neither account has any mandatory monthly purchase requirements, and you can register [here](#). If you have any questions about doTERRA or essential oils, contact Denise at doterradenise@hotmail.com.

Gluten Free Candy

This list was updated on October 25, 2013. Companies have the right to (and often do) change their ingredients as they please. I've included contact information for each company below for your reference.

Nestle USA

Nestle USA considers "gluten-free" to mean "no gluten ingredients are in the product, whether directly added, or potentially present due to cross-contact. If a product label has an allergen advisory statement such as 'made on equipment' or 'facility that also processes wheat etc.,' we do not consider that product to be gluten-free. It is important to always read product labels/packaging for the most accurate information." Nestle will label potential gluten cross contamination, a customer service representative says.

According to Nestle, the following candies are gluten-free:

- Baby Ruth
- Bit-O-Honey

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- Butterfinger Bar (original flavor only, NOT Crisp, Giant Bar, Snakerz, Medallions, Jingles, Hearts or Pumpkins)
- Milk Chocolate
- Goobers
- Nips (including both regular and sugar-free)
- Oh Henry!
- Raisinets (including Cranberry and Dark Chocolate flavors)
- Sno-Caps
- Wonka Pixy Stix
- Laffy Taffy (including Laffy Taffy Rope)
- Wonka Lik-M-Aid Fun Dip

The following Nestle candy products are NOT gluten-free:

- Butterfinger Crisp Bar
- Butterfinger Giant Bar
- Butterfinger Snackerz
- Butterfinger Medallions
- Butterfinger Jingles
- Butterfinger Hearts
- Butterfinger Pumpkins
- Wonka Nerds
- Sweetarts
- Wonka Bar (all flavors)
- Chewy Spree
- Wonka Gummies
- Wonka Kazoozles
- Everlasting Gobstopper
- 100 Grand Bar

- In some of these products, the ingredients themselves are gluten-free, but the candies are processed in a facility that also processes gluten.

Contact Nestle USA at 800-225-2270.

Mars Chocolate

Mars Chocolate makes M&M's, Dove, Snickers and other products. The company urges gluten-free consumers to check labels, even if a product normally is gluten-free; in busy times of year (such as Halloween), Mars uses alternative facilities to make its candy, and some of those may introduce cross-contamination risks. The company says it will label any gluten ingredients or cross-contamination. "The ingredient statement on each wrapper is the best source for this information," the company said in a statement.

Warning: As of October 2013, there are mixed messages coming from Mars Chocolate: some customer service representatives provide the below list of gluten-free candies, while others won't provide a list and refer consumers to the information on the label itself. Of note, at least some packages of relatively new varieties of M&Ms — white chocolate, coconut and mint flavors — include the warning "May contain wheat" on their labels. Other varieties — including milk chocolate, dark chocolate, peanut and almond — don't contain that warning. In addition, I saw Mars several seasonal products, including M&Ms candy corn, that featured the "May contain wheat" warning. Always read the label before purchasing, as Mars Chocolate says it will label any gluten-containing ingredients or cross-contamination risk on the product in question.

According to Mars Chocolate, the following candies are gluten-free (see above disclaimer and warning):

- M&M's (all EXCEPT for pretzel-flavored M&M's and some special flavors with a risk of gluten cross-contamination)

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- 3 Musketeers Bars (all flavors)
- Milky Way Midnight Bar
- Milky Way Caramel Bar
- Dove Chocolate products (all flavors EXCEPT for milk chocolate cinnamon graham/cookies and cream)
- Snickers Bars (all flavors)
- Munch Nut Bar (the customer service representative urges consumers to check the labels on this one)

The following Mars Chocolate products are NOT gluten-free:

- M&M Pretzel flavor
- Some packages of M&M White Chocolate, Mint and M&M Coconut flavors
- Milky Way Bar (original)
- Mars Bar
- Mars Combos (a snack mix)

Contact Mars Chocolate at 800-627-7852.

Tootsie Roll Industries

Tootsie Roll Industries, which also makes Charms products, says that, as of October 2013, all of the company's confections are considered gluten-free with the exception of Andes cookies. "Tootsie does not use wheat, barley, rye, oats, triticale, spelt, or any of their components, either as ingredients or as part of the manufacturing process. Corn and soy products are used during the manufacturing process," the company says. According to Tootsie Roll Industries, these Tootsie Roll products also are peanut-free and nut-product free.

According to Tootsie Rolls Industries, the following candies are gluten-free:

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- Tootsie Rolls
- Fruit Rolls
- Frooties
- Dots
- Tropical Dots
- Crows
- Cella's Milk Chocolate Covered Cherries
- Cella's Dark Chocolate Covered Cherries
- Junior Mints
- Charleston Chew
- Junior Caramels
- Tootsie Pops
- Tootsie Peppermint Pops
- Caramel Apple Pops
- Fruit Smoothie Pops
- Tropical Stormz Pops
- Child's Play
- Charms Blow Pops
- Charms Super Blow Pops
- Charms Pops
- Zip-A-Dee-Mini Pops
- Fluffy Stuff Cotton Candy
- Sugar Daddy Pops
- Sugar Mama Caramels
- Charms Squares
- Charms Sour Balls
- Charms Candy Carnival
- Pops Galore
- Andes

- Sugar Babies

Contact Tootsie Roll Industries at 773-838-3400.

Smarties

Most of Smarties' line of products is considered gluten-free and vegan, and is made in a gluten-free facility, according to the company. However, Smarties sells its products to different "re-baggers" as well as various retail outlets. Since a re-bagger buys products from many different companies and then places them in different packaging, only re-baggers can verify whether their manufacturing plants are free of gluten or other allergens. **"If the UPC number on the packaging begins with '0 11206,' you can be assured that the product was packaged in one of our manufacturing facilities," which means it should be gluten-free,**" the company says. Smarties Gummies contain no gluten ingredients, but are manufactured in a facility that also processes wheat-containing products (along with peanuts, milk and soy).

Contact Smarties through the company's website at Smarties.com.

Hershey's

After several years of listing only a few products as gluten-free, Hershey's in 2012 began publishing a gluten-free list that includes several more products, mainly Hershey's Kisses varieties. As of October 2013, the following list of Hershey's candies are gluten-free:

- Almond Joy (all)
- Mounds (all)
- Hershey's Milk Chocolate Kisses

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- Hershey's Filled Chocolate Kisses (only caramel and cherry cordial creme, NOT Hugs, Special Dark, Milk Chocolate with Almonds, or Cookies & Cream)
- Hershey's Nuggets (all varieties)
- Hershey's Milk Chocolate Bar, only in the 1.55 oz. size
- Hershey's Milk Chocolate with Almonds Bar, only in the 1.45 oz. size
- Heath Bars
- Reese's Peanut Butter Cups (all except for seasonal shaped items)
- Skor
- Skor Toffee Bar
- York Peppermint Pattie (all)

The following Hershey's products are NOT gluten-free:

- Hershey's Special Dark Bar
- Hershey's Cookies 'N' Creme Bar
- Hershey's Air Delight
- Hershey's Milk Chocolate Drops
- Hershey's Miniatures
- Mr. Goodbar
- Symphony Bar
- Hershey's Extra Dark Chocolate
- Generally with Hershey's, you need to avoid seasonal items such as Cadbury Creme Eggs (both Easter and Halloween versions) and Reese's pumpkin-shaped candies — even if their ingredients are free of gluten, they likely are manufactured on shared lines or in a shared facility.

Hershey's says it will list any ingredients containing wheat, barley, rye, oats and malt on the label, and also will disclose shared equipment or shared facilities on the label. Hershey's gluten-free list includes baking chips and bars, cocoa products and syrup; you can access the list [here](#).

Contact Hershey's at 800-468-1714.

Wrigley

Although Wrigley's online gluten-free statement is pretty cagey (saying most products are gluten-free but some might not be, and failing to specify which is which), a statement provided by a customer service representative says that as of October 2013, all Wrigley products in the U.S. are considered **gluten-free except for Altoids Smalls Peppermint Mints** (which always have contained gluten in the form of wheat maltodextrin).

Note that Wrigley makes Creme Savers, Lifesavers, Skittles and Starburst, which in the U.S. are free of any gluten sources, according to the company.

Contact Wrigley at (800) 974-4539.

Jelly Belly

Jelly Belly makes jelly beans in an ever-expanding array of colors and flavors. According to the company, "**all Jelly Belly beans are gluten-free, dairy-free, gelatin-free, vegetarian and OU Kosher.**" This includes licorice-flavored gluten-free Jelly Belly jelly beans (in most cases, licorice candy contains wheat). Jelly Belly also makes gluten-free candy corn for Halloween.

However, other Jelly Belly candies, including Chocolate Malt Balls, Chocolate Bridge Mix, Licorice Bridge Mix, Black Licorice Buttons and Licorice Pastels, are NOT gluten-free. In addition, seasonal mixes sold around the holidays contain the malt balls, and so are not gluten-free.

Contact Jelly Belly at 800-522-3267.

Necco

Necco probably is best known for its small sugar Valentine heart candies – the pastel-colored ones that say "Be Mine" and "True Love" – but my daughter's candy stash often turns up a few Necco products every Halloween, as well.

According to Necco, the following products do not contain gluten from wheat, rye, oats or barley:

- Necco Wafers
- Necco Chocolate Wafers
- Candy House Candy Buttons
- Canada Mint, Wintergreen and Spearmint Lozenges
- Mary Jane
- Mary Jane Peanutbutter Kisses (available for Halloween only)
- Banana Splits Chews
- Mint Julep Chews
- Haviland Thin Mints, Wintergreen Patty, Nonpareils and Chocolate Stars
- Skybar
- Sweethearts Conversation Hearts (available for Valentine's Day only)

Contact Necco at 781-485-4800.

Just Born

Peeps marshmallow treats, made by Just Born, used to appear only at Easter, but in recent years we've seen Halloween Peeps shaped like pumpkins and ghosts, Christmas Peeps in the shape of trees, and heart-shaped Peeps for Valentine's Day.

According to Just Born, as of October 2013 all the company's marshmallow candies that are safe from cross-contamination will state "gluten-free" on the package by the ingredients listing. The modified food starch used in the products is corn starch, according to the company. Just Born also makes Mike and Ike Candies.

According to Just Born, the following candies are also gluten-free:

- Mike and Ike Berry Blast
- Mike and Ike Italian Ice
- Mike and Ike Jolly Joes
- Mike and Ike Lemonade Blends
- Mike and Ike Original Fruits
- Mike and Ike Redrageous
- Mike and Ike Tangy Twister
- Mike and Ike Tropical Typhoon
- Mike and Ike Zours
- Mike and Ike Jelly Beans
- Mike and Ike Hot Tamales
- Goldenberg's Vintage Peanut Chews

Contact Just Born at 888-645-3453

Tic Tac Mints

Tic Tac mints are produced by the Italian confection manufacturer Ferrero, and have been sold for more than 40 years.

According to the company, Tic Tac mints do not contain any ingredients derived from the gluten grains wheat, barley, rye, oats or triticale.

Contact Ferrero at 732-764-9300.

Sweet's Candy Co.

Sweet's Candy makes salt water taffy, chocolate jelly sticks, jelly beans, gummy bears and other candies. All are certified gluten-free by the Gluten-Free Certification Organization, which requires products to contain less than 10 parts per million of gluten. A customer service representative tells me that Sweet's makes only gluten-free products, but does package other products (some of which may contain gluten) in the same facility.

Contact Sweet's at (855) 772-7720.

What Alcohol Can I Drink on the Gluten Free Diet?

As I briefly mentioned in Chapter 2, there are some pretty heated debates that happen when you bring up alcohol and the gluten free diet.

I am not a doctor. I am simply sharing my personal experiences on the gluten free diet, and how alcohol affects me on the diet. Ultimately, the decision is yours on what you put into your body from food to drinks and vitamins and supplements.

With that being said, here are the two major debates about alcohol. One side of the argument is any distilled spirit without additives is gluten free and safe for Celiacs. The other side is only alcohol derived from gluten free substances is gluten free and safe for Celiacs.

Both sides agree **that conventional beer, malt liquor and bottled malt beverages like Smirnoff Ice are not gluten-free.**

When talking about alcohol and gluten free, Tamara Duker Freuman, a NYC-based registered dietitian whose clinical practice specializes in digestive disorders, Celiac Disease, and food intolerances, said, “I advise my patients that plain distilled spirits – like vodka, gin, rye, whiskey and scotch – are safe. The distillation process fully separates all traces of protein (gluten) from the ethanol (alcohol). As for distilled spirits in which flavorings or colorants are added to the product after distillation, there's no way to be sure of safety unless all ingredients are clearly labeled. As a result, some gluten-free labeling could really come in handy here. Here's hoping the Alcohol Tobacco Tax and Trade Bureau (TTB) follows the FDA's lead and issues some guidance soon, too!”

As someone with Celiac Disease and knowing how my body feels after drinking distilled vodka made from grains, I disagree with this statement. The chemical process may have been completed to remove gluten particles from the alcohol, but it doesn't agree with my body, so I stick with alcohol that is derived from gluten free ingredients. Generally speaking the following unflavored distilled spirits are naturally gluten free:

- Rum
- Tequila
- Vodka (not derived from wheat)

BUT there are exceptions. When companies start adding in flavorings, it can be hard to know exactly what is in the ingredients unless it is clearly labeled. My suggestion is to skip the flavored rums and vodkas and add extra taste through your mixer like cranberry juice, pineapple juice or soda. Another exception is pre-made drink mixes and mixers. I've compiled a list of all of the gluten free for rum, tequila, vodka and wine. Please keep in mind, as with any food manufacturer, companies have the right to (and often do) change their ingredients as they please. This is also not an exhaustive list since ingredients may change at any time.

Gluten Free Rum Brands

In the majority of cases, rum is gluten free. The biggest exception is when flavoring and spices are added to the liquor itself. This is when hidden gluten ingredients can be added. The following unflavored rums are known to be gluten free:

- Bacardi Rum
- Cacique Rum
- Don Q Rum
- Havana Club
- Malibu Rum
- Pyrat Rum XO Reserve
- Xi Acai

Gluten Free Tequila Brands

Like rum, most 100% blue agave tequila is gluten free. The major concern is cheap tequila where nontraditional production processes are likely and cross contamination of some kind can occur. These tequilas are called “mixto” meaning they add other ingredients to the agave. The following tequilas are known to be made with 100% blue agave:

- 100 Anos
- 1800
- 1921 Tequila Blanco
- Agavales
- AK-T
- AsomBroso
- Baluarte
- Cabo Wabo
- Casa Noble
- Cazadores

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- Chinaco
- Corazon
- Corralejo
- Corzo
- D Los Altos
- Don Alejo
- Don Eduardo
- Don Julio
- Dos Lunas
- El Ausente
- El Jimador
- El Mayor
- El Tesoro
- Espolon
- Excellia
- Familia
- Frida
- Fun Caliber
- Gran Centenario
- Herradura
- Hussong's
- Jose Cuervo
- La Cava Del Mayoral
- La Certeza
- Lunazul
- Maestro Dobel
- Milagro
- Old Carbine
- Patron
- Regional Tequila
- Sauza
- Sauza Hornitos
- Senor Frog's
- Siete 7 Leguas
- Tenampa Azul
- Tequila 30-30
- Tequila Ocho
- Tres Generaciones
- Tres Rios

Gluten Free Vodka Brands (Not Derived From Wheat)

- Blue Ice (**only the blue bottle is gluten free and it's potato vodka**)
- Bombora (Grape)
- Boyd & Blair (Potato)
- Cayman Blue (Sugar Cane)
- Chopin (Potato)
- Ciroc (Grape)
- Cold River (Potato)
- Devotion (Corn)
- DiVine (Potato)
- Famous sells a traditional vodka and a rose-flavored vodka infused with rose extract.
- Glacier (Potato)
- Krome (Corn)
- Luksusowa (Potato)
- Monopolowa (Potato)
- RWB (Potato made in a facility that also processes gluten grains)
- Smirnoff (Corn)
- Nude (Corn)
- Tito's (Corn)
- Vikingfjord (Potato)

Other Gluten Free Spirits & Liquors

- Black Haus
- Blackberry Schnapps
- Blue Curacao

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- Calvados
- Cognac
- Frangelico
- Grand Marnier
- Grappa
- Kahlua
- Kirschwasser
- Makers Mark
- Mead
- Ouzo
- Peppermint Schnapps
- Port Wine
- Rumple Minze
- Sherry
- Triple Sec
- Vermouth
- Wine

Some Gluten Free Mixers

- Jose Cuervo Margarita Mix
- Mr. & Mrs. T Margarita Mix
- Coco Casa Cream of Coconut
- Coco Lopez Cream of Coconut
- TGI Friday's Blenders
- Clamato Brand Tomato Cocktail
- Dimond Jim's Bloody Mary Mystery

What about champagne and wine?

All champagne and wine *should be* gluten free. The only exception here is if the wine barrel is lined with wheat paste. This rarely happens anymore, and it traditionally only happens in wineries outside of the US. If you want to be on the safe side, only drink domestic wines and/or those that are fermented in stainless steel tanks.

10 Gluten Free Beers That Actually Taste Good

If you prefer beer over wine and liquor, then life on a gluten free diet can be hard without your drink of choice. Never fear, there are gluten free beers out there! There are also beers out there made from gluten-filled ingredients that go through a thorough process to remove all traces of gluten. I did not include any of them in the list, and I'll give you more details later.

Here are 10 of my favorite gluten free beer brands:

1. Angry Orchard Cider: Crisp Apple
2. Dogfish Head Craft Brewed Ales: Tweason'ale
3. Green's Gluten Free Beers: Endeavor
4. Sprecher Brewing Co.: Shakparo Ale
5. Harvester Fresh Hop IPA
6. New Planet Gluten Free Beer: Raspberry Ale
7. New Planet Gluten Free Beer: Pale Ale
8. Lakefront Brewery: New Grist
9. Bard's Tale Beer
10. Redbridge

Other Important Things to Note about Alcoholic Beverages

A note about Jägermeister: the company claims there is no gluten in Jägermeister, but it is “made of a secret blend of over 50 herbs, fruits and spices.” It’s your choice to partake in the next round of Jager Bombs or not...

Fruit-based Brandy should be gluten free, but if flavorings are added in then these could contain gluten.

Sake is made from rice and Koji enzymes. These Koji enzymes are grown on Miso and often made with barley. Through the distillation process it should be gluten free. If you love sake, you can read further about sake and gluten [here](#).

Mike’s Hard Lemonade is now claiming to be ‘handcrafted to remove gluten’ on their [website](#). I know many people who have tried drinking Mike’s Hard Lemonade and have experienced unpleasant reactions. Personally, I avoid it because just a tiny trace of barley can trigger my migraines.

Beer is also being specially processed to remove all traces of gluten. Some brands include Estrella Damm, Omission and Prairie Path Golden Ale. The CSA has certified Omission beer as gluten free because the product tests below 5 ppm of gluten. Jennifer from the Celiac Community Foundation of Northern California does a great job at laying it all out there for you to make your own decision to consume (or in this case drink) products originally made from gluten-derived ingredients. You can read her analysis [here](#).

Chapter 4: Frequently Asked Questions

This chapter covers many frequently asked questions about living the gluten free lifestyle. If you have a question that isn't answered here, email Jenna at info@glutenfreemealplan.org.

- Are there any quick snacks that are gluten free?
- Can I eat oats on a gluten free diet?
- Can a Product Labeled Gluten Free Have Gluten Ingredients?
- What Do the Different Gluten Free Food Certifications Mean?
- Is There Gluten in Medications?
- Is There Really Gluten in the Envelope Adhesive?
- Should I Feed My Pets Gluten Free Food?
- Should I Check My Skin and Hair Care Products for Gluten?
- Is there Gluten in Toothpaste?
- Dairy: Is It a Good Idea to Eliminate Dairy, too?
- Is Gluten Free Safe for Diabetics?
- Does the Gluten Free Diet Help Autism?
- How Does Going Gluten Free Effects Arthritis?
- Does My Whole Family Have to Go Gluten Free, too?
- Why am I so tired? Fatigue and Gluten Free.

Are there any quick snacks that are gluten free?

I'm always on the go, but it's hard to know when I'm going to find something gluten free when travel. I highly recommend keeping snacks with you. Think ahead and bring some fruit; cut veggies or even gluten free snack bars with you like the [Gluten Free Bar](#) or [KindBars](#).

Can I eat oats on a gluten free diet?

Oats are exposed to a lot of cross contamination in the growing and processing stages of product. If you would like to eat oats while on the gluten free diet, then stick with certified gluten free oats like [Canyon Oats](#).

Can a Product Labeled Gluten Free Have Gluten Ingredients?

If a product contains 20 ppm or less of gluten, it can be labeled gluten free. In Chapter 2, there is an in-depth look at reading food labels and the FDA gluten free label regulations. As a reminder, food labels that read “no gluten ingredients” are not subject to the gluten free labeling laws. Also, refer to Chapter 3 to find a list of hidden gluten ingredients.

What Do the Different Gluten Free Food Certifications Mean?

There are a variety of non-profits and for-profit organizations that test products for gluten free certifications. The maximum ppm (parts per million) of gluten vary by certifying organization. The Celiac Support Association only certifies products with a 5 ppm limit whereas others go up to the federal government’s limit of 20 ppm. Refer to Chapter 3 for more information about these certifications.

Is There Gluten in Medications?

The sad truth is yes, there is gluten in medication. Medications are made on an assembly-line where flour can be used as an anti-caking agent. Always check with the manufacturer’s website to make sure your pills are gluten free and ask your pharmacist if the medicine prescribed is gluten free.

Is There Really Gluten in the Envelope Glue?

If you Google hidden sources of gluten, 95% of the articles will mention the hidden gluten in that part of an envelope that you lick to seal it.

According to a post on Gluten Free Living Magazine, Tonya Muse, senior vice president of the Envelope Manufacturers Association, states that adhesives used on envelopes do not contain gluten. There are actually only a few envelope glue manufacturers in the US. National Starch & Chemical, a New Jersey company, is one of the largest adhesive suppliers in the world. A company spokesperson says it makes its glue from corn, which is gluten free.

As for postage stamps, the US Postal Service points out that 98 to 99 percent of the stamps it now sells are pressure adhesive stamps. You peel them off a paper backing and press them onto your mail. No licking required for anyone, including Celiacs. Even if you happen to get a stamp that needs to be licked, the adhesive on it is gluten free, says Roy Betts, a spokesman for the US Postal Service.

Even if this ‘glue’ is gluten free, I’d prefer to use a wet sponge any day.

Should I Feed My Pets Gluten Free Food?

Commercial dog food is loaded with fillers and at the top of the list is usually gluten. Cat food can often contain gluten as well, though not as commonly as dog food. Be sure to wash your hands thoroughly after feeding your pets, or find a grain-free food for your dog. If you have Celiac Disease, then I do recommend switching your pets to a gluten free food. [Here’s a post that talks more about your pets going gluten here.](#)

Should I Check My Skin and Hair Care Products for Gluten?

It’s common that cosmetics, hair care, skin care and other personal hygiene products contain gluten. If you are going gluten free for medical reasons like Celiac Disease or non-celiac gluten sensitivity, I urge you to switch to gluten free products. While the chances are slim that you’re eating your shampoo (at least I hope not!), you could still accidentally get some in your mouth in the shower. Lipstick is also on my list of must-be-gluten-free items. There are several companies that provide gluten free lipstick. I highly recommend [Red Apple Lipstick](#).

Is there Gluten in Toothpaste?

Yes, there can be gluten in toothpaste. I avoid Colgate toothpaste at all costs due to the company's statement that only its Colgate Cavity Protection Great Regular Flavor toothpaste is gluten-free. The rest of its products contain no gluten ingredients, but Colgate "cannot guarantee that the ingredients used have not come in contact with any gluten." Yikes! Also, if you use Crest products, Crest Pro-Health Rinse, the company "does not directly add any ingredients that contain gluten, though it is possible that it may contain trace amounts." Other brands that are gluten free include: Arm & Hammer, Aquafresh, Biotène, Desert Essence, Orajel baby and toddler toothpaste, Oral B Stages kids' toothpaste, Sensodyne Pronamel and Tom's of Maine. Keep in mind that some of Tom's of Maine toothpaste products are fluoride free.

Dairy: Is It a Good Idea to Eliminate Dairy, too?

This is 100 percent up to you. Dairy provides calcium to help your bones grow and much more. Unless you are unable to digest dairy, there's no reason to eliminate it, too.

Is Gluten Free Safe for Diabetics?

Celiac Disease is more common in people with type 1 diabetes. An estimated 10% of people with type 1 also have celiac. The American Diabetes Association recognizes the gluten free diet as a healthy diet for those with diabetes.

The author of *Wheat Belly*, Dr. William Davis says diabetes is a lifestyle choice that can be reversed by eliminating wheat from our diet. According to Dr. Davis, Cardiologist and obesity expert, "the majority of diabetes is reversible. Most people can make the choice to have diabetes or to not have it. This is because it is caused by diet. Sadly, it is caused by conventional advice to 'cut your fat and eat healthy whole grains.'" You can read more on his blog [here](#).

Does the Gluten Free Diet Help Autism

Controversy over the Gluten Free, Casein Free (GFCF) diet to reduce symptoms of autism has been heavily debated over the past few years. Children who have autism process peptides and proteins differently than other people do. In fact, some believe that an autistic brain processes these proteins like “false opiate-type chemicals” which can intensify the autistic symptoms.

For the GFCF diet to have a chance of working, the proteins need to be gone for good. In a recent study, kids who strayed from the diet just once every other month showed fewer improvements than those who broke the diet two times or less during a year.

In a small Danish study conducted in 2010 of children ages 4 to 11, some kids showed significant improvements after 8, 12, and 24 months on a GFCF diet. Researchers at Penn State surveyed the parents of nearly 400 kids with autism and found evidence that a GFCF diet improved symptoms such as hyperactivity, temper tantrums, problems with eye contact and speech skills, and physical ailments such as skin rashes and seizures for certain groups of children. Those who showed the most improvement followed the diet closely, stayed on it for at least six months, or had a history of food allergies or digestive issues, like chronic constipation and diarrhea.

How Does Going Gluten Free Effects Arthritis?

According the U.S. News, the Anti-Inflammatory Diet is one of the top 10 heart-healthiest diets. The Anti-Inflammatory Diet is a mix of healthy fats, fiber-rich fruits and veggies, lots of water, and limited amounts of animal protein and easily integrates with the gluten free diet since it typically incorporates whole grains like rice and quinoa instead of breads (and gluten).

Does My Whole Family Have to Go Gluten Free, too?

No, if you're going gluten free, your family does not have to go gluten free. But, if you have Celiac Disease, it will make your life so much easier and a lot less stressful if you live in a totally gluten free environment at home.

Why am I so tired? Fatigue and Gluten Free.

Fatigue is one of the 300 symptoms of Celiac Disease. After three weeks of going gluten free, your energy levels should be back up to where they should be. If you're still experiencing chronic fatigue on a gluten free diet, you may also have anemia (low iron), a vitamin deficiency or adrenal insufficiency. If the fatigue persists, talk to your medical provider about other tests and treatments like Vitamin B shots. We also talk more about vitamins and supplements in Chapter 3.

Chapter 5: Putting It Into Practice

Make eating gluten free a reality in your own kitchen and life. In this chapter, we'll discuss:

- Kitchen and Pantry Prep
- Gluten Free Shopping Made Easy
- Finding Gluten Free Options On-The-Go
- How to Order at a Restaurant
- Connecting with Others on a Gluten Free Diet

Kitchen and Pantry Prep

You must take time to prepare your kitchen for your gluten free lifestyle. In many cases, you have eaten a diet containing gluten in the past before beginning your new diet. This is a word of warning: gluten is a protein as we discussed before. As a protein, gluten can stick to pots, pans, containers, bowls, utensils, cutting boards, and other surfaces in the kitchen which can cause cross contamination the future.

A Word of Caution for Individuals Diagnosed with Celiac Disease

If you are going gluten free because you have been diagnosed with Celiac Disease, I highly recommend ridding your kitchen of plastic kitchen ware like bowls, utensils, measuring cups, Tupperware®, cutting boards, wooden spoons, and scratched cookware. You will also need to purchase a new toaster, as these are extremely hard to clean and remove any remnant crumbs from your previous gluten-filled days.

Prepare Your Food Properly

We are not going to go into detail about how to cook your food and different gluten free recipes in this chapter. However, we are going to talk in detail about cross contamination. If you are on a gluten free diet for medical reasons (e.g. Celiac Disease),

it is very hard to live prosperously in a household that still contains gluten. A complete gluten free household is the ideal situation for anyone on a gluten free diet. Even if you're going gluten free as a challenge, a total gluten free household creates a support system for you on those days you're just craving something gluten-filled.

A Total Gluten Free Household

This section is specifically geared towards those with Celiac Disease since unintentionally consuming gluten triggers symptoms of the autoimmune disease.

Think about this situation. Let's say you are cooking dinner for you and your family. You are the only one on the gluten free diet. You're preparing a dinner of spaghetti and meatballs. First you prepare meatballs for your family using crackers (gluten). You crush the crackers up into the mixture and then you mix the egg, meat and crackers together and roll out the meatballs on a pan. When you crushed the crackers for the meatballs, do you think you may have missed the bowl at all leaving crumbs behind? (cross contamination) Hypothetically, what if you forget to wash your hands before your move onto mixing your own meatballs? (cross contamination) Ok, let's say that you don't forget and you wash your hands in between preparing the gluten and gluten-free meatballs, and you move onto the next step.

You boil both the gluten free and regular pasta in separate pots. What if the boiling water splashes into the other pan? However, without thinking you stir them with the same spoon? (cross contamination) Ok, let's say that you don't use the same spoon to stir the pastas, and you move onto the next step. You heat up the spaghetti sauce. Then you drain the pastas. What if you use the same strainer? I know this isn't likely, but what if? (cross contamination) Finally, you and your family you the same bowl of sauce. Everyone spoons out their sauce onto their regular pasta, and then you use the same bowl of sauce to cover your gluten free pasta. (cross contamination)

There are many, many opportunities for your gluten free food to be contaminated, and that scenario doesn't even go into your family also having bread with dinner!

Think about butter, mayonnaise, jelly, etc, you need to have separate containers to avoid any crumbs. Although this example is based on a lot of what ifs, think about it for a moment. How can you enjoy your life if you are constantly worried about being “glutened” – even in your own home?

Your home should be your safe haven – the one place that you have no fear about cross contamination or accidentally being glutened.

What If I Don't Live In A Totally Gluten Free Home?

There are many instances when you can't transform your house into a totally gluten free oasis. Maybe you're in college and have half a dozen roommates or you have little ones at home who simply refuse to eat anything but chicken nuggets. The key is to do the best that you can with the information that you have. Last year I met the beautiful Kelli LeDonni, the founder of GlutenFreeLabels.com.

GlutenFreeLabel.com offers a big selection of dishwasher safe labels, oven-safe tags and toothpick flags should help provide added protection to your kitchens and gluten free foods.

You can't always be monitoring your kitchen and be there to see if any cross-contamination occurs. These labels offer piece of mind to you, and a friendly reminder to your family and friends about your gluten free diet. These have become a lifesaver for me and my family during the holidays!

One more note on a shared household. When I was living with 'gluten-eating-mates', I always claimed the top shelf in the pantry for my gluten free foods. Gravity tells us that if something falls, it will fall down. The same goes for crumbs. If they fall, they will fall on things below them. With my foods situated on the top shelf, I knew that gluten-filled crumbs wouldn't get on my food.

Gluten Free Shopping Made Easy

We talked about reading nutrition labels and understanding the FDA's gluten free label regulations in Chapter Two. With the Goodbye Gluten, the Definitive Getting-Started Guide to Gluten Free, you've received access to six weeks of gluten free meal plans and grocery lists that cover everything you need to cook every meal during the designated list. You won't have to worry about what to buy and what not to buy during those weeks if you stick to the grocery list.

Now, let's talk about the easiest way to ensure you're buying gluten free foods at the grocery store.

Shopping the perimeter of the grocery store is the easiest way to stick to your gluten free diet. Picture your local grocery store layout. Typically you walk into the produce section with the vegetables and fruits, and then along the wall you have your meats and fish, then continuing along the wall you have your eggs and dairy products like milk, yogurt and cheeses.

Minus a few 'specialty item displays' the majority of your foods with gluten-containing ingredients are going to be found within the aisles of your grocery store.

Make the outer perimeter of the grocery store your safe haven, and only venture in for what you need (rice, spaghetti sauce, etc) and the gluten-free aisle if your grocery store has one available.

Even if your grocery store has a dedicated section for gluten free foods, check the ingredients of the products you're buying. There is a grocery store chain near me (that will remain nameless) that is notorious for having 'Whole Wheat' pasta in the gluten free section.

Finding Gluten Free Options On-The-Go

The gluten free diet is not the most convenient diet in the world, but the restaurant industry is making an attempt to keep up. When I'm traveling out of town, I always keep a snack with me, but snacks aren't going to cut it at mealtime.

I have two resources that I never leave home without – mainly because they are Apps for my phone!

FindMeGlutenFree

[FindMeGlutenFree](#) is a gluten free restaurant locator. You can find restaurants wherever you are on their website, on your iPhone and through their app for Google devices. They donate a portion of their proceeds to gluten-free awareness organizations.

Gluten Free Registry

The [Gluten Free Registry](#) has a searchable database of over 35,000 gluten free friendly restaurants, bakeries, cafes and grocery stores. You can use the Gluten Free Registry on your computer, from your iPhone and Android-based devices.

There are dozens of other websites that can help you locate gluten free restaurants near you. Based on my experience and extensive use, these two are the best at finding locations all over the US.

How to Order at a Restaurant

The hardest part about going gluten free is dining out. With a few extra precautions, you can continue to enjoy eating at restaurants with your friends and family.

Step One: Plan Ahead

If you know the restaurant that you're eating at for dinner, call ahead. Speak with the manager on duty as well as the chef if necessary. Unless the restaurant has a dedicated gluten free menu, do not rely solely on what the hostess says about the restaurant's gluten free options. Write down the name of the person you speak with to refer to them in step two.

Step Two: Inform the hostess, waitress and manager when you arrive

Take a moment to alert the hostess, waitress and manager about your gluten free diet when you get to the restaurant. Let them know that you spoke with (fill in the name of the person you spoke with in step one) about your gluten free diet. Ask if there are any options on the menu safe for someone on the gluten free diet or if the chef would be able to give you more details about your options.

Step Three: Order Confidently

When I first started eating at restaurants again after my Celiac diagnosis, I would try to demand as little attention to my gluten free needs as possible. And, I often suffered from the lack of care the waitress or manager took to making sure my food was safe to eat. Speak loudly, clearly and confident about your gluten free needs and inform the server of what can happen if you come in contact with gluten (like you'll be in bed for days, migraines, become severely ill).

Step Four: Confirm Your Food is Gluten Free

When the server delivers your food, confirm that it is gluten free before you take your first bite. Again, I used to feel silly (and even like I was being annoying) doing this. I stopped feeling bad asking the server to confirm my food when gluten free when I took a bite out of a salad with croutons at a dimly-lit restaurant.

Step Five: Let Someone Know if there was a Mistake

Before you leave the restaurant, let the server, manager and chef know if there was a mistake with your order. It's ok to even follow up with them the next day to let them know how much their error affected you. If they don't know they are making mistakes, they won't fix their mistakes and others will suffer, too.

Connecting with Others on a Gluten Free Diet

The Celiac and Gluten Free Community is full of good-hearted people waiting to meet you. After a diagnosis like Celiac Disease, you'll come to see how much the world revolves around food. You might even start to feel like an outsider because you always have to decline food!

You're not alone. There are over three million Americans with Celiac Disease and six percent of the population has gluten sensitivity. There might not be anyone that you know in person that's on a gluten free diet, but you can find hundreds of us online!

On Twitter and Instagram, use the hashtag #glutenfree to find others that are gluten free.

There is also a community called, [Gluten Free Faces](#). I'm a member of this organization, but I'm not as active on this dedicated community as I am on others like Facebook, Instagram and Twitter. The decision is yours about which social networking sites that you join and the blogs that you follow.

Another way to connect with others is to attend in-person events. I first started attending live events for Celiac awareness and expos in 2009. The people that I've met attending these events have become a big part of my gluten free support system.

The [Gluten Free Calendar](#) has a list of upcoming events in the gluten free community from conventions and expos to workshops and awareness events.

You can also find other live events on MeetUp.com. There is a very active Gluten Free Meet Up in New York City, if you're in the area!

A list of resources like non-profit organizations, websites and gluten free bloggers is available in Chapter Eight.

Chapter 6: 21-Day Gluten Free Challenge Guidelines

A lot of people are introduced to Gluten Free when they hear about a celebrity trying the gluten free diet to lose weight or someone they know goes gluten free for a healthier lifestyle that leads to clarity, energy and even weight loss. At the same time, some people are going gluten free for medical reasons like Celiac Disease, gluten sensitivity, wheat allergies or managing other health issues and conditions like Arthritis, Autism, Attention Deficient Disorder Diabetes, Inflammation and more. This chapter will guide you through your very own Gluten Free Transformation or Gluten Free Challenge lasting up to 6 weeks with our guide!

Food Journal to Track Your Food Intake and Keep Yourself Honest

Don't stress about remembering exactly what you ate and when, or meetings with your doctors any more. Start writing about the food that you eat at each meal and journal about how you feel.

A Gluten Free Food Journal really helped me to see the progress that my mind, body and soul were making through my gluten free journey of discovery.

Use the downloaded template to help you track your progress and measure the difference the gluten free diet is making for you.

Tip: Get a 3-ring binder, and print out the daily food journals each week. Fill in the information daily (and make sure to note the date in the corner of each page).

How to Take 'Before and After' Measurements, Weights, and Photos

Personal Training Specialist, [Kaleena Lawless](#), shares an accurate way to test your healthy progress is by taking tape measurements. Weighing yourself on a scale is a harder way to tell if you are actually making progress and can easily become discouraging. The weight on the scale will fluctuate if you have more muscle or even if you had a big lunch.

Taking measurements and testing body fat at the beginning of the Gluten Free Transformation and after is the best way to see if you are getting closer to your goals. There is no denying that a smaller measurement and less body fat means you have lost weight. Or a bigger measurement and less body fat means you put on muscle!

How To Take Your Own Measurements

Neck- Measure around the middle or Adams apple (men)

Shoulders- Can be taken from one shoulder across in a straight line to the next from largest to largest point or as a girth measurement, all the way around.

Chest- Measure around the nipple line (this one can also be called bust with chest being under the breasts. Personally, I do one measurement for men and women around the nipple line)

Waist- Smallest part of the waist. Usually around the bellybutton or an inch or two above. Relax when you do this measurement. Don't suck it in, but don't stick it way out.

Hips- Biggest part of your hips. This measurement goes from the bottom on the hip bone, around the top of your butt.

Midway- Measure from the top of your hip bones.

Thighs- The biggest part. Usually neat the top.

Knees- Measure right above the knee.

Calves- The biggest part of your calves. Usually right in the middle.

Upper Arm (bicep and triceps) - Measure the biggest part. Usually just above the elbow. If you are trying to put on muscle you can also do a flexed measurement. Do either arm out, arm bent, arm bent flexed or all three. Just make sure it's before a workout so you don't measure yourself with "the pump." In 3 months your results might not seem as good. Especially if you didn't workout before the next set of measurements.

Forearm- Measure the largest part. Usually under the elbow.

You can also get a friend to help you. Especially if you are prone to cheating yourself, by sucking in your stomach and taking a few inches off here and there.

Pick and choose which measurements to do for yourself. Some people don't care about their neck and some people don't want to know their hip measurements. It's up to you to decide what is important.

Taking measurements is a great way to track progress. At the end of 21-day challenge (or 6 week challenge) you can compare your measurements from day one to see your results.

How To Take Your Photos

Suzanne Hiscock from FitWatch, share tips for taking before and after photos for the challenge. You can see her full article as well as sample pose photos [here](#). For your before and after photos, it's important to:

- Pick an uncluttered spot for your photo shoot, either in front of a wall or in front of a door.
- Men take off your shirt and wear shorts; ladies, wear a sports bra and shorts or a bikini. You want to be able to see your waist, belly, thighs.
- Take the photo in portrait mode instead of landscape. You'll want to see yourself from head to toes, close enough to see some details.
- If you can get someone to take the shots, great! If not, use a timer — and a tripod, if you have one. I find 10 seconds is just enough time to get into place.
- Look straight ahead, and smile if you want. But don't cheat by sucking in your gut.

What Shots to Take

You can take all different kinds of poses, but get at least a front, side and back shot.

- Front View: Stand up straight with your feet hip-width apart. Arms are at your side but floating off your hips a bit — so you can see the shape and width of your hips.
- Front View with Pose: Same as above but flex your biceps in a classic weight trainer's pose.
- Side View: Stand up straight (sensing a pattern here? No slouching!), arms hanging down at your side. Make sure your hands are in the middle of your thigh. You don't want your hand blocking the outline of your thighs or butt.
- Back View: Pretty much the same as front view, but with your back to the camera. (Thank you, Miss Obvious!) Smiling is optional!
- Back View with Pose: Same as front view with pose. You want to see your upper back definition here.

Blood Work to Measure Progress

If you are being tested for Celiac Disease, ***DO NOT*** start the gluten free diet until after your blood work is completed. In the majority of the tests below, you must be eating gluten for the gluten anti-bodies to be detected in your blood work and to receive an accurate diagnosis.

There are five blood tests that you can have done when you're being tested for Celiac Disease. They are:

- AGA (antigliadin antibodies)-IgA
- AGA-IgG
- tTG (anti-tissue transglutaminase)-IgA
- EMA (anti-endomysial antibodies)-IgA
- Total serum IgA

While these tests can help you discover if you have Celiac Disease or not, they are known to produce false positives/negatives depending on the damage already done to your villi.

If you've already started eating gluten free, you can still test to see if you have the gene for Celiac Disease since blood tests don't look for antibodies to gluten; instead, they look for two specific genes, HLA-DQ2 and HLA-DQ8.

Clarify and Be Realistic about Your Goals

My intention in the Goodbye Gluten, the Definitive Getting-Started Guide to Gluten Free is to give you the information and clarity you need to become the absolute healthiest and best version of yourself.

Not only do you have the information that you need to know about going gluten free, meal plans, grocery lists, recipes and more for going gluten free, but I'm also going to help you realize the desire and goals you have behind your decision to go gluten free.

Let's get started.

Step One: Organize Your Ideas

During the next 21 days (or more), you'll be embarking on a new journey with food. Your *mindset* and *positive energy* will help you to see past any 'barriers' that you encounter along the way. I suggest taking notes and writing them down in a small journal or in a document on your computer. If you have a bad experience at a restaurant with a gluten free menu because of the unsatisfactory training of the wait staff, write about your experience and the outcome. If you make a delicious meal that nobody knows is gluten free, reward yourself and write about the meal in your journal.

Step Two: Start Thinking About How You Want to Feel

Inside your journal, start writing about how you want to feel. Not just at the end of this Gluten Free Transformation but in life. Below is a list of positive feels. After you've thought about why you bought this ebook, review this list and write down the 3 – 5 feels that resonate most with you. (Feel free to add your own words, too!)

Choose 3 – 5 of your most desired positive feelings:

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abundant	centered	easy	glamorous
accepted	certain	elated	graceful
accomplished	cheerful	elegant	grateful
acknowledged	cherished	embodied	grounded
adorable	clear	empowered	guided
adventurous	comfortable	encouraged	happy
alive	confident	energized	harmonious
alluring	connected	enlightened	healthy
appreciated	considerate	enthusiastic	healing
at ease	content	excited	holy
athletic	courageous	exquisite	important
attractive	cozy	fabulous	in love
authentic	creative	fantastic	inquisitive
awesome	curious	feminine	inspired
balanced	current	festive	integrity
beautiful	daring	fit	intentional
blessed	decisive	focused	interested
bold	delighted	free	intrigued
boundless	desired	fresh	inspired
brave	devoted	friendly	invigorated
brilliant	dynamic	fulfilled	joyful
calm	eager	generous	kind
capable	earnest	genuine	liberated

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light	playful	safe	sweet
loved	pleasurable	satisfied	tenacious
luminous	pleasant	secure	thankful
mindful	positive	seen	thrilled
masculine	powerful	sensual	treasured
natural	pretty	serene	understood
new	prosperous	settled	unified
nourished	proud	sexy	unique
nurtured	purposeful	sexual	useful
open	ready	sincere	valuable
open-hearted	receptive	slim	vibrant
open-minded	regal	spontaneous	vulnerable
optimistic	relaxed	spirited	wanted
opulent	reliable	strong	warm
overjoyed	romantic	supportive	whole
passionate	rooted	supported	wonderful
peaceful	sacred	sure	

Step Three: Write Your Intentions

What do you want to learn about yourself and the gluten free diet over the next 21+ days? Be specific about the questions that you have about your lifestyle, the gluten free diet, your fitness routine, really anything that you want to focus on during your Gluten Free Transformation. When you consciously write something down, you're taking it from your subconscious and asking the universe to answer your questions.

Step Four: Take an Inventory of Your Kitchen

What's in your kitchen? Take a look at your pantry, are most of the items artificial (like crackers and bread) and processed or are they whole and unprocessed (like beans and rice)? What's inside your freezer? Fresh meats, veggies and fruits or Lean Cuisines? You don't have to mark every single item, just do as much as you can.

Healthy Foods:

Unhealthy Foods:

Not Sure:

Step Five: Relationship with Food and Eating Habits

Now that we've covered your pantry, be honest with yourself and take an inventory of your eating habits. Write down what you actually eat – not what you think you should be eating. There's no right or wrong answers, and you won't be turning this in. Just fill it out as much as you can and put it inside your Gluten Free Transformation journal to refer back to later.

What I eat for breakfast:

What I eat for a mid-morning snack:

What I eat for lunch:

What I eat for a mid-afternoon snack:

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What I eat for dinner:

My favorite breakfast food:

My favorite lunch food:

My favorite dinner food:

My favorite snack food:

My favorite drink:

My favorite thing to order when I dine out:

My favorite thing to cook at home:

The easiest thing I cook at home:

My energy level when I wake up:

My energy level in the mornings:

My energy level before lunch:

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My energy level after lunch:

My energy level before dinner:

My energy level after dinner:

My energy level before bed:

I sleep:

Like a Rock Pretty Well Well I wake up a lot Not Well I can't sleep

How many hours of sleep a night: _____

Whew, you made it through! That was a lot of work.

Now that you've done all of your getting started steps, let's take a look at the Gluten Free Transformation program.

Chapter 7: Weekly Meal Plans, Shopping Lists, Staples List

This is possibly the most valuable chapter of this eBook. As soon as you start your gluten free diet, and begin to read food labels, it can be very overwhelming. You might even be surprised by the number of your old favorite foods that contain gluten ingredients!

When you commit to a gluten free diet, you also indirectly commit to a healthier lifestyle. This is where I find the most beauty in the gluten free diet. Most processed foods contain gluten or are processed in a factory that contains gluten (and factory lines can be contaminated).

How to Follow the Meal Plan

You're doing the hard, mental work of going gluten free based on how you want to FEEL. No need to worry about what you'll eat as your going gluten free — we've done the planning for you!

In the Meal Plans folder that you downloaded with the Goodbye Gluten, the Definitive Getting-Started Guide to Gluten Free, you'll find six folders — one for each week. If you're sticking to the 21-day challenge, then you'll want to focus on the first three weeks of the program.

Every week, simply print out a copy of the shopping list, go to the grocery store, buy everything on the checklist, and you'll have everything that you need for all of your meals that week (even delicious snack ideas).

When you're ready to prepare the meal, open the meal plan, follow the hyperlink to the recipes, and start cooking. You'll be a Gluten Free Chef in no time!

We've also compiled a list of gluten free staples for you to add to your kitchen as soon as your get started.

Our Meal Plans are designed for two people. If you have more people in your family, then just adjust the recipe accordingly. We've tried to make our recipes as easy as possible to account for more people.

The six weeks of gluten free meal plans included in this program are just like what you would receive in as a part of our Gluten Free Meal Plan service that eliminates the hassle of going gluten free. Helping you cut out wheat, rye and barley from your diet without worrying about the meals you're going to prepare. Week after week, we email you a Meal Plan and Grocery Shopping List. Simply print out the PDFs, head to the store, follow the step-by-step food prep recipes and instructions on our site and — Voila! You're gluten free!

Chapter 8: Resources

Here is a list of books, food companies, and bloggers who will help you along your way. While I would love to say that this is an exhaustive list, it is by no means all-inclusive of the amazing people and organizations out there that can help you on your gluten free journey. If this eBook doesn't answer your question, then someone in this resource section can.

When you first start a gluten free diet, it can feel very intimidating. That's only natural. You are forcing yourself to change your whole mindset of food and how it affects your body. Why not surround yourself with other people living a gluten free lifestyle? It can help you feel like you're not alone and provide a forum to ask questions.

Non-Profit Organizations

Check out these organizations below both support groups and events nationwide:

[Celiac Support Association](#)

[World Celiac Community Foundation](#)

[Celiac Disease Foundation](#)

[Gluten Intolerance Group](#)

[National Foundation for Celiac Awareness](#)

Bloggers & Other Websites

Check out these gluten free bloggers below for additional information on gluten free living:

- [Adventures of an Allergic Foodie.](#)
- [The Adventures of Anti-Wheat Girl.](#)
- [Adventures of a Gluten-Free Mom.](#)
- [Allergy Sensitive Kitchen.](#)
- [Angela's Kitchen.](#)
- [Another Gluten-Free Blog.](#)
- [Atlanta Gluten-Free Food Examiner.](#)
- [Best Life Gluten Free](#)
- [Blinded by the Bite](#)
- [Breaking Up with Captain Crunch](#)
- [Celiac and the Beast](#)
- [Celiac Chicks.](#)
- [Celiac in College.](#)
- [Dr. Vikki Petersen's Gluten Blog](#)
- [Easily and Happily Gluten Free](#)
- [Embrace G-Free](#)
- [G-Free Laura](#)
- [Ginger Lemon Girl](#)
- [Gluten Dude](#)
- [Gluten-Free Dreaming.](#)
- [Gluten Free Fitness.](#)
- [Gluten Free Frenzy.](#)
- [Gluten-Free Globetrotter.](#)
- [Gluten Free Jenna](#) (A little shameless self promotion)
- [Gluten-Free is Life.](#)
- [Gluten Free Mike.](#)
- [Gluten-Free Mom.](#)

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- [Gluten in My B****.](#)
- [NoGlutenHere](#)

Books

Check out these great books about topics important to those living gluten free:

[Wheat Belly by Dr. William Davis](#)

[Grain Brain by Dr. David Perlmutter](#)

[Deliciously G-Free by Elisabeth Hasselbeck](#)

About the Author

They say everything happens for a reason. When I started my first internship working with Gluten Free & Allergen Free Cookbook author, Lisa Lundy, I never imagined how my time spent with her would change my life forever. Just one year after I met Lisa, my mom was diagnosed with Celiac Disease, an autoimmune disorder that is triggered by consuming gluten that is found in wheat, rye and barley, after her first cancer surgery. Shortly after my mom began her gluten free journey, I was diagnosed with Celiac Disease. When a doctor tells you that you have Celiac Disease, it can seem like there is nothing left in the world that you can eat.



Through my Celiac Disease Awareness efforts, I was recognized by the National Foundation of Celiac Awareness as a Awareness All-Star and crowned Miss New Jersey International 2013, a service-based pageant system. My first gluten free cookbook, *The New Gluten Free Grill: 40 Delicious Gluten Free Recipes for the Grill*, was published exclusively on Amazon for Kindle in July 2013.

Now, I am the VP of Fundraising and Development for the Celiac Support Association (formerly the Celiac Support Association) and the World Celiac Community. A portion of each sale on Gluten Free Meal Plan is donated to the CSA Foundation.

I graduated from Penn State with a triple major in Advertising, French and International Studies with a Business minor wanting to travel internationally while working in the advertising field. While I recognized I needed much more than a B.A. to work in the branding department of an international company, I returned to school and graduated with a MBA from the Florida Institute of Technology. Currently, I am also completing my nutrition certification.

In the summer, you'll often find me living as close to the beach as I can get with my Husky. I also enjoy yoga, reading the latest YA fiction novel (think Hunger Games) and connecting with others on social media.

Connect with Jenna

Thanks for downloading *Goodbye Gluten, the Definitive Getting-Started Guide to Gluten Free*.

After testing out some of the recipes within the GlutenFreeMealPlan.org meal plans, share your feedback at by emailing me at info@glutenfreemealplan.org. It's my mission to make going gluten free as easy as possible, and I'll use your feedback to improve the meal plan and ebook!

For more delicious gluten free recipes, connect with me below:

Personal Social Media Accounts:

[Twitter.com/GFJenna](https://twitter.com/GFJenna)

[Facebook.com/GlutenFreeLifestyleCoach](https://facebook.com/GlutenFreeLifestyleCoach)

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medical or nutritional advice or recommendations. You should always seek the advice of a qualified health care professional with any questions you may have.

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