

Getting Started:

The diet can be overwhelming for you as well as your child if tackled all at once. Therefore it is better to take it in steps. The goal is to increase success and acceptance and decrease tears and frustration.

The TACA site has a 10 week plan for going GFCF but I have adapted it to fit what to do after being told by your doctor that you are Celiac!

Week 1 Remove all well known and obvious gluten items (food or products) from your home. Limit any replacement of those items at this point.

Week 2 Start to stock a simple GF pantry with items that are easy to find and ones which you know are GF

Also during these first 2 weeks start to familiarize yourself more with the diet and the words on a label to look for and avoid. Look at sites that have lists of safe GF typical food you can purchase at a grocery store to make shopping easier in the next few weeks

Weeks 3-4-5 Find and replace foods for breakfast, lunch and dinner concentrating only on the one meal for the full week to replace. Stick with natural GF ingredient meals when necessary and as much as possible for now.

Week 6 Replace toiletries and products that come in contact with the skin and/or body externally if you haven't already.

Week 7 Concentrate on snacks. Only buying a few new GF items until you are sure you like them. Many prepared GF items are expensive and the cost can add up which will only be wasted if you dislike it and end up throwing it away.

Week 8 Take your restrictions out into the fast food and restaurant community. Search online or in person for places that are GF friendly. Pick up menus and go over choices prior to visiting the establishment. Eating gluten free in a restaurant is challenging, but it doesn't have to be impossible. Things that help in this area are also **The Essential Gluten Free Restaurant Guide** which is a book featuring hundreds of gluten free restaurants and gluten free menus from chain restaurants and **Triumph Gluten Free Dining Cards** to help communicate the dietary restrictions of Celiac Disease to restaurant personnel.

Week 9 Buy a general GF cookbook, borrow one from the library or look online for GF recipes. Pick one simple recipe to try and bake for yourself such as a muffin or a cookie!
* Check your pantry to make sure you have all the ingredients you will need.

Week 10 Be happy and celebrate that you are now fully living a Gluten Free life and you will feel better because of it!