

Ten Tips for Being Successful at Living a Gluten Free Lifestyle

(www.loribakes.com)

1. Sort through your pantry shelves and get rid of anything that contains gluten, especially spices, sauces, soups, bouillons and seasonings. Avoid or be careful of many processed, prepared and canned items since they can be a source of hidden gluten.
2. If you decide to keep gluten items in your cupboards for another member of your household, mark the gluten free items with press on colored stickers to signify that they are safe for your consumption.
3. Read all food labels. Learn which ingredients are off limits or questionable and then call or email companies for replies on products that you are not sure about.
4. Stock up on safe gluten free items that are shelf stable or frozen and keep a well stocked pantry of gluten free staples for easy and convenient meal preparation.
5. Think outside of the cereal and bread box! Simplify your meals by preparing and eating basic home-cooked meals using all natural ingredients such as meat, poultry, fruits and vegetables.
6. Join a support group; attend gluten free demonstrations, classes and seminars to educate yourself about the diet as much as you can. Remember others have come before you so it may be hard but you can do it.
7. Go to the library or search online to find recipes which are naturally free of gluten containing ingredients. Also buy a good, general gluten free cookbook for foods you may desire which would require following a recipe such as baking gluten free bread.

8. Don't expect that all of your old favorites can be replaced with an exact Gluten Free substitute. Expand and adjust your expectations of gluten free foods to not only be similar alternatives but also a positive step towards your better health.

9. Carefully read the food labels each and every time you purchase a food even if it is one you are familiar with because the ingredients, formula or manufacturer can change over time or without notice.

10. Two of the easiest food items to find gluten free replacements for are pasta and cereal. Once you find acceptable brands you enjoy this can help to increase your meal choices.