



Getting Started on a Gluten-Free Diet: Step-By-Step Guide

gluten.org

Step 1: Learn What Foods to Avoid

- **Wheat** – Includes all varieties and forms such as: durum, spelt, semolina, couscous, bulgur, emmer, farina, farro, and einkorn.
- **Barley**
- **Rye**
- **Other varieties of grains like triticale, unprocessed wheat starch, malt, brewer's yeast, oats not labeled or certified gluten-free**



Step 2: Carefully Read Food Labels

Look for a GFCO gluten-free certification mark or products labeled gluten-free. Always check the list of ingredients.



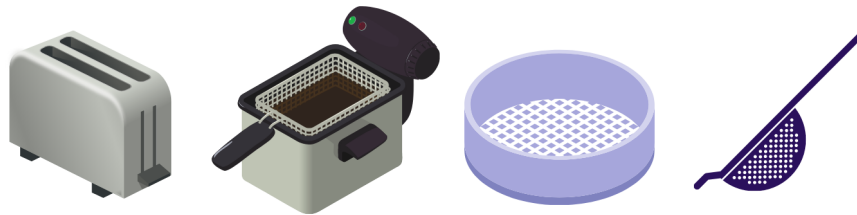
Step 3: Explore Gluten-Free Goods

View your gluten-free diet as an opportunity to discover new gluten-free foods and cuisines! Explore your palate (and the world) by trying new cuisines you've never tasted before.



Step 4: Watch Out for Cross-Contact with Gluten

Cross-contact can happen easily. Toasters, strainers, and flour sifters should not be shared. Deep fried foods cooked in shared fryers that contain breaded products should be avoided. Spreadable condiments in shared containers may also be a source of cross-contact.



Step 5: Join a GIG Support Group

We have over 90 adult and youth support groups. Connect with like-minded people, share tips, recommend places to eat, swap recipes, and know that you're not alone in your quest to live a safe, gluten-free life. Visit Gluten.org/Join.



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