



Celebrate Gluten-Free

an e-Magazine of the Gluten Intolerance Group



GLUTEN
INTOLERANCE
GROUP

May 2016

A magazine intended to educate and support individuals with celiac disease and other gluten-related disorders.

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When You're Gluten-Free



RESEARCH



5 HABITS OF SUCCESSFUL

Gluten-Free People



Gluten-Free Food Service (GFFS) Newest Certified Restaurants!

CORE Kitchen in Oakland, California is the world's first produce-only restaurant. This is a place where you can eat anything you want and only get healthier. Using no meat, dairy, oil, or salt, CORE Kitchen creates 100% Gluten-Free and Organic fresh food wonders: zucchini pasta drenched in freshly cracked coconut lime sauce, collard burritos packed with sweet potatoes and cashew cream, and stuffed veggies overflowing with plantains and grilled pineapple. And the innovation doesn't stop there. CORE Kitchen changes the lives of local residents by preferentially hiring from workforce development, sourcing from low income farmers, and offering cooking classes for at-risk youth.

To learn more about CORE Kitchen, visit their website at www.eatcorekitchen.com

Plains 2 Plate brings gluten-free certified choices to Auburn University. Auburn University is doing its part to accommodate the growing population who are living gluten-free by opening the first gluten-free food retail location on their campus. Plains 2 Plate has been open on Auburn's campus for more than three years now, but recently they went through the detailed process of becoming certified through the Gluten-Free Food Service program. Plains 2 Plate worked with GIG's Gluten-Free Food Service (GFFS) Certification Program, a program of the Gluten Intolerance Group (GIG), to develop protocol to be used at the restaurant. The process to become a certified gluten-free facility requires thorough preparation and attention to detail. The entire facility is examined, including ingredient sourcing, associate training and operation, cleaning practices and cross-contamination control.

"Our desire from the beginning was to provide students who have gluten intolerance or are just avoiding gluten a place where they can feel safe and can go and eat and have a meal and not worry about if there is cross-contamination or anything else like that," says Glenn Loughridge, Auburn's Director of Campus Dining.

Plains 2 Plates' gluten-free certification came about because of a request made by students to the administration.





THINGS TO CONSIDER IF YOU CUT OUT GLUTEN AND STILL DON'T FEEL WELL

By Michelle Spano & Lola O'Rourke

If you've determined that gluten is a problem for you, whether you have celiac disease or are gluten sensitive, then it follows that being on a gluten-free diet should alleviate your symptoms and make you feel better. But what if this just isn't happening for you, at least to the degree you expected?

There are a few things to consider. First of all, it's important to confirm in consultation with your personal healthcare provider that there are not other medical causes behind your continuing symptoms. Once that scenario has been ruled out, then what?

■ Temporary Dairy Intolerance

Lactose is the main carbohydrate in dairy products. It is not uncommon for individuals with celiac disease to be temporarily lactose intolerant, meaning that consumption of most dairy products may cause unpleasant symptoms. This can occur because the intestinal cells, which were damaged by gluten consumption, produce a reduced amount of lactase, the enzyme required to digest lactose. As the intestine heals, this capability will be recovered, but in the meanwhile, a reduction in consumption of dairy products may help you feel better.



to thoroughly clean? While food storage doesn't apply to eating out at restaurants or friends' homes, the other considerations do. Well-meaning friends who are glad to provide you gluten-free food may not realize the importance of avoiding even minuscule amounts of gluten that may be present on shared utensils.

■ Cross-contamination

Sneaky cross-contamination with gluten could be the cause of your continued symptoms. It is not enough to remove gluten-containing ingredients from your diet, but imperative that you really make sure that you are avoiding contact with surfaces that have been touched by gluten-containing items and stray crumbs. If others in your household are still consuming gluten, it's worth your while to review and re-evaluate procedures for avoiding cross-contamination.

- Are you storing GF items above those containing gluten (both on pantry shelves and in the fridge) so that no gluten-containing crumbs are falling onto your GF items?
- Are you using a dedicated GF toaster, and are you certain that others in the household aren't inadvertently putting their gluten-containing bread in it?
- Are you using separate cutting boards, strainers, wooden spoons and other kitchen items which may be difficult



■ How "gluten-free" are the products you're purchasing?

There are different approaches to choosing packaged gluten-free products. The safest way to go is to choose products which are certified gluten-free by a rigorous and well respected certification program. GIG's Gluten-Free Certification Organization (GFCO) is one of the leading gluten-free certification programs in the world. Choosing products with the GFCO logo can provide you the highest level of confidence in the safety of your gluten-free products.



6 THINGS TO CONSIDER

IF YOU CUT OUT GLUTEN AND STILL DON'T FEEL WELL

If a packaged product is not certified gluten-free, but bears a "gluten-free" label, thanks to the FDA regulation on gluten-free labeling, it should meet the FDA guideline of containing less than 20 ppm gluten (a level determined to be safe for the vast majority of gluten-free consumers). This regulation applies to FDA regulated products only; however these account for the vast majority of packaged food products, and in addition, most manufacturers of products regulated by the USDA voluntarily follow this guideline as well when labeling products gluten-free.

Finally, if a product is neither certified nor labeled gluten-free, you may be reading ingredients to determine gluten-free status. While this is an important thing to do, in some cases it may not tell you everything. What if one of the (seemingly gluten-free) ingredients in the product was itself cross-contaminated with gluten before being used in the product?

The best approach to ensuring that the products you consume are safely gluten-free, is to choose products which have been certified gluten-free by a reliable certification program. The next best approach is to choose products which are labeled "gluten-free."



■ Assuming that something is gluten-free

Whether you are in a restaurant, sharing food with friends, or at your uncle's house for dinner, always ask questions and confirm that what seems gluten-free actually is. Though it may be tempting at times to forego the questioning, it is always important to check and ask. You (or the chef) may assume that a salad is gluten-free by skipping the croutons, but there may be gluten lurking in the dressing. You never know when there may be gluten in random things like soups and sauces, among others.




■ There's more to consider in your diet than gluten

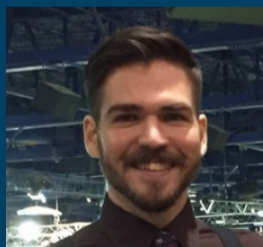
Don't rely too heavily on highly refined gluten-free products. It's great that so many items are now available in gluten-free form, but don't over do it on products which are based on refined grains, and may also be high in fat and sugar. Enjoy these items on occasion, but remember to make the basis of your gluten-free diet naturally gluten-free whole foods: vegetables, fruits, beans, gluten-free whole grains, lean meats & dairy, nuts and seeds.



■ Cheaters never win

This is NOT a “diet” like the one your aunt goes on and off every six months. This is a lifelong lifestyle change that can wreak havoc on a body if not followed diligently.

Whenever you are tempted to take a bite of your roommate's leftover pizza, remind yourself: Don't be a dummy, listen to your tummy! 



Get to Know Paul from Our Staff...

Paul Vachris, Customer Service Supervisor

What do you do at GIG and how did you come to work here?

I am part of the GFCO product-ingredient review team, and customer service supervisor. I was informed by my sister there was an opening for data processor which I applied for and was subsequently hired.

What is your proudest accomplishment?

Perhaps my art and music. I have a skewed idea of what accomplishment is.

What is your favorite book?

Slaughterhouse Five

What makes you laugh the most?

Very exaggerated satire

If you could only eat one meal for the rest of your life, what would it be?

Pizza

What would be your super power?

Time Travel

If you were ruler of your own country what would be the first thing you would do?

National pizza party!

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GFAF Expos

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For products shipped to you, join our gluten free goodies of the month club at sendme glutenfree.com

Our mission is to help the gluten free community by providing great resources and fun ways to try new products that are safe for you and your family.

Learn more at www.glutenfreemg.com/our-brands





Gluten-Free Wediquette:

How to Navigate Wedding Season as a Gluten-Free Guest

by Michelle Spano

Wedding season is officially upon us! While this is an exciting time for the bride and groom and those celebrating them, it's okay to admit that it can be a stressful time for you, having to navigate a tricky social situation as a gluten-free guest.

Remember that the bride and groom have a lot on their plates

To say the bride and groom have a lot going on during this time is an understatement! Most weddings have 100-200 guests - some that likely require their own accommodations - but those are still the exception, not the rule (sorry). It likely won't be on the top of their list, unless they are also affected, you are closely related, or you are in the wedding.

If you are close with the couple (no, the guest of the groom's elementary school t-ball coach's son doesn't count), one of two things will happen: they will already know about your needs and make the accommodation for you, or you will feel comfortable enough to bring it up in conversation. Always be willing to make the calls and offer to help the bride or groom create a safe meal for you!

You may end up pleasantly surprised:

I have been so blown away by my thoughtful friends and family who went out of their way to make sure I had a gluten-free meal or dessert - once, a friend had gluten-free cupcakes delivered from a New York City bakery five hours from her venue!

Gluten-Free Wediquette:

How to Navigate Wedding Season as a Gluten-Free Guest

Call ahead and talk to the chef

This is my favorite tactic. You get right to the source, and the bride and groom won't have to be involved. Call at least a week ahead and let the chef of the venue know which wedding you are attending. Let them know about your celiac disease or gluten intolerance and ask if their kitchen is capable of making you a safe meal, especially out of what is on the menu for the wedding. Ask the important questions: Can your meal be made plain with no sauces? If breaded or battered items go on the grill, can your meal be made in a separate pan? If yes, their wait staff will likely be given a heads up and you can mention it when you order your meal. If the chef tells you his kitchen is unable to accommodate you, you then have plenty of time to pick up some snacks to bring to keep you satiated throughout the event. Which leads us to our next tip...

Sneak snacks

When in doubt, bring your own food. It's not as crazy as it sounds. Once, I went to a wedding that I happened to know would be buffet style. We all know buffets are pretty much off limits for us, so I packed a sandwich and kept it in the car (wintertime made this okay), and my husband ran and got it for me as everyone else was on the buffet line.

Lugging a sandwich into a wedding isn't always that easy, so there are alternatives. One of my favorites is GoPicnic. They have gluten-free meal



boxes that have everything from chips and hummus, jerky, and trail mix. They're usually packed with protein and fiber to keep you going. I take the snacks out of the box and keep them in my clutch, and no one ever really knows. Protein bars, dried meats, and cheese sticks are also great grab-and-go options.

Eat beforehand

Realistically, snacks can only hold you over for so long – especially if you have a few cocktails. Be sure to eat a high protein/high fiber meal to keep hunger at bay for most of the day or night.

Fill up at the cocktail hour

...and not just on drinks! Most cocktail hours offer foods that are naturally gluten-free. Cocktail shrimp and cut veggies are my go-to since they are single ingredient, healthy, and filling options.



Don't put off planning until the day of the wedding


Figuring out something to wear, finding a date, buying a gift... being a wedding guest requires some planning in itself. While you're at it, pick up some snacks to keep with you at the wedding – and do it before the day of. You'll be grateful that you don't have to settle on a questionably gluten-free or unsatisfying snack from a convenience store on the way to the venue. (You can imagine the strange looks I received when I had to go into Target in an evening gown to get snacks in between the ceremony and reception of the last wedding I attended).

Accept the plate, offer others your food

Forgot to call the chef? Sometimes it's uncomfortable to speak up, especially at a table surrounded by people you hardly

know (particularly the dreaded Singles Table). Your plate is already paid for, so you might as well accept the meal and not draw too much attention to it. Offer some to your date, get up and dance, run to the bathroom... most people are enjoying themselves too much to notice anyway.

Back to that meal being paid for – don't feel too bad. The venue would most likely give them a hard time about giving you a seat at the table but no meal. Think of it as them paying for your attendance at their wedding, and don't sweat it.

I hope these tips take the fear out of weddings for you. You can of course apply them to almost all social events and catered parties so you can relax and have fun without the fear of getting sick! 



Pinto Beans



Sweet Potato



Egg Plant



Purple Cabbage



Radish



Purple Grapes



Beet



Heirloom Egg Plant



Romaine Purple Lettuce



Fig



Plum



Maroon Carrot



Shallot

Back to Basics

The Plant-Based Diet

by Lola O'Rourke

For those who require a gluten-free diet – whether due to celiac disease or gluten sensitivity – avoidance of gluten is of course an essential component of a healthy diet. But other aspects of diet are important too. General healthy eating guidelines still apply, and there are often additional considerations too, especially for those who have been recently diagnosed with celiac disease.

One of the cornerstones of a healthy diet is variety – both within and among different food groups. This means it's important to include foods from diverse food groups (vegetables, fruits, grains, beans, meats, dairy, etc.) as well as different foods from within each group (a good reason to explore the numerous interesting gluten-free grains which are now widely available). In addition there

are important reasons to make plant-based foods - and vegetables & fruits in particular - a more significant focus of your diet. Read on to find out why.

The vast majority of Americans don't eat enough vegetables and fruits. A report issued by the Centers for Disease Control (CDC) in 2015 indicated that <18% of adults in each state consumed the recommended amount of fruit and <14% consumed the recommended amount of vegetables. These numbers leave a lot of room for improvement.

Why is getting enough vegetables and fruits important? As pointed out by the CDC, eating more of these foods adds nutrients to the diet, reduces the risk for heart disease, stroke, and some types of cancer, and helps manage body weight when consumed in

place of more energy-dense foods. And on top of these health benefits, vegetables & fruits increase aesthetic appeal by adding appetizing color and texture to both meals and snacks.

If you've been recently diagnosed with celiac disease, there may be additional reason to focus on vegetables & fruits. In individuals who have celiac disease, gluten causes damage to cells in the small intestine, which is where nutrients are normally absorbed. Intestinal cells which have been damaged by gluten are not able to absorb nutrients normally, so deficiencies of some nutrients are not uncommon. These deficiencies generally reverse as the intestine heals and if a healthy gluten-free diet is followed. However, in the early stages after diagnosis, it can be especially important to consume

Back to Basics

The Plant-Based Diet

a diet which is rich in the nutrients which may be lacking. Among the nutrients most commonly found to be deficient in newly/recently diagnosed celiac disease patients are: iron, folate, various B vitamins, calcium and vitamin D. The presence of specific deficiencies is individually variable and is influenced by the length of time a person was undiagnosed, the extent of intestinal damage present, and other individual factors. (To have your individual nutritional status assessed, consult with your personal healthcare team.) While many foods of animal origin (meats, fish and dairy products) are also good sources of many of the nutrients mentioned above, focusing more on plant-based foods is one good way to up the vitamin and mineral content of your diet.

So, whether you've been gluten-free for a month or twenty years, there are excellent reasons for increasing your intake of vegetables & fruits.

Following are some possible obstacles you may be facing, and easy solutions, to help get you going:

► Convenience

If it just seems to take too much time to clean, chop and/or otherwise prep your produce, try prepping in advance. When you're tired and hungry and need to get dinner on the table, the prospect of cleaning salad ingredients may just seem like too much. Either buy pre-packaged (and pre-washed/prepped) items, or, do your prep work in the morning, the night before, or whenever you have a little extra time and energy.

Also, remember that frozen and canned vegetables & fruits are nutritious too. Keep some on hand for times when your fresh stock is low, or when you're just short on time or energy.





► **You simply like meat**

The recommendation isn't to give up meat entirely, just to make it less of a focus on your plate. Instead of having a large steak with a couple stalks of broccoli, try a stir fry brimming with a variety of colorful vegetables, with a modest amount of thinly sliced beef added in. You still get the great taste (and good nutrition, by the way) of beef, while increasing your vegetable intake too.


► **Taste**

Haven't developed so much of a taste for vegetables? There are so many different varieties available – keep exploring and you're sure to find things you like. This is the perfect time of year to explore locally grown options, which are

often particularly fresh and delicious.

Try incorporating produce into favorite dishes:

- Add mushrooms and shredded zucchini to tomato-based pasta sauce.
- Instead of a plain cheese omelet, jazz it up with spinach, tomato and peppers.
- Do you like cheese and (gluten-free) crackers for snacks? Add some cut up veggies to the mix too: carrots, cucumbers and bell peppers will add great texture and visual appeal, in addition to taste and nutrition.
- Add fruit (berries or banana) to your morning cereal or yogurt.

- Give your favorite desserts a healthy makeover by downsizing your serving size dramatically, and serving with your fresh fruit of choice: pear, apple, mango, berries. This way you still get the satisfaction of enjoying your cake, cookie, or other decadent treat, but give your dessert a nutritious makeover at the same time. 

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From the Greenhouse to your Dinner Table

Meet NatureFresh Farms

Our Mission at the Gluten Intolerance Group (GIG) is to empower the gluten-free community through consumer support, advocacy, and education. Often, and rightfully so, this support to our consumers is focused on gluten-free foods and products that we certify. But we also want to promote a healthy lifestyle for those in our community and a key part of this is the consumption of fresh fruits and vegetables. One unique company, NatureFresh Farms, is helping to bring the freshest of these products right to your dinner table.

NatureFresh™ Farms is one of the largest independent greenhouse produce growers in Canada and one of the largest greenhouse pepper growers in North America. Not only do they grow peppers, NatureFresh also cultivates multiple types of tomatoes (including Medley and Heirloom) and different varieties of cucumbers. Their original location is a 130 acre state-of-the-art greenhouse facility located in Leamington, Ontario and they have recently expanded in to the US with a year-round growing facility in Delta, Ohio. From the NatureFresh website, here is a description of the process used in these innovative facilities.



Our modern greenhouses represent centuries of collected knowledge and innovation for growing under glass. Through advances that allow us complete and instant control over light, temperature, and nutrient delivery, we have achieved a single, year-round growing season. We now realize exceptionally higher yields while using significantly less water than what would be required to grow the same amount on a traditional farm, using roughly 30% of the space.

Hydroponic greenhouses don't use soil in the growing cycle, feeding the plant roots directly in their beds of natural coconut fibre or rock wool. No test tubes, no GMO's. Growing indoors without soil means protection from the elements, soil-borne pathogens, animal contamination and harmful insects.

Not only is NatureFresh growing delicious fruits and vegetables, they are also providing us with great recipes in which we can utilize their product. You can find everything from Green Tomato Butter Tarts to a Crisp Cucumber and Apple Salad at <http://www.naturefresh.ca/recipes/>. From innovative techniques that reduce their carbon footprint to mouthwatering healthy offerings, NatureFresh is doing their part in bringing color to your plate.

MEDITERRANEAN QUINOA SALAD

Ingredients

2 c. water
½ c. crumbled feta cheese
2 cubes chicken bouillon
¼ c. chopped fresh parsley
1 clove garlic, smashed
¼ c chopped fresh chives
1 c. uncooked quinoa
½ tsp. salt
2 lg. cooked chicken breasts
– cut into bite size pieces.
2/3 c. fresh lemon juice
1 lg. red onion, diced
1 T. balsamic vinegar
1 lg. green bell pepper, diced
¼ c. olive oil
½ c. chopped kalamata olives.

Dressing:

2/3 c. fresh lemon juice
1 T balsamic vinegar
¼ c olive oil.

[View full recipe](#)



GOOD-FOR-YOU BREAKFAST BARS

Ingredients

- 3 cups gluten-free rolled oats
- 1 cup brown rice flour
- ½ cup (packed) light or dark brown sugar
- 1 tsp baking soda
- ¼ tsp salt
- ¾ cup honey
- ½ cup butter or margarine (melted)
- 1 tsp pure vanilla extract
- 3 egg whites, blended together
- 1 tsp cinnamon
- ½ tsp nutmeg
- ¼ cup raisins
- ¼ cup dried cranberries
- ¼ cup dried blueberries
- ¼ cup dried chopped dates (feel free to use your favorite dried fruits instead of suggestions)
- 2 Tbs sesame seeds
- 2 Tbs ground flax seed
- 2 Tbs chia seed
- 2 Tbs coconut (optional)
- ¼ cup finely chopped almonds or walnuts (optional)

[View full recipe](#)





BUTTERMILK DROP BISCUITS

Ingredients

1¼ c. GF flour blend
¼ tsp. cream of tartar
1 T. sugar
1 egg
2 tsp. baking powder
¼ c. oil
½ tsp. xanthan gum
½ c. buttermilk
¼ tsp. salt

[View full recipe](#)



Finding L♥ve When You're Gluten-Free

Are you gluten-free and single? Lucky you! Read the following interview to learn more about the hottest dating site, Gluten-free Singles! (Unless you *like* explaining your gastrointestinal upsets on the first date....)

What is the demographic split for members of GF Singles? Age and gender split?

- 57% Women | 43% Men
- Average Age: 25 – 44 years old

Where are the majority of members located?

1. New York
2. San Diego
3. Los Angeles
4. Chicago
5. London
6. Sydney

Is there a strong international focus?

Like any social network that requires a meet-up component, metropolitan cities tend to have the most density. In our case, we rely on metro cities around the world (with London, England and Sydney, Australia being in our top 10 cities), as that is where the most people reside, giving our users a higher likelihood to meet more people in their areas. I would say that our focus, with marketing and awareness, has been solely in the U.S., so the site has taken off on its own around the globe, which is exciting!

What is involved in a typical date?

A typical date starts way before the face-to-face interaction takes place. We facilitate communication through messages sent and received through the website between gluten-free singles,

where they can learn more pointed characteristics and interests about each other than their profiles can portray. After a few messages back and forth, it's typical for one of the parties to initiate an offline email or phone exchange. This progresses the conversation further, lightening the pressure of a blind first date, because the ice has been broken over the phone or text -- it becomes more real. Now, where the difference between glutenfreesingles.com and other dating sites comes into play, is that most first dates are over a meal and require the gluten-free individual to bring up their dietary preferences long before they may feel comfortable doing so. Being "picky" before the date has even started can rub some people the wrong way, so it's nice to have the assumption on both ends that the date will be gluten-free friendly.

On the actual date, it doesn't differ much from what you'd expect on a first date. However, unlike other sites, the similarity the couple already shares in their gluten-free lifestyles is an instant bonding aspect and topic of conversation. We've heard stories about breaking the ice with stories of embarrassing GF dating moments, which in turn brings the couple closer. It's amazing how much of a relief similar dietary preferences can be in the dating realm.

How would you describe the key features of your site which differ from other typical dating sites?

While our primary goal is to offer a platform for gluten-free singles to find each other and form friendships or relationships, we have a secondary goal that is equally important to us: to spread awareness and education about gluten sensitivities and

provide a resource for those living with them.

It's been incredible to not only be a place people come to, to find love, but it's a place they can find so much more to enrich and add value to their lives, like tips, advice, recipes and peers dealing with similar situations. We've built a community that supports and empowers one another -- not because they want to date each other (all the time) -- but because it's a place where they can relate to one another, whereas with most other sites you're getting such a mix, it's hard to find that common denominator.

Lastly, it's been important to us to keep a strong hold of GFS.com and personally fund it. Being gluten-intolerant ourselves, it's critical to the success of our business that we continue to empathize and connect with our core audience, which can be lost when other companies come in and try to take over; we never want to lose that personal touch.



New Potential Explanation for Extra-intestinal Manifestations of Celiac Disease and Non-Celiac Gluten Sensitivity

A hypothesis that may explain extra-intestinal (outside of the intestinal tract) manifestations of celiac disease and non-celiac gluten sensitivity has been proposed by researchers. While it's important to note that this hypothesis has not yet been through proposed experiments, it is supported by many independent data sets from noted literature. This theory could have the potential to provide a mechanistic link between celiac disease (CD), non-celiac gluten sensitivity (NCGS) and many other diverse disorders that affect numerous systems and parts of the body.

The researchers claim that current clinical models do not explain all cases of CD and NCGS, and propose a new mechanism: the interaction of a gliadin peptide known as 33-mer (the main component responsible for the adaptive immune response against gluten) with a part of the NMDA glutamate receptor ion channel - otherwise known as the human GRIMA gene. The hypothesis is that this interaction may cause a myriad of symptoms that are often associated with celiac disease and non-celiac gluten sensitivity. The authors state that this interaction may be responsible for associations between CD and NCGS and the following conditions/ disorders: thyroid dysfunction, restless

legs syndrome, depression, ataxia, hearing loss, fibromyalgia, dermatitis herpetiformis, schizophrenia, toxoplasmosis, anemia, osteopenia, Fabry disease, Barret's adenocarcinoma, neuroblastoma, cleft lip and palate, urinary incontinence, recurrent miscarriage, stiff person syndrome, and cardiac anomalies, among others.

The authors state that this proposed mechanism may be especially relevant to explaining extra-digestive manifestations in CD and NCGS patients who have only minor or no intestinal damage, absence of anti-tTG antibodies, and also in NCGS patients who do not have the HLA-DQ2 or HLA-DQ8 alleles which are associated with celiac disease.

This mechanism as a causal factor and explanation of extra-intestinal symptoms in celiac disease and non-celiac gluten sensitivity has not been previously cited and could show promise for future studies and clinical trials.

Reference

1) Hadjivassiliou M, Rao D, Grinewald R et al. Neurological dysfunction in coeliac disease and non-coeliac gluten sensitivity. *Am J Gastroenterol*. 2016. Available online [here](#).

5 Habits of Successful Gluten-Free People

by Michelle Spano

They're so good at being gluten-free, they forget it's even an issue. They are armed with knowledge and the confidence to make the best decisions for their bodies. They know it's easy to slip up, and of course even they make mistakes from time to time. However, following these five rules, they successfully manage their gluten-free lifestyles. Here are five steadfast rules they live by:

They don't "cheat"

They know this isn't the typical run-of-the-mill diet, and they don't treat it as such. There is no splurging on the weekends, no cheating with a bite of cake at weddings ([see page 11](#)), no eating at restaurants where the waitstaff still thinks gluten is sugar (seriously)... The bottom line: their current and future health depends on staying the course, and they take it seriously.

They do research and ask questions

They know better than to walk into any restaurant and assume they'll be safely served. Gluten-free champs look up restaurants ahead of time and plan ahead. They don't eat outside of their home without asking about the gluten-free status of their food. Many stick to [GFFS](#) restaurants that they know are safe. They get comfortable with their list of questions. They know their health is more important than feeling as if they are

pestering their host or chef. Some even bring [restaurant cards](#) to restaurants to do the work for them.

[Restaurant Dining: Seven Tips for Staying Gluten-Free](#)

They check labels

As far as packaged food goes, no mention of gluten on a label is simply not enough for successful gluten-free people. If it doesn't explicitly indicate that the product is gluten-free, or have the [GFCO](#) seal, it's not going in their mouths. It's that simple.

They eat whole foods

They shop the perimeter of the grocery store. They know every [ingredient](#) in their meals. It's tough to get glutened this way, and that's the best part about it!

They cook for themselves in a safe kitchen

When they're invited to a party, they make a safe dish to bring so they know they'll have something to eat. They don't rely on fast food and convenience stores. They prep the majority of their meals and can be sure what they're eating is safe.

Keep these five lessons in mind, and you'll be on the right path for gluten-free success!