

# GLUTEN-FREE: TIPS & TRICKS TO FIND FOODS THAT FIT

Following a gluten-free diet is essential for managing celiac disease and requires careful attention when selecting foods and ingredients. Whether you've been diagnosed with celiac disease, gluten-intolerance or follow a gluten-free lifestyle, the information below can help you navigate the path to finding foods that fit.



## Celiac Disease: Fast Facts & Definitions

**GLUTEN:**  
A protein found in wheat, rye, barley, malt and Brewer's yeast.



**CELIAC DISEASE:**  
A condition in which consuming gluten triggers the body's immune system to attack the small intestine.



**GLUTEN-FREE:**  
Following a gluten-free diet is essential for managing celiac disease and requires careful attention when selecting foods and ingredients.

## A Quick Guide to Eating Gluten-Free

Look for products labeled "gluten-free" and review the ingredients panel for sources of gluten. Remember – just because "wheat" isn't listed as an ingredient doesn't necessarily mean "gluten-free".

### These foods are naturally gluten-free:

- Fruit and Vegetables — ✓
- Meat and Poultry — ✓
- Fish and Seafood — ✓
- Eggs and Dairy Products — ✓
- Beans and Legumes — ✓
- Nuts and Seeds — ✓
- Gluten-free grains (e.g., quinoa, rice) — ✓
- Gluten-free Starches (e.g., potatoes, corn) — ✓

### Read labels when choosing these foods:

- ! — Grains and Crackers
- ! — Pasta
- ! — Baked Goods
- ! — Cereals
- ! — Soups
- ! — Sauces & Condiments
- ! — Flavorings
- ! — Beverages



## Gluten-Free Guidance & Goodies

Registered dietitians are an essential source of guidance and support. You can also turn to credible organizations like the Celiac Disease Foundation, Gluten Intolerance Group, the Celiac Support Association and Beyond Celiac for more information.

Find foods that fit your lifestyle from trusted brands that offer several gluten-free options.



For more nutrition information and resources, visit [bellinstitute.com](http://bellinstitute.com)



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