



GLUTEN-FREE DIET: A GUIDE FOR THE BEGINNERS

GLUTEN-FREE DIET AT HOME

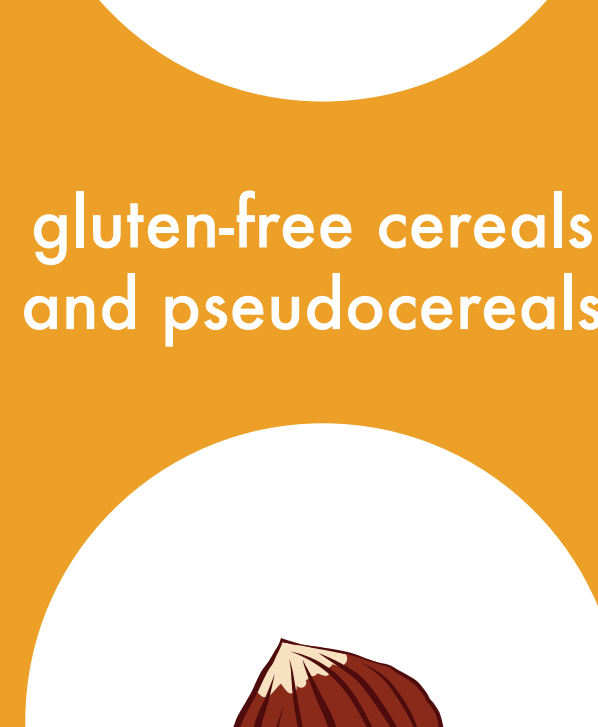
1 Choose naturally gluten-free products



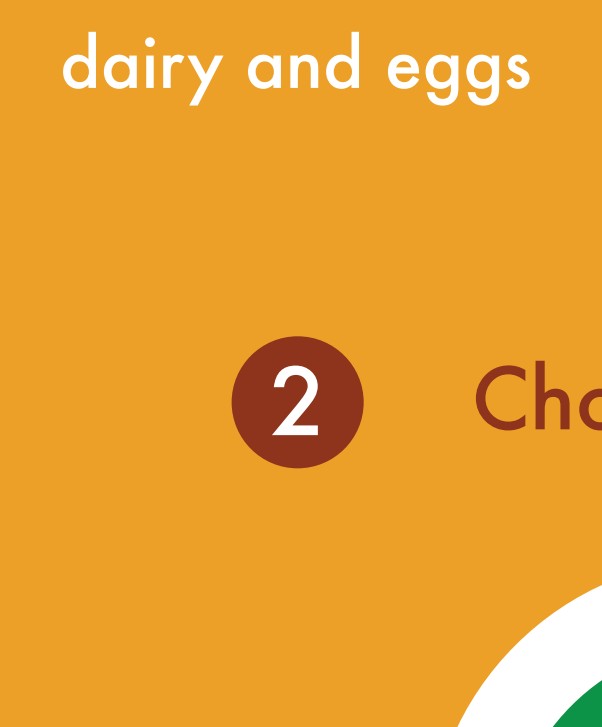
fruits and
vegetables



legumes



gluten-free cereals
and pseudocereals



dairy and eggs

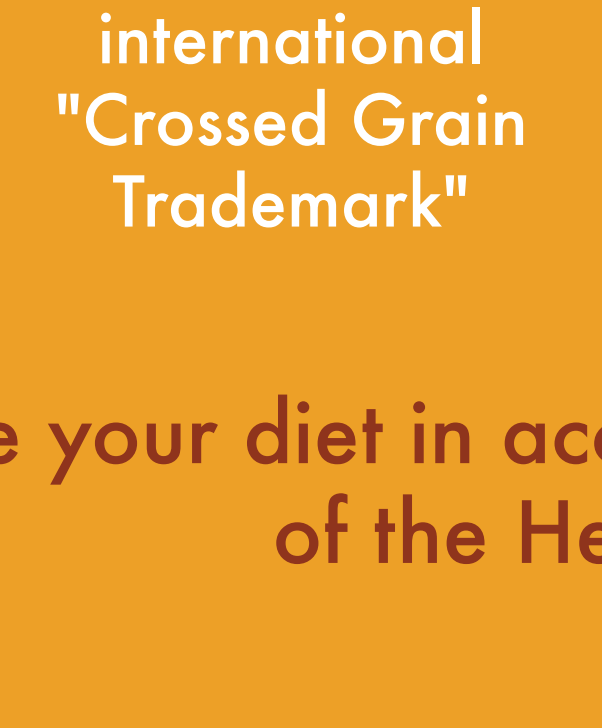


meat and fish



nuts

2 Choose only gluten-free processed products



labeled with
international
"Crossed Grain
Trademark"



labeled as a
"gluten-free"
product

3 Balance your diet in accordance with the recommendations of the Healthy Eating Pyramid



4 For breading, use:



gluten-free
breadcrumbs



sesame



gluten-free
cornflakes



nuts

5 For thickening, use:



potato flour/starch



corn flour/starch

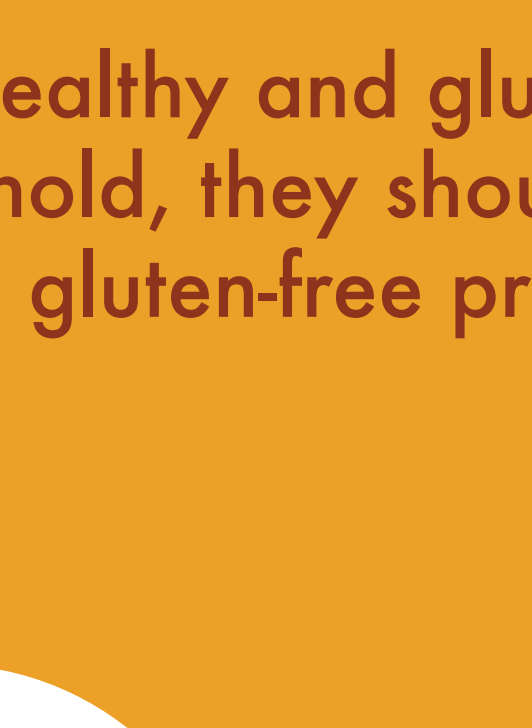


rice flour/starch

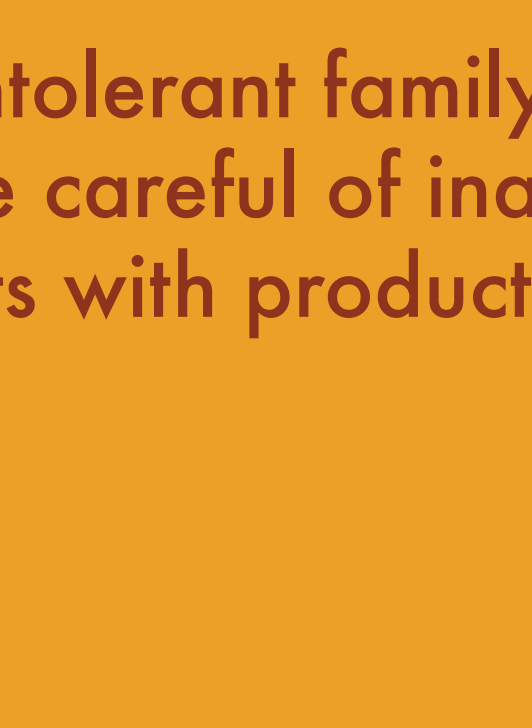


ready-made
gluten-free flours

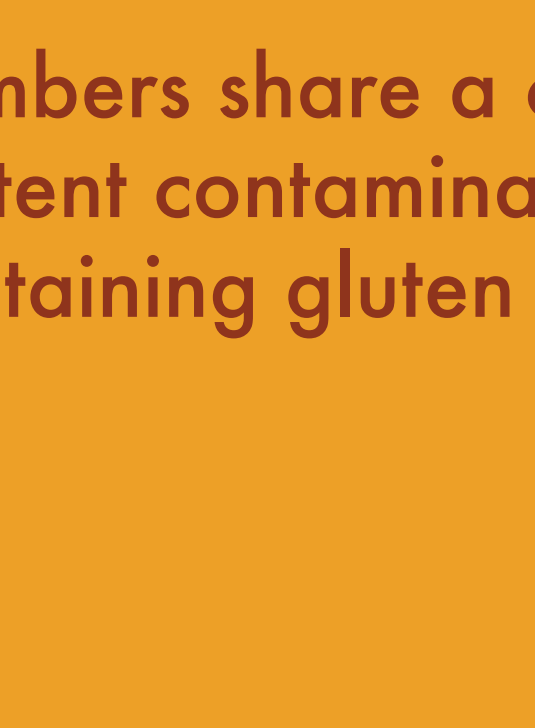
6 Use only gluten-free food additives, i.e.:



baking powder



bouillon cubes



instant sauces

Guide for families with a shared household

When healthy and gluten-intolerant family members share a common household, they should be careful of inadvertent contamination of gluten-free products with products containing gluten



Store your gluten-free products separately from products containing gluten - use separate cupboards, drawers or put them on higher shelves



Reverse the sequence of meal preparation, e.g. gluten-free pasta should be boiled before that containing gluten



Use separate toaster and sandwich maker for gluten-free bread



Keep the utensils for preparation of gluten-free foods clean



Do not fry gluten containing and gluten-free products in the same oil



Use separate jam, honey, peanut butter etc. to avoid crumbs in the shared jars

EATING OUT GUIDELINES

1 Choosing restaurant



call ahead or visit restaurant's website to make sure they offer a gluten-free menu



choose restaurant widely and look for recommendations



ask about specially prepared meals that are gluten-free

2 At the restaurant



clearly inform the chef or the waiter about your disease and dietary restrictions



ask a waiter for help



do not hesitate to ask about uncertain food ingredients and how the dish was prepared



ask for ingredient replacement or if your meal can be prepared without it



if the meal served contains a doubtful ingredient, don't eat it and ask for replacement

GOING ABROAD



book a gluten-free meal onto your flight



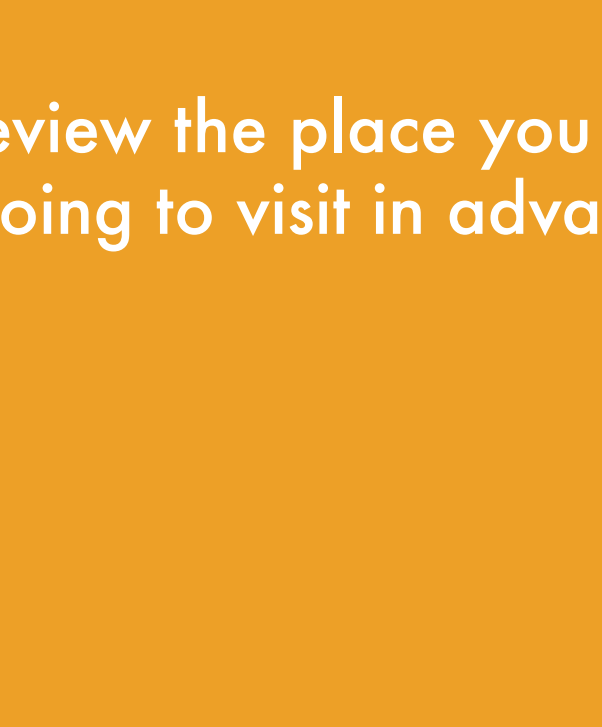
remember to have your own "in case of" meal



take your medications



prepare and carry along handy translation cards that accurately convey your dietary needs



review the place you are going to visit in advance