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Finding out you have an intolerance to gluten may seem like the end of the world, especially for people who look forward to their meals, but as professionals in the area, we can tell you it's not. While getting used to checking ingredient labels may be difficult at first, by learning about gluten-containing and gluten-free products, you can fast-track the process. To give you a beginner's guide, we've put together the following:

A quick guide to celiac disease

This intestine-affecting physical disease makes you allergic to gluten, and while you may sometimes feel alone in your suffering, lots and lots of Australians actually suffer from it. It's really very simple to understand - eat foods with gluten and you'll find your body reacting with cramps, bloating, nausea and other painful symptoms. Meanwhile, if you avoid gluten at all costs and embrace a world of delicious gluten-free foods, you can live a healthy, pain-free life that leaves very little impact.

Things to avoid

Gluten is an ingredient which naturally occurs in things like wheat, barley, rye and oats - so anything founded on any of these substances should be treated warily. Unfortunately, you'll need to learn to fight the temptation of sharing bread, pizza, pasta, beer, cake, confectionary and other similar items with your friends. Unless they have been specifically stamped as gluten-free, you can almost guarantee they'll trigger symptoms. Additionally, make sure you double check that your medication doesn't contain gluten, as sometimes it can.

Products that are naturally gluten-free

While you may not be aware of it, you're already consuming lots of things on a daily basis that are naturally gluten-free. This includes things like eggs, fruit, vegetables, milk, tea, coffee, rice, nuts, etc. Use these and other such foods to your advantage by incorporating them more into your diet, and using exciting gluten-free recipes to keep things interesting.

All the good stuff in gluten-free form

While there are lots of naturally gluten-free foods and drinks, all the good stuff like bread, pizza and cake also comes in a gluten-free form! Simply check out your local supermarket or visit a store like Celiac Supplies where everything is guaranteed to be 100% free of gluten. In fact in places like this, you'll find a massive range of gluten-free products that you probably didn't even know existed.

So don't feel blue when you hear that you'll be restricted to a gluten-free diet from now on, because there are so many gluten-free options for you to taste and discover. If you'd like to learn more about how to spice up your gluten-free lifestyle, visit one of our classes. Call (07) 3847 7743 to find out more.

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Celiac Supplies is the first 100% gluten free store in Australia. It endeavours to keep pace with new a [gluten free products](#) coming on to the market. This is coupled with ongoing assistance for customers, especially people new to the a [gluten free diet](#).

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