

# Adopting Gluten-Free Diet

This playbook guides individuals through the process of transitioning to a gluten-free diet. It covers understanding and managing cross-contamination, reading food labels for hidden gluten, and modifying recipes to fit the diet.

## Step 1: **Education**

Learn about gluten and where it is commonly found. Understand the basics of celiac disease, gluten sensitivity, and wheat allergy. Research common sources of gluten in food products, medication, and non-food items.

## Step 2: **Pantry Audit**

Go through your kitchen pantry, fridge, and freezer. Identify and remove foods that contain gluten. This includes items with wheat, barley, rye, and derivatives like malt or brewer's yeast.

## Step 3: **Shopping Skills**

Develop skills for reading labels at the grocery store. Learn to identify gluten-containing ingredients and look for 'certified gluten-free' labels. Understand that some products may be cross-contaminated with gluten during manufacturing.

## Step 4: **Cross-Contamination**

Learn techniques to minimize the risk of cross-contamination in the kitchen. This can involve designating certain appliances and utensils as gluten-free, using separate toasters, and thorough cleaning of shared surfaces.

## Step 5: **Recipe Adaptation**

Familiarize yourself with gluten-free substitutes for baking and cooking. Stock your pantry with gluten-free flours, xanthan gum, and other alternatives. Practice modifying your favorite recipes to be gluten-free.

## Step 6: **Outside Dining**

Learn strategies for eating out safely. Communicate your dietary needs clearly at restaurants and learn to identify gluten-free menu options. Always ask about preparation methods to avoid cross-contamination.

# **General Notes**

## **Support Resources**

Consider joining a support group for people with gluten intolerance. Look for local or online communities. The emotional and practical support can be beneficial during your transition.

## **Doctor's Advice**

Consult with a healthcare professional before starting any new dietary regimen, especially if you have a medical condition. A registered dietitian can provide personalized advice and meal planning.

