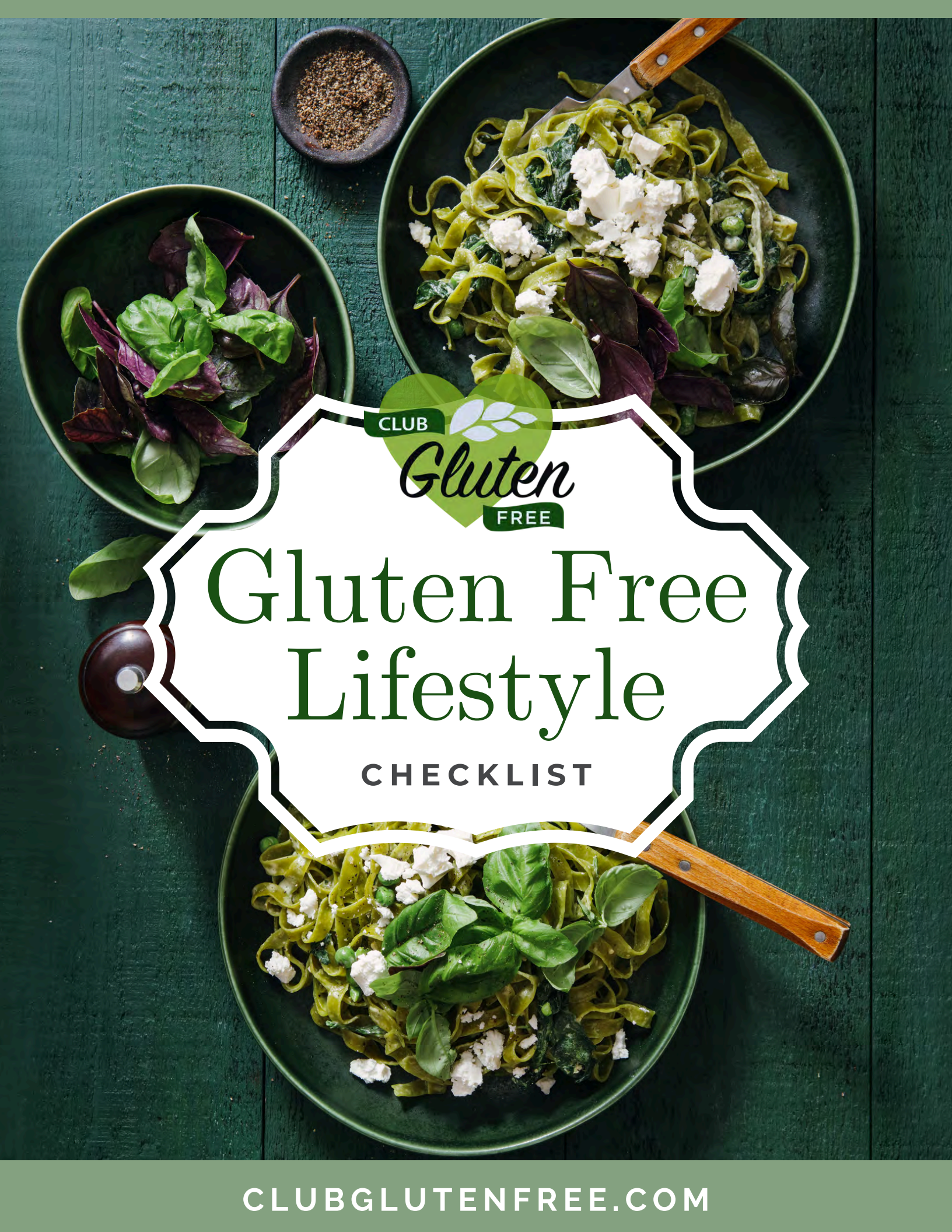




CLUB

Gluten

FREE

Gluten Free Lifestyle

CHECKLIST

CLUBGLUTENFREE.COM

Welcome to Your Gluten-Free Journey

Transitioning to a gluten-free lifestyle can feel overwhelming, but with the right guidance and preparation, it can also be an incredibly rewarding experience. If you haven't been tested for celiac disease, talk to your doctor before going gluten-free — removing gluten first can affect test results.

This checklist is designed to help you navigate the essential steps of going gluten-free, from shopping and cooking to dining out and handling social situations.

Whether you're newly diagnosed or just beginning to explore whether a gluten-free diet may be appropriate for you, this checklist guide will help you feel more confident navigating everyday gluten-free living.

Wondering whether your symptoms could be related to gluten? Take our screening **quiz** to explore symptoms that may be worth discussing with your healthcare provider.





Medical

- ☐ If you haven't been tested for celiac disease, talk to your doctor before going gluten-free. Removing gluten first can make test results inaccurate.
 - ☐ Ask about follow-up blood tests, including celiac antibody levels and nutrients often low at diagnosis, like iron, vitamin B12, vitamin D and folate.
 - ☐ Confirm any medication or supplements are gluten-free by consulting with your pharmacist
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Shopping Gluten-Free

- ☐ Always plan your meals before heading to the store
- ☐ Create a shopping list of safe brands you trust
- ☐ Stick to the perimeter of the store where fresh produce, meats, and dairy are typically located
- ☐ Read the label every time, even on products you've bought before. Recipes change without notice.
- ☐ Look for a certified gluten-free symbol, such as GFCO in the U.S. or GFCP in Canada. It means the product has been tested and the factory is checked.
- ☐ Know the hidden names for gluten: malt, malt vinegar, brewer's yeast, barley, rye, triticale, spelt and regular soy sauce.
- ☐ In Canada, all gluten sources must be listed on the label. In the U.S. only wheat is required as an allergen, so barley and rye can hide in the ingredient list.
- ☐ Don't limit yourself to the gluten-free aisle. Plain rice, potatoes, beans, eggs, fresh meat and fish, fruit and vegetables are naturally gluten-free and usually cost less.





Dining Out and Socializing

- ☐ Research restaurants beforehand to find gluten-free options
- ☐ Ask whether fries share a fryer with breaded foods.
- ☐ Be open and upfront about your dietary needs when dining with friends or on dates
- ☐ Offer to host social gatherings to have more control over the menu
- ☐ Join a local gluten-free support group to connect with others who share your dietary restrictions

Drinks and Alcohol

- ☐ Regular beer, ale, lager and stout are made from barley or wheat and contain gluten. Choose beers labelled gluten-free, made from grains like sorghum, rice or millet.
- ☐ "Gluten-removed" or "crafted to remove gluten" beers are not considered safe for people with celiac disease.
- ☐ Wine and most hard ciders are naturally gluten-free. Check flavoured ciders, wine coolers and coolers made with malt.
- ☐ Pure distilled spirits like vodka, gin, rum, tequila and whisky are generally considered gluten-free, even when made from wheat, barley or rye. Check flavoured spirits and liqueurs for added ingredients
- ☐ Watch for malt-based drinks like some hard lemonades, seltzers and coolers, and for mixers like Bloody Mary mix that may contain malt vinegar or other gluten ingredients.
- ☐ Find drinks that work for you in our [GF Alcohol Finder](#) at ClubGlutenFree.com.



Preparing Your Home

Kitchen

- ☐ Stock your pantry with essential gluten-free items like gluten-free flour, grains, and snacks
- ☐ Ensure your kitchen is free from gluten cross-contact by thoroughly cleaning utensils, cutting boards, counters, and storage areas
- ☐ Check labels on all food and vitamins

NOTE: some things can't be cleaned well enough to share, like a toaster, a colander, wooden spoons and cutting boards, and scratched non-stick pans. It's better to have separate ones. Shared butter and jam jars collect crumbs too.

Bathroom

- ☐ If you know you react to wheat or gluten-containing products on your skin, check personal-care labels and choose products that work safely for you
 - ☐ Check lip balm, lipstick, toothpaste and other products that may be accidentally swallowed
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Handling Emotional and Social Challenges

- ☐ Acknowledge and accept the emotional impact of a gluten-related diagnosis
- ☐ Practice mindfulness and focus on the benefits of your gluten-free lifestyle
- ☐ Prepare for social situations by bringing your own gluten-free snacks or meals

Traveling Gluten-Free

- ☐ Plan ahead for trips by researching food options at your destination
- ☐ Communicate your dietary needs with hotels and airlines in advance
- ☐ Pack a few dependable gluten-free options with you for delays or limited food choices





Creative Cooking & Baking

- ☐ Experiment with gluten-free flours and substitute ingredients like almond flour, coconut flour, or rice flour
 - ☐ Use natural binders like xanthan gum or extra eggs to improve texture in baked goods
 - ☐ Substitute breadcrumbs with gluten-free breadcrumbs, crushed gluten-free crackers or other suitable alternatives.
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Avoiding Pitfalls

- ☐ Be cautious of hidden gluten in processed foods, sauces, and seasonings. Check labels and also manufacturer websites.
 - ☐ Keep a list of safe brands and products to simplify your shopping and meal prep
 - ☐ Regular oats are usually cross-contaminated, so buy certified gluten-free oats.
 - ☐ "Wheat-free" doesn't mean gluten-free, and barley malt contains gluten
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By following this checklist, you'll be well on your way to feeling more confident with everyday gluten-free living!

Remember, preparation and knowledge are your best tools in maintaining a gluten-free lifestyle.

Visit [**ClubGlutenFree.com**](http://ClubGlutenFree.com) for more resources, recipes and tips.

Additional Support

Wondering whether your symptoms could be related to gluten? Take our screening quiz, then talk with your healthcare provider about appropriate testing before starting a gluten-free diet. Take the quiz [**here**](#).

