

GLUTEN-FREE CONSULTING

Are you trying to follow a gluten-free diet
and don't know where to begin?

Are you trying to help a friend or
family member deal with gluten issues?

Does your business need to accommodate
guests who are gluten-intolerant?

There is more to it than just avoiding bread. Gluten is added to meats, processed foods, sauces, mixes, soups, spices, medications, cosmetics, and even envelopes and gummed labels. Cross-contamination is a real concern and it is important to know how to support people following the gluten-free diet.

If you have questions about gluten-free living,
contact [GLUTEN-FREE CONSULTING](#).
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