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How to Find Gluten-Free Products

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[article excerpt]

There are many places for people with celiac disease or gluten intolerance to go for information, including the national advocacy group, The Celiac Disease Foundation (celiac.org), and a local organization, Healthy Villi (healthyvilli.org).

For a list of gluten-free ingredients, look at "The Essential Gluten-Free Grocery Guide" on the website Triumph Dining (triumphdining.com). The following items are generally considered to be safe, but companies can and do change ingredients. Gluten can be hidden in caramel coloring, modified food starch, and "flavor enhancers." Check labels before you buy.

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