

Quick Start

You need to be gluten-free, now what? Take a deep breath and gather your thoughts - it will be OK - you won't starve. Lots of good & tasty food is naturally gluten-free.

Gluten is a generic term for the proteins found in grains. Any products made with the following grains are off-limits: Wheat (durum, graham, kamut, semolina, spelt, emmer, einkorn), barley [malt], rye & triticale (hybrid of wheat & rye).

Avoid mainstream oats (think Quaker Oats) and products that use them. Mainstream oats have high levels of gluten contamination. Certified gluten-free oats may be added back into your diet at a later time. Be aware, some people react to the proteins found in any oats.

If a gluten-free food has cross-contact with gluten, it's off-limits. Have you double-dipped in the peanut butter jar, Mayo jar, or butter dish? Buy new products; they're contaminated with crumbs. Yes, crumbs matter!

Foods: Keep it simple. Stick to "whole foods" - foods that are minimally processed - like fresh fruits and vegetables, plain meats, seafood & poultry. Avoid products with marinades, sauces and seasonings - they may contain gluten.

If you do buy packaged foods check the ingredient label for: Wheat, Rye, Barley, Malt, Oats, Brewer's Yeast. For meat/poultry/egg products, look for Modified Food Starch, Starch, Dextrin. Do not purchase any product containing these ingredients. Keep your ingredient lists short!

For more detailed information on the gluten-free lifestyle, please visit Gluten-Free Diet Boot Camp at: <http://bit.ly/1h1zrRy> or snap the QR code.



Meetings

Where: Ripon Public Library
120 Jefferson St.
Ripon, WI 54971

Silver Creek Room
(lower level)

When: Every third Saturday
of odd numbered months*
(Jan, Mar, May, July, Sept, Nov)

9:30 am - 11:30 am

- Info:**
- Casual & Relaxed
 - Loved ones welcomed!
 - No registration needed
(except for special events)
 - \$10 per family annual
membership fee

*Meetings can be rescheduled on occasion, please contact branch manager, check our website or Facebook page for updates.

03/28/16



**GLUTEN
INTOLERANCE
GROUP**
of East Central Wisconsin

**Has gluten turned
your world
upside down?**

We can help!

Our mission is to provide support to persons with gluten intolerances, celiac disease, dermatitis herpetiformis, and other gluten sensitivities, through consumer and industry services and programs that positively promote healthy lives.

**Educate
Motivate
Advocate**

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GIG of East Central Wisconsin - a branch of Gluten Intolerance Group of North America®, a national non-profit 501(c)(3) organization

To learn more visit: www.gluten.org

Educate

The more we know about ourselves, our food, and our condition - the healthier we will be.

The gluten-free lifestyle has a steep learning curve, but it is very do-able with a bit of knowledge and planning.

Being successful requires attention to details. Learning those details gives us the tools to construct a happy, healthy life.

Once we educate ourselves, we can educate others so they can help keep us at our best.



“Knowledge is Health”

Motivate

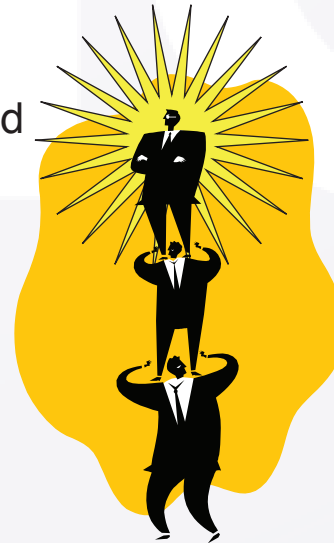
Change is never easy. Altering our lifestyle requires a lot of work and effort.

We will be challenged mentally, physically, and emotionally.

The road to gluten-freedom is filled with potholes and roadblocks that will hinder our efforts.

It's imperative we surround ourselves with people who are positive and who are pursuing their own similar goals. Positivity is contagious.

We motivate and support one another in an effort to achieve our goals.



“Failure is not an option”

Advocate

Awareness of gluten and gluten-related-disorders have been steadily increasing over the years with help from The Gluten Intolerance Group of North America®. They work at national and international levels to help further overall awareness, labeling laws, and food safety for the gluten-free community.

Support groups and individuals work at the federal, state and local levels speaking to clinics, grocery stores, food manufacturers, hospitals, restaurants, etc.

GIG of ECW is proud to be part of a larger community and an advocate for better, healthier lives.



“It’s better to be part of the solution than part of the problem”