

Helpful Resources for a Gluten free diet

Websites:

Beyond Celiac - www.BeyondCeliac.org

Celiac Disease Foundation - www.celiac.org

Celiac Disease and Gluten-free resource – www.celiac.com

Celiac Support Association - www.csaceliacs.org

Gluten free medication - www.glutenfreedrugs.com

Gluten Intolerance Group of North America - www.gluten.net

GI Kids: Health & Hope for Children with Digestive Disorders - www.gikids.org

Raising Our Celiac Kids - www.twincitiesrock.org

The Gluten Freedom Project - <http://www.glutenfreedomproject.com>

Apps for iPhone and Android:

FOR GROCERY SHOPPING

Healthy Pantry & Allergy, GMO Scanner by NxtNutrio (\$2.99 for Android, \$3.99 for iPhone)

Allows users to select the foods they are allergic to or intolerant of, and then provides an alert if a food contains one of these items.

Allergy & Gluten Free Diet Tracker by Fooducate (\$4.99 for iPhone, not available for Android)

Users can scan a product barcode, search for products, or browse by category. Helps identify common food allergens. The app also has a “One Click” button option to directly call the manufacturer for additional product information.

Is That Gluten Free? (\$7.99 for iPhone, not available for Android)

The app features a database of more than 35,000 manufacturer-verified gluten-free products. Users can search by category, brand, ingredient, or product name. Users can also rate and add notes to products. Comments from manufacturers appear about the gluten-free foods and cross-contamination.



GF Overflow – Gluten Free Product Search (\$2.99 for iPhone, not available for Android)

The app features a database of more than 10,000 manufacturer-verified gluten-free products. Users can search by product name, brand, food type, or keyword. Contains company policies and statements for each gluten free product as well as contact information to call or email companies directly.

The Gluten Free Scanner (free for iPhone and Android)

Allows users to scan the barcode of products to determine whether they're considered gluten-free or not (based on ingredients, not on manufacturers' gluten-free labeling or disclosure of potential gluten cross-contamination risks). Note: A full version is available for \$3.99. This version allows for unlimited scans and the ability to search by product name, category or brand.

ShopWell - Healthy Diet and Grocery Food Scanner (free for iPhone and Android)

Allows users to scan the barcode of products for a list of ingredients. A new feature lets you buy recommended foods right from the app.

Gluten-Free Allergy-Free Marketplace by the Celiac Disease Foundation (free for iPhone and Android)

The app features a searchable listing of gluten-free products, companies, and services. Products can be filtered by keyword, company, category, and allergens & preferences.

FOR EATING OUT

Find Me Gluten Free (free for iPhone and Android)

Helps find gluten-free foods when dining out. The app allows users to search for restaurants that have gluten-free options. Users are able to view restaurant reviews and look at gluten-free menus and can also get directions and call businesses directly from the app.

Allergy Eats Mobile (free for iPhone and Android)

This app provides valuable peer-based feedback about how well (or poorly) restaurants accommodate the needs of food-allergic diners. You can customize your search by selecting from the top 10 allergens (gluten, wheat, corn, dairy, eggs, fish, peanuts, shellfish, soy and tree nuts), entering a specific location, or choosing the "Find Near Me" option.

iCanEat Fast Food Gluten Free & Allergy Free (\$4.99 for iPhone, not available for Android)

This app is perfect for those seeking quick-service meals. With 40 U.S. chains from Boston Market, Chick-fil-A and Chipotle to Buffalo Wild Wings, Jack In the Box and many more; you enter your allergen concerns into the 5,000-plus-item fast food menu database.

iEatOut Gluten & Allergy Free (\$4.99 for iPhone, not available for Android)

This app lets you order safe meals in Chinese, French, Indian, Italian, Mexican, Steak and Thai restaurants close to your home or around the world without having to search for gluten-free



menus or allergy charts. Browse menu choices, ingredients, sauces, food preparation and cross-contamination considerations to avoid any combination of food allergens.

Gluten Free Restaurant Cards from CeliacTravel.com (free for iPhone, not available for Android)

This app has gluten-free restaurant cards in 54 languages to use when you dine out at a restaurant, either in the U.S. or abroad.

Books and eBooks:

***Gluten Free: The Definitive Resource Guide* by Shelley Case, BSc, RD**

***Gluten-Free Hassle-Free: A Simple, Sane, Dietitian-Approved Program for Eating Your Way Back to Health* by Marlisa Brown, MS, RD, CDE, CDN**

Magazines:

Allergic Living

Gluten-Free Living

Simply Gluten Free Magazine