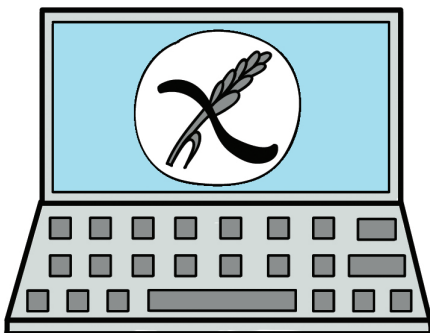
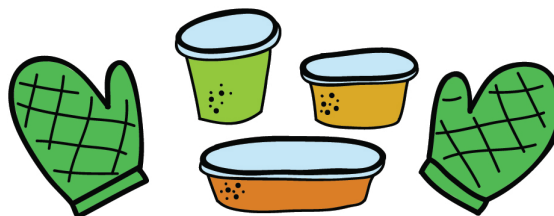


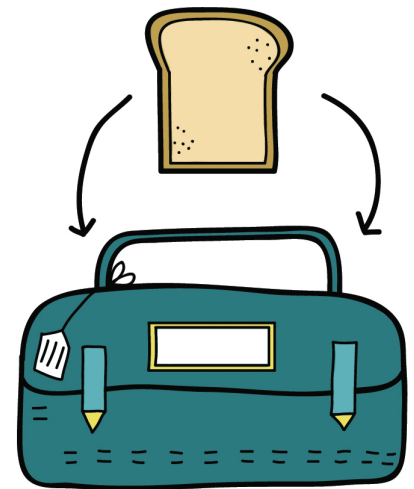
# HERE are SOME TIPS FOR people WITH COELIAC disease, THEIR family & FRIENDS (THANKS Lynsey!)



If you are looking for support on coeliac disease there are lots of sources such as the Coeliac UK website, and various social media pages where you can post questions and talk to other people with the condition.



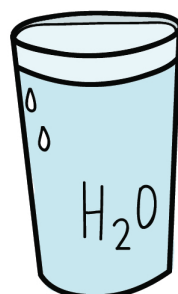
Be organised!  
Batch cook meals and have convenient snacks on hand



When travelling, consider where you'll be staying and take gluten free bread and other essentials, as needed.



When eating out, call venues in advance to ensure they offer gluten free options. Also check they know the importance of preparing gluten free food safely, free of cross-contamination.



If you are 'glutened', drink plenty of water.



Rely as much as possible on naturally gluten free foods.