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Celiac disease is a very common physical disorder that affects the intestine and limits the types of food that sufferers can eat - primarily it means gluten is your enemy. Lots of Australians have it and although it can be annoying when you go to parties, restaurants and the school canteen, it doesn't have to limit your lifestyle. You can avoid the symptoms of cramps and discomfort by simply ensuring you know the difference between 'good' foods and 'bad' foods. Do this and you can live a happy, healthy, regular life!

Popular foods and drinks that usually have gluten

Unfortunately, many of the most popular foods and drinks contain gluten, so you need to be careful, especially when you're dining out. If you are offered any of the following, beware, as they will most probably be carrying your biggest enemy - gluten.

• Bread • Pizza • Chips • Beer • Sweets • Cereals • Flavoured milk

While you may be tempted by the mouth-watering aromas, don't make the mistake of thinking "what the heck!" and gorging, only to feel sick later. It's unhealthy for your body and with all the delicious gluten-free alternatives, it's simply unnecessary.

Common foods that come in gluten-free form

While up until recently the small gluten-free section of the supermarket was your only choice for shopping, these days you can find entire stores devoted completely to gluten-free products. For example, Celiac Supplies in Brisbane (it was also the first of its kind in Australia) offers a massive range of gluten-free products including:

• Bread • Biscuits and crackers • Pastries • Confectionary • Sauces and marinades • so much more!

Every product available is brimming with a wealth of real flavour, which means that you can snack on or cook gluten free meals that are just as tempting and tasty as 'normal' options. Foods and drinks that are naturally gluten-free

Meanwhile, there are also lots of foods that naturally don't contain the gluten ingredient, and they're just as tasty. If you're looking to save money and don't want to have to purchase special gluten-free products, try to incorporate the following items into your diet as much as possible:

• Fruit • Plain rice • Eggs • Nuts and seeds • Vegetables • Plain milk • Soy • Tea • Coffee

As you can see, having celiac disease does not mean you have to suffer with a plain, simple and uninteresting diet. There are lots of tasty alternatives out there for you to choose from! So avoid the foods with gluten and seek out those delicious and healthy options that are available in places like Celiac Supplies. Take care of your health and take care of your taste buds!

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<http://www.articleside.com/fashion-articles/wheat-allergies-what-you-should-and-shouldn-t-eat.htm> -

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Celiac Supplies is the first 100% gluten free store in Australia. It endeavours to keep pace with new a [gluten free products](#) coming on to the market. This is coupled with ongoing assistance for customers, especially people new to the a [gluten free diet](#).

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