

## Gluten-Free Holiday Survival Guide

Just because you're gluten-free doesn't mean you can't have a "normal" holiday season. By taking a few precautions and planning ahead, you can enjoy your holiday festivities while staying gluten-free.

### Managing Unintentional Gluten Digestion

#### Unexpected and Hidden Sources

- ✓ Bring a list with you to remind yourself of the types of food and beverages to be wary of.
- ✓ Watch out for all types of sauces (such as dressings and marinades), beer, imitations meats, rice pilafs, spice mixes, and foods that can contain added flour, such as ice cream and French fries.

#### Cross-Contamination

- ✓ Speak with your host/hostess ahead of time and provide literature on the gluten-free diet.
- ✓ Avoid sharing utensils and dishes with others.
- ✓ Make sure your host uses cooking utensils and cookware specially reserved for making and serving gluten-free dishes.
- ✓ Ask to read food labels to verify that foods are gluten-free.
- ✓ BYOGF: Bring your own gluten-free food in case you are uncertain about any food items. When in doubt, don't.
- ✓ Bring along some gluten-digesting enzymes to help ease your symptoms should you accidentally consume gluten.

### Managing Intentional Gluten Digestion: When Gluten Ingestion Isn't Accidental

- ✓ Eat before your holiday event to make sure you're not overly hungry when you arrive.
- ✓ Bring your own gluten-free food.
- ✓ Fight the "Just This Once" Justification:
  - Remember that it's not worth it to suffer the physical and emotional effects of giving into your cravings.
  - Firmly decide that there are no exceptions to your gluten-free way of life as your personal policy.
  - Talk it over with a trusted friend or family member if you're feeling weak-willed.

Tina Turbin, Founder of <http://GlutenFreeHelp.info>  
Your Dependable Celiac and Gluten-Free Resource Guide

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