

EAT WELL, AGE WELL.

Monthly Tracking Calendar- Celiac Awareness

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

MONTH 1: WHEN GROCERY SHOPPING READ FOOD LABELS FOR HIDDEN FOOD ITEMS THAT CONTAIN WHEAT, BARLEY, AND RYE. EX: CHIPS, CANDY, COLD CUTS, GRAVY, ETC.

MONTH 2: USE SEPARATE CLEAN TOOLS WHEN COOKING, MIXING, AND SERVING GLUTEN-FREE FOODS.

MONTH 3: WHEN DINING OUT, ASK QUESTIONS. EX: ARE THERE CROUTONS, DOES THE SOUP CONTAIN FLOUR OR BARLEY, ETC.

MONTH 4: FIND GLUTEN-FREE LABELED FOOD ITEMS.

Complete these four weekly challenges to become aware of a gluten-free diet!