

they don't always work out so well!"

The good thing is, more people now understand what gluten allergy or gluten intolerance is. Many companies now make gluten free foods from rice, soy, corn, tapioca, bean and potato flours instead of wheat. More stores are selling gluten free products and many regular food stores have a gluten free section. There are even gluten free bakeries such as Babycakes NYC and Dee's One Smart Cookie. (right)

There's More?

The FDA (Food and Drug Administration) has a list of 8 major food allergens. They are milk, eggs, fish (e.g., bass, flounder, cod), crustacean shellfish (e.g. crab, lobster, shrimp), tree nuts (e.g., almonds, walnuts, pecans), peanuts, wheat and soybeans.

In 2004, a law was passed to require that foods containing any of the 8 major food allergens be labeled clearly. These 8 foods make up 95% of all food allergies.

Some people who have Celiac Disease are also allergic to some of the other 7 food allergens. They have to be especially careful when shopping for food so that they do not accidentally eat something they are allergic to.

Phew, is that it?

A major challenge for someone with a gluten allergy is contamination. Just because something is "gluten free" does not necessarily mean gluten has not touched it. It is very easy to contaminate gluten free foods with cooking utensils or other foods containing gluten. Therefore, a person with gluten allergy has to be vigilant of his or her food sources at all times.

There is no doubt that living gluten free is not easy. You have to educate yourself on how to living gluten free so you can take care of yourself, or one of your family members. And you can't expect for someone else to do it for you. You have to do it, because your health depends on it.

However, it is much easier to live gluten free now than it was years ago. Gluten free food is widely available and there are more choices to choose from. People living gluten free can avoid gluten and still live a normal and healthy life.

Dee's One Smart Cookie opened in November of 2007. The owner of the bakery, Dee, is a pastry chef and sugar artist. She herself has Celiac Disease. Everything that she sells is gluten and dairy free (many Celiac patients also cannot tolerate dairy), and she made all the recipes to the food she sells. "I was so happy to be able to eat cake—knowing that it was gluten-free and yummy was the best part. Thank you so much!" says one of Dee's customers. One could say that Dee is "one smart cookie!"

Dee's One Smart Cookie is located in Glastonbury, Connecticut.



Babycakes NYC is a bakery that is vegan, (no animal products, such as milk, butter, or eggs.) and mostly gluten, soy, casein, and egg free. They are also kosher and do not use artificial sweeteners. They also never use white sugar, but instead, they use agave nectar (which is a healthier choice.) Erin McKenna is the founder of the bakery and had started this business because of her own food allergies.

Babycakes NYC is located in Manhattan, New York.

