

# Top 5 Tips For Living the Good Life Gluten Free

## A Beginner's Guide







**Having to make a sudden switch to gluten free living can feel like an impossible task.**

You may be wondering where to start?



Are the words, "I can't eat anything!" zooming around in your head?

**Take a deep breath. You are not alone.**

This is an opportunity for an "upgrade"!

**By making a few changes you could have:**

- More energy
- Better digestion
- Clear thinking
- Lessening of joint pain
- Weight loss
- Improved outlook

**Sounds good, right?!**

## **Top 5 Tips for Gluten Free Living**

### **1. Start by removing the Major Sources of Gluten:**

- Breads, pasta, pizza crust, cereals, beer and even soy sauce can contain gluten.
- Any foods that contain wheat, barley, barley malt or rye can all be replaced with gluten-free alternatives.
- Ask me about the "**Where Gluten Hides in Everyday Foods**" guide.





## 2. Fill in with other Foods or Starches:

- Rice, potatoes, and corn are all gluten free. Use these foods in place of conventional pasta and bread if you need a starch with your meal.
- Explore new grains like quinoa, amaranth, and millet. I have some **delicious recipes**!!
- Increasing your veggies will also help crowd out the need for old gluten filled stand-by's.



## 3. Be prepared with Gluten Free Snacks:



- Having some kind of portable snack will help you stay away from “emergency” fast foods.
- A small bag of dried fruit and nuts, a gluten free protein bar, or carrot sticks and hummus are great options.
- Have a snack on hand when eating in an unfamiliar location. I have an **"Eating Out Guide"** to help you navigate menus!

## 4. Become your own Gluten Free Expert:

- **Learning about "sneaky gluten" at home is really important.** Sharing a jar of peanut butter can expose you to crumbs left behind on a knife used with “gluteny” bread.
- Items like wooden spoons, cutting boards, and pans can hang on to the gluten protein. Ask me about a **Virtual Kitchen Clean Out!**
- Kissing someone who has been drinking conventional beer can expose you to gluten. 🤔



**Before we get to the most important tip, I want to check in.  
Are you feeling overwhelmed?**



**I have been in your shoes!** Unfortunately, the "hiding under the covers until it all goes away" method didn't solve my **gut pain and eczema.**

**Keep reading, help is on the way!**



The most important tip when beginning your transition to Gluten Free...

## 5. Find someone to support you!



I learned (the hard way) that in order to make a lasting change, it's important to **have someone walk with you and support you** in finding the solutions that are right for you.

You can benefit from all the tips, tricks, delicious recipes, and resources I have gathered over more than two decades of GF Living.

**I would be honored to be your cheerleader and gluten-free guide!**

Send me a message at [www.ediehoppin.com](http://www.ediehoppin.com) or give me a call at **207.200.5349!**

Let's choose a time to get on the phone to talk about taking you  
**from freaked-out to fabulous!**

**It's time to make a change, and start taking care of you!**

**Taking charge of your health is a courageous act.  
It also takes courage to ask for help. You can do this!**

**I'm looking forward to talking with you! Let's get started!**



**You are going to love  
Living the Good Life, Gluten Free!**



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