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Refreshing Recipes for Spring

If you loved the recipes in this issue, find hundreds more for refreshing salads that go way beyond lettuce. Use snap peas, cucumbers, kale, asparagus, colorful fruits and more to make energizing and fresh meals this spring.



Gluten-Free Travel

While you can travel anywhere while living a gluten-free lifestyle, you do have to be cautious and prepared. Get all the tips and travel resources you need on packing, gluten-free apps and guides to specific destinations.



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AOAC

You might be living gluten free: Travel edition

There is no such thing as being over-prepared when you travel with a food intolerance/allergy. Packing the right clothing is taxing enough, but worrying about eating safely on the way to and at your destination is way more important to keep your mounting anxiety at bay. Heck, I have planned entire trips around where I want to eat versus what I want to do, ensuring I can relax and actually enjoy my vacation.

Whether you travel by plane, train, boat or car, if some of the traits that follow are familiar, you already are or will quickly become a traveling pro and enjoy a vacation full of gluten-free food, time with family and friends, and relaxation.

IF YOU PACK AN EXTRA SUITCASE FULL OF FOOD

I never thought I would pack more food in my luggage than clothing, shoes or hygiene products, but I do—every time. I usually come home with extra unused food, but I would rather have too much than not enough. No one wants to be hungry on vacation, so I pack comfort foods that will keep me full and my pesky anxiety at bay. When



Not Just Gluten Free!

If you or a loved one deals with more than one dietary restriction, check out our Not Just Gluten Free section, which includes expert advice, product picks and fantastic recipes for those who avoid dairy, meat, sugar, soy, fish, nuts and more in addition to living a gluten-free lifestyle.

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KIDS WILL BE KIDS

Spring time means picnics at the park & worry-free snacks.

Our portable test kits quickly detect gluten down to 10 ppm in food samples to keep you safe from accidental exposure.

> Learn more at ezaluten.com



Mixitup

packing, don't forget to include resealable bags and bag clips to keep food from going stale or spilling. Single-use plasticware and containers are also a good idea for eating on the go.



IF SPREADSHEETS ARE YOUR **BEST FRIEND**

Why yes, it is perfectly normal to create a spreadsheet of safe restaurants, bakeries and grocery stores to visit while on vacation. A spreadsheet is a

perfect way to "see" all of your options and form a plan of attack. Besides the name of the restaurant and phone number. I record hours, locations (side of the island, etc.), and the person who recommended it to prevent unnecessary trips, maximize eating and remind me who to thank. Why not take it one step further, like I do, and make reservations in advance at those "can't-miss" places with the best reviews. Making notes on what you ate, ambiance and service, views and why you would/wouldn't

come back is another great use of your trusty spreadsheet.

IF YOU MAKE FRIENDS EVERYWHERE YOU DINE. ONE CHEFATATIME

Even if you have researched dining options by perusing the menu, taking time to speak to the chef is paramount because it puts me at ease. It isn't always easy to live this life, so taking that extra bit of time to discuss your dietary needs directly with the chef leaves little margin for error or miscommunication. And it can open the door to creating an entrée that meets your needs versus deconstructing a current menu option. Who wants to get sick on vacation and spend time in bed or the bathroom while everyone else is out enjoying themselves? Not me. And, I am guessing, not you.

IF MENU READING HAS BECOME A RESUME-WORTHY SKILL

I don't know about you, but I have perfected the skill of skimming a menu and spotting gluten in about five seconds flat. Partially because I was a chef in my teen years and partly from consulting experiences, I understand the busy environment of a kitchen and the shortcuts that are commonly taken to get food out fast. This knowledge helps me narrow down feasible choices to discuss with the server/ chef and formulate questions to ask to get the ordering ball rolling. Traveling with restaurant cards that cover the basics of the gluten-free diet and celiac disease are helpful because they help you convey the seriousness of your dietary limitations.

IF YOUR MOST-USED APPS ARE FOR FINDING SAFE DINING AND SHOPPING I admit, there aren't a lot of apps

on my phone, but I have every app designed to assist travelers with finding places to eat and shop with dietary restrictions. An electronic lifeline to safe eating and shoppingcheck. Dedicated Gluten Free from ForGlutenSake.com contains the 100% dedicated gluten-free restaurants,





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food trucks, breweries, cideries, ice cream shops and bakeries all around the world—and it is free. Other free apps from Find Me Gluten Free, AllergyEats and Dine Gluten Free are full of restaurants to grab a glutenfree meal and include user reviews, consumer ratings, links to menus and customizable search features. After selecting the ingredients you avoid, iEatOut Gluten Free & Allergy Free lets you browse ingredients, food preparation and menu choices at ethnic restaurants and flags dishes. The Gluten Free Scanner, ShopWell and Sift Food Labels apps scan bar codes, read the ingredients for you, and determine if an item is gluten free.

I travel more now than I did before my celiac disease diagnosis. I am not going to let anything hold me back from traveling in the U.S. or abroad. I will gladly put in the work to ensure my vacation is memorable and delicious.

How many of our travel tips do you already follow?

