



GLUTEN FREE SOCIETY

Presents...

Gluten Free Society

Educating Patients and Doctors About Gluten

SOCIAL IMPLICATIONS OF BEING GLUTEN FREE

A general guide to dealing with social situations, family members, & peer pressure



Perspective is Important

- Diet is a choice. As in all walks of life, poor choices have consequences.
- Some consequences are worse than others (the issue is relative to the person)
- Going gluten free may be a forced choice for you. Accept it, get over it, and start living with it.
- If you allow the negativity in, you will be much less successful going gluten free.

Perspective is Important

You have to realize that a social life revolving around food has to change for you.



Social Situation #1

- People will try to feel sorry for you!
 - “You can’t eat a piece of cake? You poor thing.”
- Don’t allow it. This will only lead you to feeling sorry for yourself as well. The path to pity is a downward one that leads to dietary deviation.



Social Situation #2

- People will try to get you to eat gluten anyway...
- Most people do not understand the health implications of being gluten sensitive
- Many people will call you a “health nut” or make fun of your endeavors toward health. They will meet you with ridicule and skepticism.
 - They have to make fun of you to justify their own dietary inadequacies and poor health choices



Social Situation #3

- You are hungry, at a party. Your options are limited and you are not sure whether or not something contains gluten.
- Always err on the side of caution.
- It helps to carry small snack options with you.
 - Bag of nuts
 - Beef jerky
 - A piece of fruit, etc.



Social Situation #4

- Holiday Season with family members.
- Holidays can be challenging when other family members do not understand (especially for children).
- You have to learn to do one of two things:
 - Eat before attending (1-day excursion)
 - Bring food with you



Holiday Party

- Educate your family members as much as they are willing to listen.
- It is key to plan ahead. If you are not hosting, you will have to...
 - Bring several food dishes that are gluten free or
 - Eat before you arrive



Social Situation #5

- Parties and lunches for kids at school.
 - This will be covered in the video – Gluten Free Kids



How To Handle Parties

- General Tips
 - Eat before attending.
 - Kindly decline food offerings
 - Water or veggies are generally a safe fall back.
 - Keep snack food handy in your car or purse.



Dining Out

- Fast food is out!
 - Franken food is not food.
 - Teenagers don't care about gluten
 - Food is not organic and is chemically manipulated



Dining Out

- Limit dining out as much as possible & if you do eat out
 - Try to pick restaurants that serve organic food.
 - Call ahead when the employees are not as busy
 - Find the menu online
 - Vegetables, fish, and buffalo



Dealing With Friends

- Friends will often times be overly focused on your diet choices.
 - They will talk about your diet.
 - “how can you eat this way”
 - “I don’t know how you do it, I could never give up bread.”
 - They will bring it up too often and make you feel uncomfortable.
- Be firm and let them know that you do not want to continue focusing on your diet.

Dealing With Family

- Family members (especially parents) will give you a hard time. Especially if you have only been recently diagnosed or made the decision to eliminate grain.
 - “This is crazy”
 - “What about the children?”
 - “One cookie won’t hurt”
 - “You look unhealthy, your losing weight”
- They will not always understand. Don’t expect them to unless you want to be disappointed.

Dealing With Family

- Be firm with them. If they do not respect your wishes, you will have to make some tough decisions to protect yourself or your children.





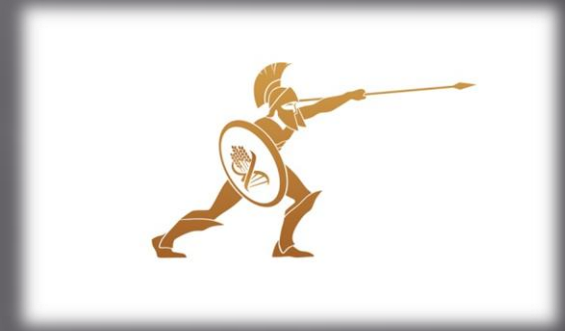
Reversing the Social Pressure

- Become a gluten free warrior
- Some people are not comfortable in social situations and do not want to be made the center of attention. The problem here is, if you go to social events, you will be the center of attention. This leaves you with 2 basic choices:



Reversing the Social Pressure

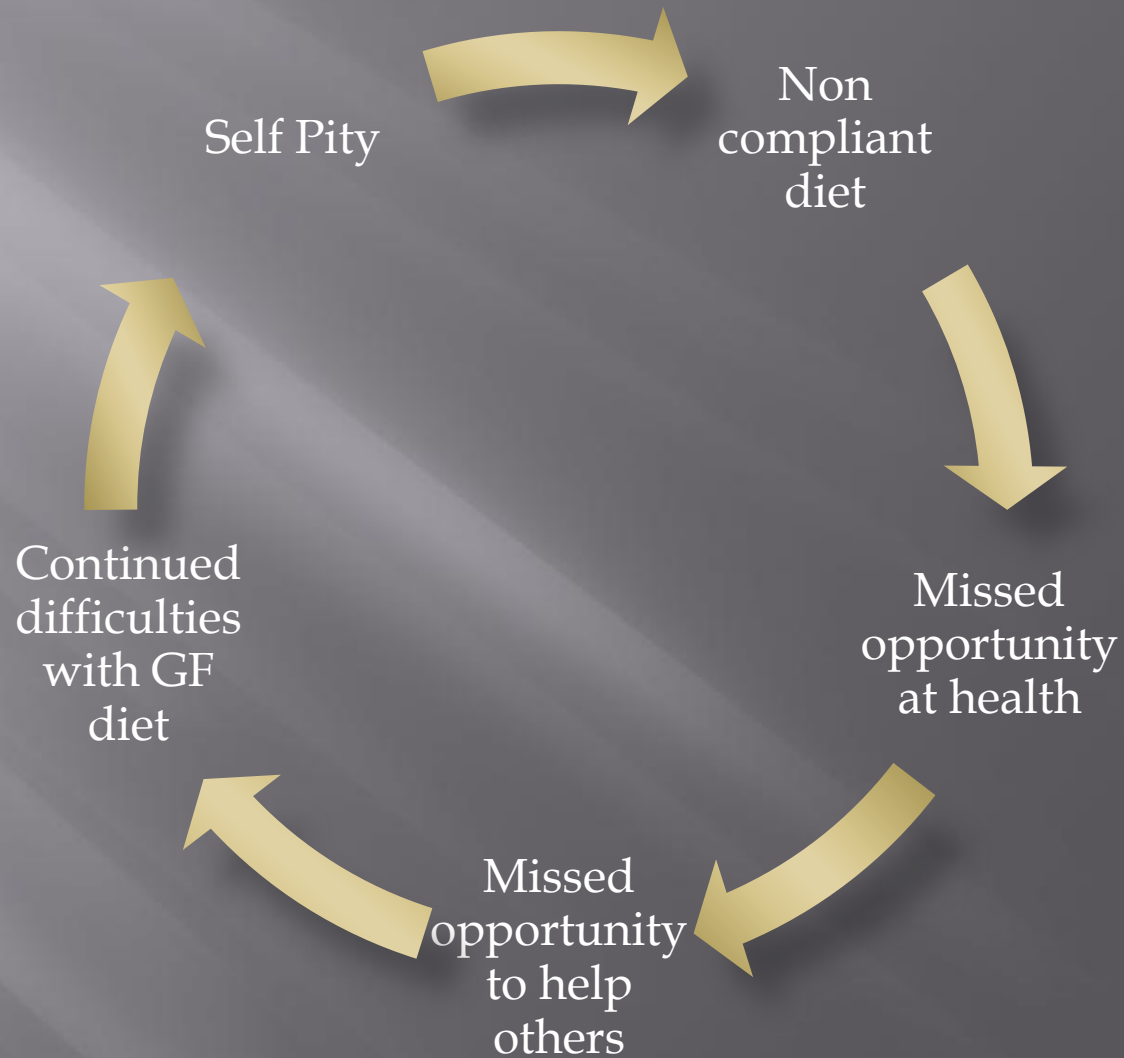
1. Avoid social events
2. **Become a gluten free warrior and help educate people**
 - Some research estimates that as many as 40% of the population has a problem with grains. The odds are, you will help someone out



Reversing Social Pressure

- As you go gluten free, you will become healthier in many ways
- Weight loss
- Skin tone
- Mental acuity
- People will take note of your improvements. Use these situations to introduce them to a gluten free lifestyle.
- The more people know, the less social pressure and skepticism you have to deal with.
- Gluten free 5, 10, and 20 years ago was much harder to accomplish than it is today. Mostly because many have laid the groundwork to educate others.

Don't fall prey to the vicious cycle...



Take Home Message

- Wrap your mind around the reality of the situation.
- Find support systems.
 - Family and friends (if possible)
 - Forums
 - Group meetings



The screenshot shows the homepage of the Gluten Free Society website. The header features the title "Gluten Free Society" and the tagline "Educating Patients and Doctors About Gluten". Below the header is a banner with images of blueberries, a woman reading to a child, a group of people, and a plate of food. A navigation bar contains links for HOME, DONATE, FORUM, GENETIC TESTING FOR GS, GF FOOD SOURCES, VIDEO TUTORIALS, and ENCOURAGEMENT. The "FORUM" link is circled in red. Below the navigation bar, the page title is "Gluten Free Society – About Us". A search bar is located on the right side. Below the search bar are three buttons: "Gluten Research" with a ribbon icon, "Gluten Free Tv" with a TV icon, and "Membership" with a group icon. A central banner reads "JOIN US GLUTENFREESOCIETY.ORG" with a logo.