



GLUTEN FREE SOCIETY

Presents...

Gluten Free Society

Educating Patients and Doctors About Gluten

EATING GLUTEN FREE ON THE ROAD



Planning Ahead is a Must

- Vacation
- Work
- Busy Schedule
- Make time to keep yourself healthy



The Food Suitcase

- Take foods with you that are easy to carry and won't perish quickly...
 - Beef jerky
 - Nuts and seeds
 - Dried fruit
- This will ensure that you have something to fall back on



Gluten Free Jerky, Nuts, & other food sources here



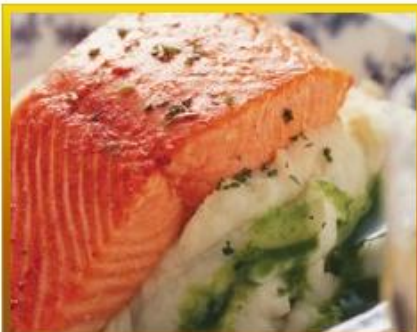
HOME DONATE FORUM GENETIC TESTING FOR G GF FOOD SOURCES VIDEO TUTORIALS ENCOURAGEMENT



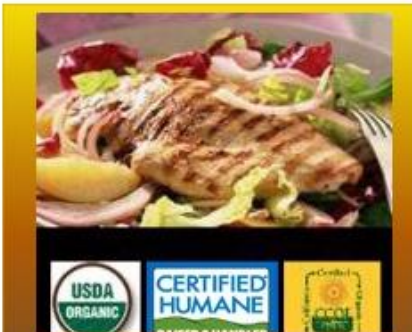
Grass Fed Bison



Grass Fed Beef



Mercury Free Salmon



Free Range Organic Chicken

Search

Gluten Research 

Gluten Free Tv 

Membership 

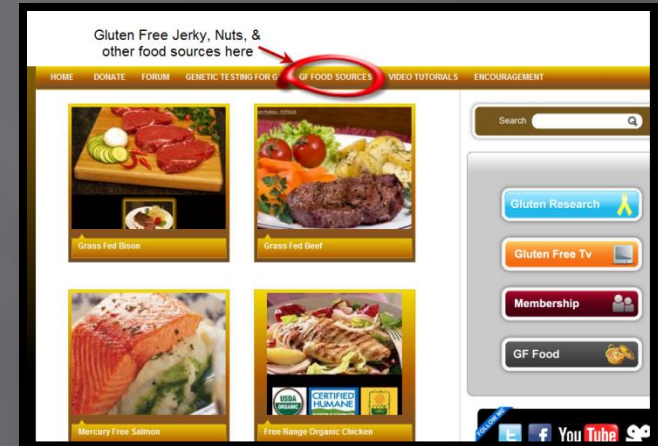
GF Food 

FOLLOW ME



Travel Friendly Foods Available Online

- Beef Pemmican
- Beef Snack Sticks
- Turkey Jerkey
- Bison Jerkey
- Canned Wild Salmon, sardines, and mackerel
- Dried Fruit
- Nuts



Plan out your itenary

- Call your hotel ahead of time to find out what restaurants, grocery stores, etc are available within the area.
- Find menus online
- Perform an internet search for local stores restaurants, etc in the general area you plan to visit.

- Find and stay in a hotel with a kitchenette if possible.

Use the Internet