**The Basics of a Gluten-Free Diet**

Going gluten-free can be explained with 3 different conditions - you are Coeliac diagnosed, you are gluten sensitive or you just like the new fashion and want to try it. No matter what is the reason behind it, there are strict rules that need to be applied to your gluten-free diet and here is some basic information that can help you.

What is forbidden?

If you are certain about your condition and are definitely going gluten-free, most grains should be avoided. That does not mean that you cannot enjoy some of them (quinoa, chia, corn - all naturally gluten-free). What you should avoid when it comes down to grains is wheat, rye, barley. A lot of the delicious everyday foods are naturally gluten-free - you can safely eat eggs, cheese, milk, beans and most importantly fruits and vegetables. If you are not used to some of the gluten-free foods, initially you will experience like your body is missing substantial ingredients but as anything else in life - it is about habits and it takes time to adjust and get used to it.

Be more careful with your drinking beverages. You would not need to remove a good glass of wine from your menu nor sports drinks and juices. The downside of a gluten-free diet comes with beer. Most beers sold in our supermarkets are containing the protein called gluten and if you are a die hard fan, you would need to be looking for the "gluten-free" label.

Coeliac and gluten sensitivity

The main reason why would someone change their eating habits is health. Getting diagnosed with coeliac could be a life changing event. It is usually surrounded by symptoms like diarrhea, severe rashes but there are many cases when no symptoms were experienced and yet the disease was there. If you are gluten sensitive a change in the meal plan is necessary as well. The gluten-free diet would have to be for life but if you follow it strictly you would still fully enjoy the rest of your healthy life.

Having to change your diet from regular to gluten-free could be a hassle in the beginning but with all the information online, it could start a life altering chain of events. The most important tip that you will get is to read the labels of the foods carefully. Familiarize yourself with the needed gluten information and how to avoid foods containing gluten.