



# 101 Best Gluten-Free Foods

*Health Research Staff*

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A rapidly growing number of people are affected by an intolerance for foods that contain gluten. In some people the symptoms of gluten sensitivity may include bloating, abdominal discomfort, pain or diarrhea. Or it may be felt with a variety of extra-intestinal symptoms including headaches and migraines, lethargy and tiredness, attention-deficit disorder and hyperactivity, autism and schizophrenia, muscular disturbances as well as bone and joint pain.

A change in diet to gluten-free foods has been demonstrated to alleviate the symptoms of gluten intolerance and a gluten-free diet is the only medically accepted treatment for celiac disease.

The good news is a gluten-free diet doesn't have to be boring, tasteless and drab like a lot of medical diets are.

The following 101 foods can be used to create an exciting but healthy daily diet that's gluten-free. We've selected the top picks that you should include in your diet plan regularly so you no longer have to wonder what to eat.

Not only are these foods gluten-free, but just as importantly, they're very rich in nutrients that will ensure you're feeding your body right and energizing yourself for all the different activities that you choose to pursue.

Includes a shopping list that conveniently organizes them as you would find them while shopping.

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