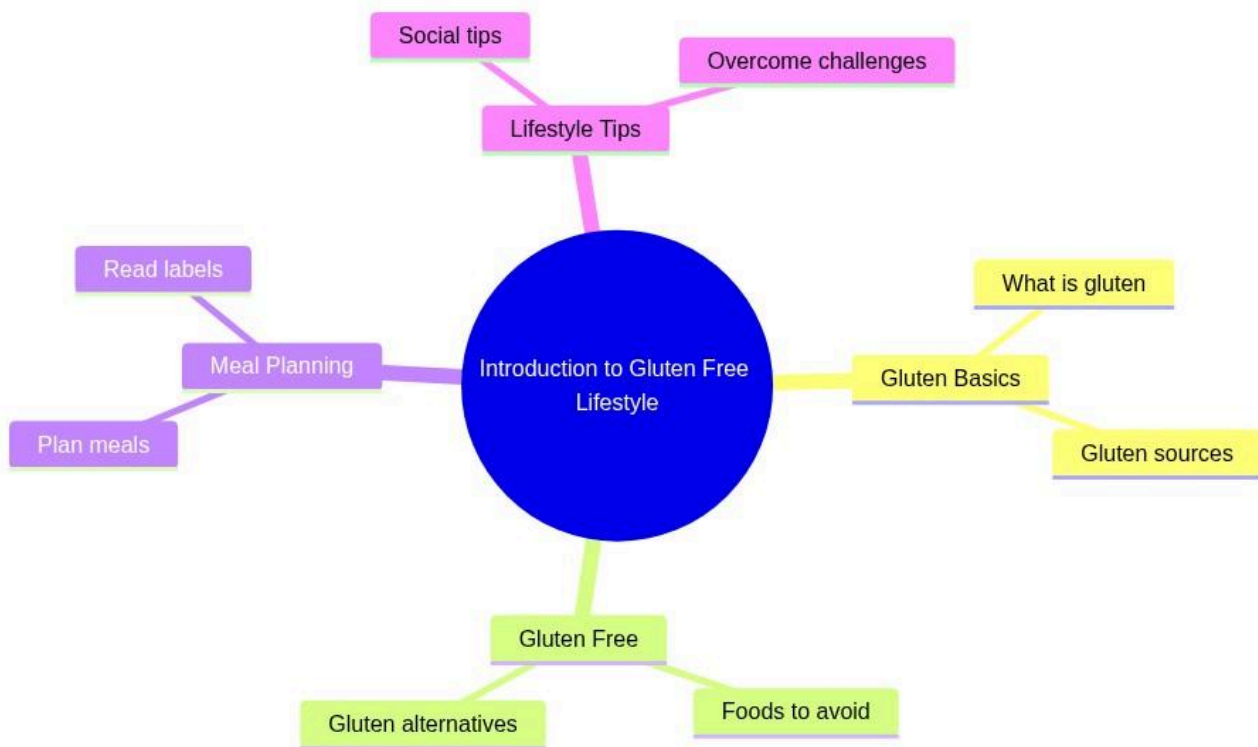


Professional Certificate in Gluten-free Lifestyle

Introduction to Gluten-Free Lifestyle



mindmap

root((Introduction to Gluten Free Lifestyle))

Gluten Basics

What is gluten

Gluten sources

Gluten Free

Foods to avoid

Gluten alternatives

Meal Planning

Plan meals

Read labels

Lifestyle Tips

Social tips

Overcome challenges