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Gluten Free Diet Made Easy: Understanding Gluten Free Food: A Great Way to Prepare Gluten Free Food for Your Love Ones

Ruth Smith

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Gluten free means that an item does not contain any ingredients that have wheat in them. In order for a product to be labeled gluten free it should not be made in a factory where wheat products are present. This is because that a product that is supposed to be gluten free can be accidentally be contaminated if other products are being made in the factory that will contain wheat products. For people with gluten intolerance or sensitivities it's important that gluten free items are actually gluten free and do not contain even a small amount of wheat ingredients in them.

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