



I HAVE AN AUTOIMMUNE DISEASE CALLED CELIAC DISEASE.

**I CAN'T CONSUME FOODS
CONTAINING GLUTEN:
WHEAT, RYE, BARLEY & OATS**

I become very ill when I consume gluten, or when foods are exposed to gluten through *cross contamination*. If the food is *unsafe* for me to consume, please tell me! Thank you.



GLUTEN-FREE TRAINING & BLOG

OneBiteGlutenFree.com

(857) 246-8345

annie@onebitegf.com