

## **Gluten Free Websites**

### **Organizations:**

These websites have a lot of information concerning Celiac Disease/Gluten Intolerance including definitions, research, symptoms, to support, restaurants, recipes.

Celiac.com <http://www.celiac.com>

Celiac Disease Foundation <http://celiac.org/>

Celiac.net <http://www.celiac.net/Celiac.net>

Gluten Intolerance Group <https://www.gluten.net/>

Celiac Support Association <http://www.csaceliacs.info/>

Gluten Free Registry <http://www.glutenfreeregistry.com>

### **Local Support groups:**

Gluten Free Arizona <http://www.glutenfreeaz.com/>

Gluten Free Arizona is an online blog, with information on local support groups, restaurants, bakeries, recipes and other bits of information.

Celiac Disease Foundation Arizona local chapter <http://celiac.org/chapters/arizona/>

Arizona East Valley Celiac Support Group (Celiac Disease Foundation) on Facebook

Southern Arizona Celiac Support Group <http://www.southernarizonaceliacsupport.org/>

This is a nice website with information on celiacs/gluten free, local shopping, dining, recipes, as well as events.

Phoenix Celiac .org <http://phoenixceliac.org>

This is another list of groups and local support groups

### **Also some fabulous gluten free magazines:**

Delight Gluten free [www.delightglutenfree.com](http://www.delightglutenfree.com)

Living without <http://www.livingwithout.com>

Gluten-free Living [www.glutenfreeliving.com](http://www.glutenfreeliving.com)

Easy Eats [www.easyeats.com](http://www.easyeats.com)

### **Gluten Free Cookbooks:**

There are a lot of cookbooks out there for you to peruse for some fabulous gluten free cooking and baking. It can get a little involved but take baby steps and you will get there. Perhaps consider going to a gluten free cooking/baking class as well.

## **Phone Apps for gluten free:**

Some apps are free and some have an initial cost and others have a monthly/yearly charge. These are a few apps for your phones, check them out, they can be handy to help you in this

### **Android phone apps**

Find Me Gluten Free -- 4.5 star rating --- easily find restaurants, fast food, bars, cafes, grocery stores and more

Gluten Free Recipes 1000 – 4 stars – Recipes, although seems no search window, this may have been updated so check it out

Gluten Free Living recipes – 4.3 stars -- recipes

### **iPhone/iPad apps**

Is That Gluten Free? For Groceries

Has a database of over 14,000 grocery store products from over 360 brands and it will tell you if you are not sure you can have that particular product. This app also has a searchable ingredients tab so that you can determine if there is any gluten in a product.

Is That Gluten Free? Eating Out

Lists 26 national and regional restaurant chains with gluten-free menu options.

Find Me Gluten Free

This app has member ratings, and reviews about the gluten free restaurants. This is great when going to a new area you do not know and need to find a place to eat that has gluten free food.

Gluten Free Daily

This is the all-inclusive app. This app has lots of education and information on gluten free lifestyle, grocery shopping lists, medication guides, exercise, journals and more. Has a free trial period of 7 days, so you can see if it will work for you, then there is a monthly charge, or if you pay yearly it cost less.

## **School supplies Gluten Free:**

<http://www.celiac.com/gluten-free/topic/7904-gf-school-supplies/>

<http://www.celiac.com/gluten-free/topic/61099-reason-for-gluten-free-school-supplies/>

## **Makeup Gluten Free:**

Afterglow <http://www.afterglowcosmetics.com/>  
Pure SKN [www.pure-skn.com](http://www.pure-skn.com).  
Peacekeeper <http://iamapeacekeeper.com/>  
Red Apple Lipstick <http://www.redapplelipstick.com/>  
No Gluten Natural Girl <http://www.noglutennaturalgirlproducts.com/>  
Gluten Free Beauty <https://www.facebook.com/pages/Gluten-Free-Beauty/>  
Currently not selling, projecting possibly return  
Physicians Formula <http://www.physiciansformula.com/>  
Some of their products are gluten free  
Juice Beauty [Juicebeauty.com](http://Juicebeauty.com)

### **Gluten Free Toothpastes**

<http://glutenaway.blogspot.com/2011/12/caution-toothpaste-may-be-source-of.html>

This is a blog that lists gluten free toothpastes.

### **Local Gluten Free Bakeries**

[www.glutenfreecreations.com](http://www.glutenfreecreations.com)

<http://www.findme glutenfree.com/us/az/phoenix/bakeries>