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Apr 10, 2013 This post is part of our series focusing on restricted diets from Beth of Tasty Yummies. Maybe you are new to a strictly gluten-free diet (due to Celiac

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### **Gluten-free diet quick tips (page 5) - eating**

4. Scout Out Sources of Gluten on Labels. If you can't tolerate gluten a protein found in wheat, rye and barley be vigilant about reading labels.

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