

A **gluten-free diet** is a diet completely free of ingredients derived from gluten-containing cereals: wheat, barley, rye, and triticale, as well as the use of gluten as a food additive in the form of a flavoring, stabilizing or thickening agent. Several grains and starch sources are considered acceptable for a gluten-free diet. The most frequently used are corn, potatoes, rice, and tapioca.

Special care is necessary when checking product ingredient lists since gluten comes in many forms: vegetable proteins and starch, modified food starch (when derived from wheat instead of maize), malt flavoring, and glucose syrup. Many ingredients contain wheat or barley derivatives.

Although many foods contain gluten, it is not always included in ingredients lists. This lack of inclusion is because gluten is not used in the formulation of the product, but in the preparation (or manufacturing) of listed ingredients. *One example is the dusting of the conveyor belts in the production facilities with gluten products to prevent the foods from sticking during processing.*

It has been proven that strict adherence to a gluten-free diet improves the overall quality of life for people with Celiac Disease, Gluten Intolerance, Autism and Attention Deficit Hyperactivity Disorder.

THEY CAN EAT THESE ITEMS AT GATORLAND

- **BEEF HOT DOGS AND FOOTLONGS ~ Hot Dogs**
- **NACHO & CHEESE**
- **BRATS ~ NO BUN**
- **BBQ IN A BOWL**
- **BOILED PEANUTS**
- **PLAIN POTATO CHIPS**
- **BOMB POPS**
- **DIP & DOTS ICE CREAM**
- **SNOW CONES**
- **COOL TUBES**
- **STRAWBERRY FRUIT BARS**
- **TURKEY LEGS**