

Allergen-Free Lifestyle

(NAPSA)—You or someone you care about probably has a food allergy or sensitivity. More than 15 million Americans—and nearly one in every 13 children—have food allergies, and the numbers only continue to rise, according to Food Allergy Research and Education. Fortunately, it's now easier than ever to maintain an allergen-free lifestyle thanks to a variety of new products that let the entire family enjoy slightly modified versions of the foods they know and love.

Chef Suzy Singh, R&D Chef at a leading natural foods manufacturer, NOW Real Food, offers these tips on living allergen- and gluten-free:



Chef Suzy Singh says gluten-free foods can be easy to make and delicious to eat.

1) A variety of basic, everyday foods and cooking essentials can be part of an allergen-free diet. Swap the wheat, barley, rye, oats and spelt for rice flour, potato starch, tapioca starch, potato flour, amaranth, quinoa, white rice flour, brown rice flour, xanthan gum, guar gum, sorghum, buckwheat, teff and millet. The new Living Now™ line of allergy-friendly products is designed to offer everyday gluten-free and allergy-friendly essentials to those looking to eat the things they love without the hassle it once was.

2) Read the label. There are many gluten-free options on the shelves. Look up anything you don't understand or contact the manufacturer.

3) Eating gluten-free can still be delicious and an option for everyone with help from NOW Foods. The company uses the latest manufacturing practices to ensure quality. Its products are made without dairy, wheat, soy, nuts, eggs, peanuts, tree nuts or fish, and are produced in a dedicated allergy-friendly facility.

Learn more at www.LivingNowFoods.com or call (888) 669-3663.