



## Helpful Information

### Related Links

#### Regulatory and Independent Organizations:

Gluten Intolerance Group

<http://www.gluten.org/>

Gluten-Free Certification Organization

<http://www.gfco.org/>

Canadian Celiac Association

<http://www.celiac.ca/>

Gluten-Free Certification Program

<http://www.glutenfreecert.com/>

Gluten-Free Watchdog

<https://www.glutenfreewatchdog.org/>

The Whole Grain Council

<http://wholegrainscouncil.org/>

Health Canada – Gluten-Free Labelling Claims

<http://www.hc-sc.gc.ca/fn-an/securit/allerg/cel-coe/avoine-gluten-oats-eng.php>

#### Gluten-Free and Celiac Experts:

Gluten-Free Diet – Shelley Case, RD

<http://www.glutenfreediet.ca/>

The Gluten-Free Dietician – Tricia Thompson, MS, RD

<http://www.glutenfreedietitian.com/>

#### Magazine:

Gluten-Free Living

<http://www.glutenfreeliving.com/gluten-free-foods/diet/basic-diet/>

#### Coupons and Savings:

Gluten-Free Coupons

<https://www.glutenfreecoupons.ca/>

Gluten-Free Saver

<http://www.glutenfreesaver.com/>