



WM. K. WARREN
MEDICAL RESEARCH CENTER
FOR CELIAC DISEASE

Reserve your space today for this informational workshop

March Madness

Mastering the Madness of Food Labels

Learning to read a food label is one of the most important tasks in successfully following a gluten-free diet, but it is not always easy to do. In this class, you will learn:

- How to identify ingredients that contain gluten
- How to choose healthy gluten-free products
- Who is ensuring foods are truly gluten-free

plus

- Step-by-step approach to following a gluten-free diet
- Learn how to identify gluten-free foods, shop for gluten-free products, create a gluten-free environment at home, and prepare for gluten-free dining outside the home

Date: Saturday, March 6
Time: 9:00 - 11:00 am
Location: UCSD La Jolla Campus
Instructor: Shawna McNally, MPH, RD

Limited space available. To reserve your space, do the following:

- ◆ E-mail or call Linda Nelson (lnelson@ucsd.edu, 858-822-1022) with the contact information (name, phone number, email address, mailing address) for each person to attend
- ◆ Send check for \$25* per person payable to "UC Regents" to:
Wm. K. Warren Celiac Center
University of California, San Diego
Attn: Linda Nelson
9500 Gilman Drive, #0623D
La Jolla, CA 92093-0623

**suggested minimum donation*

Telephone: (858) 822-1022

<http://celiaccenter.ucsd.edu>