

Try a gluten free lifestyle

GLUTEN and products incorporating gluten have become widely used in many processed foods in the past 100 years and have become a part of almost every meal. But they make some people sick.

Increasingly, people are eliminating gluten from their diets and discovering the benefits of natural gluten-free foods. Sufferers of coeliac disease are prescribed and must stick to a strict, lifelong gluten-free diet.

For people with gluten intolerance, eating foods containing gluten can leave them with symptoms including bloating, constipation or diarrhoea and lethargy.

Australian-based company Orgran Natural Foods, established in 1953, is dedicated to developing and producing natural alternative grain foods to help combat these daily symptoms.

Orgran's manufacturing plant produces more than 80 products, all free of gluten, wheat, egg, dairy and yeast and free, too, of genetically modified organisms.

The easy-to-read "free from" tick boxes on the front of packaging helps customers easily identify products that are safe for them and suitable for their dietary requirements.

Orgran gluten-free foods are easy to digest and are ideal to incorporate in a natural healthy and well-balanced diet.

Orgran says most people will benefit from their products because they are a nutritious natural alternative that provide a wide variety of alternative grains.

Some studies have claimed that children with autism and people with irritable bowel syndrome have shown positive improvements when on a natural gluten-free diet.

Produced in a totally dedicated, gluten-free production facility, Orgran has one of the most extensive ranges of gluten-free foods in Australia and internationally.

The range includes gluten-free pastas, biscuits, crispbreads and ready meals.

Many parents have been delighted to discover Orgran's Outback Animals biscuits, which are safe and nutritious for children to share with their friends. These biscuits contain 12.8 per cent dietary fibre and are free of wheat, gluten, dairy, egg, soy, nuts and are 100 per cent natural.

ORGRAN products are in the health-food aisle of Coles, Safeway/Woolworths, IGA, Foodworks, Franklins stores and at leading health-food stores.

Orgran has published Ruby M. Brown's latest cookbook, *Biscuits, Slices and Tarts*, which has more than 100 mouth-watering gluten-free recipes.

It's a perfect gift just in time for Mother's Day.

Everyday Health is a 60-page magazine dedicated to people with food allergies, health conditions and those looking for a healthy lifestyle. Produced by Orgran, it's available via subscription or at leading retailers.

more > 9776 9044 or email info@orgran.com



Gluten-free feast: Orgran provides a nutritious natural alternative to wheat-based foods.



Gluten free solutions with taste and variety

Orgran has a range of diverse products to meet the varied demands of a coeliac diet. All Orgran products are gluten free, wheat free, dairy free, egg free, yeast free and vegan.

Send us in your details for a Free copy of the Everyday Health Magazine

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The trusted name in gluten free foods

ORGRAN NATURAL FOODS



Great gift idea for Mothers Day

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