

# How Celiac Affects your Social life

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One of the hardest adjustments to make when it comes to going off gluten permanently is the **social aspect**.

As humans we are naturally social beings. A lot of our activities revolve around food. We go out to eat, we have people over, we get invited out to their homes, we go to events where food is served: weddings, functions and so on. We go out for business lunches. We go on picnics. We travel and we stop at shops and quickly run into the convenience store to grab a few snacks. We make a quick decision to get a take-away.

Food is a part of our lives on so many levels. It is embedded in culture, tradition, memories. Think about your favorite memories, I am sure food comes into most of them!

**Unfortunately all of this changes when you go gluten free.** The sad reality is that gluten-free is just not an option at a lot of these events, restaurants and take-away.

It becomes something you have to **plan around and for**. It can take away the spontaneity and this can dampen your enthusiasm for such occasions. But if you know what challenges you will encounter, and how to deal with them, then you will be prepared to face and overcome them.

So how do you work around these challenges?