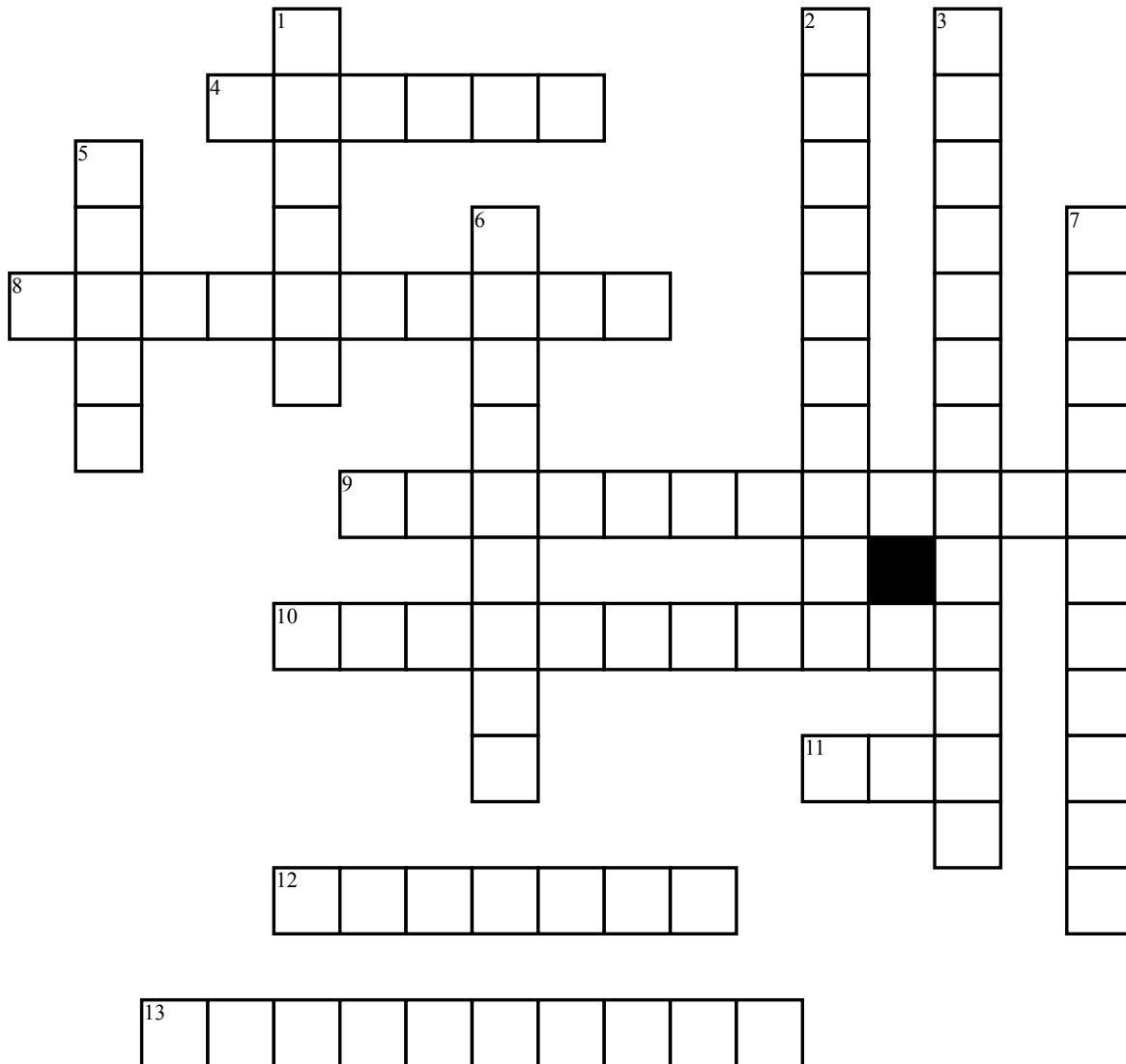


# Life Without Gluten



## Across

4. Wheat, barley, and oats  
8. continuous feeling of sadness and loss  
9. gluten causes this  
10. Another form of a gluten allergy  
11. A symptom of a gluten intolerance

12. feeling full or swollen

13. moodiness

## Down

1. A protein consisting of a mixture of glutelin and gliadin, present in cereal grains, esp wheat.  
2. A symptom of a gluten intolerance

3. The most severe form of a gluten allergy

5. A food that contains gluten

6. A type of gluten free flour

7. A test to determine if you are gluten intolerant