



No Gluten Allowed's Latest Blog Post Answers The 'Is Rice Gluten Free' Question

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No Gluten Allowed, a lifestyle and health website, has recently released a blog post answering one of the most common questions among the health conscious of today, "is rice gluten free?" The website, based in Sandy, Utah, has dedicated itself to providing important information to gluten-free and celiac individuals through relevant and easy to read blog entries found on its homepage.

No Gluten Allowed is a website that contains useful information about living a gluten-free lifestyle. It has gluten-free recipes, list of foods, and recent news concerning anything gluten. In addition, the website also features blog entries that mostly tackle relevant issues and answer readers' questions. "Our website is truly a great way for gluten-free individuals to learn more about gluten, and how to live without it," a writer at No Gluten Allowed mentioned. "We mostly get a lot of questions from those who are just starting to live gluten-free, and we do our best to respond to every single one of them through our blog posts and articles."

No Gluten Allowed's recent article addresses one of the most common questions raised when it comes to gluten-free food: Is rice gluten free? The answer, in a nutshell according to the blog post is: Yes. Rice is gluten-free because it does not contain the same protein that wheat contains.

Readers and visitors of the website can also be treated to the gluten free recipe blog it provides, which features breakfast, appetizer, dessert, main dish, side dish, bread, and snack recipes. Its Facebook page currently has 7,000 likes, this number continuing to increase everyday. Its most popular recipe is gluten free oatmeal cookies, which has over a thousand shares. Updates are made weekly, and recipe blog entries are added frequently.

No Gluten Allowed's mission of helping gluten-free and celiac individuals stands, as the website continues to create quality content and relate beneficial information to its readers. To date, countless health advocates have been spreading the many benefits of removing gluten in one's diet, which is a big step. With this, the website expects to draw more readers who want to live a healthier lifestyle by going gluten-free.

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For more information about No Gluten Allowed, contact the company here: No Gluten Allowed Steve (801) 810-8864 info@noglutenallowed.com 10006 Opal Cir Sandy, UT 84094

No Gluten Allowed

We are a website devoted to gluten free recipes, information, and anything else that relates to the life of those living gluten free.

Website: <http://www.noglutenallowed.com/>

Email: info@noglutenallowed.com

Phone: (801) 810-8864

