Irresistible Gluten Free Food Show is Coming to Brisbane

The ***Irresistible Gluten Free Food Show*** will be held for the first time in Brisbane on the 16th and 17th May, highlighting a range of delicious food options for the 1 in 100 Australians suffering from coeliac disease and other related conditions like gluten intolerance, fructose malabsorption and those affected by irritable bowel syndrome (IBS).

The Irresistible Gluten Free Food Show provides those interested in gluten free lifestyles and general good health a myriad of foods, goods and educational seminars all under one roof.

With over 100 food and product exhibitors showcasing their wares, visitors can see celebrity chef and author Tobie Puttock (Fifteen Restaurant Melbourne), and renowned dietician Dr Sue Shepherd demonstrate gluten free recipes in the Coles Celebrity Cooking Kitchen.

Learn about coeliac disease, IBS and maintaining a healthy gluten free diet, among other things, in the Information Sessions featuring internationally recognised leaders in the field.

Taste and sample products from speciality gluten free food manufacturers, major food manufacturers, cafes, restaurants and gluten free outlets.

The Irresistible Gluten Free Food Show is the place to learn, seek advice from health professionals and gain information on how to manage numerous food intolerances.

Tickets on sale now through Ticketek. www.ticketek.com.au or call 13 28 49. Pre-book your tickets and receive a Coles goodie bag at show valued at $15.00 (Available to the first 2000). Tickets also available at the door.

When: 16-17 May 2009

Where: Brisbane Convention & Exhibition Centre

Tickets: Available on the door; Adults $15.00, Concession / 12 to 16 years $12, Under 12 – Free, Family (2 + 2) $40

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