

Celiac Disease Guide

What is Celiac Disease?

Celiac disease is an autoimmune condition that causes inflammation in your digestive system. When left untreated, it can cause irreversible damage and limit your ability to absorb nutrients from the food you eat.

Symptoms of Celiac Disease



Diarrhea & Constipation



Stomach pain



Iron deficiency



Fatigue



Skin issues (dryness, rash)



Numbness, tingling



Bloating

The only way to manage Celiac disease is a **lifelong gluten-free lifestyle**.

Reading Food Labels for Gluten-Free Foods

Look for these signs

Certified
GF
Gluten-Free



Read the list of ingredients

Allergens like wheat and gluten should be stated in bold after the listed ingredients.

"May contain" means that the product does not directly contain wheat or gluten, but that it is processed in a facility that handles it. There may be traces of gluten in the product, making it unsafe to eat.

Celiac Safety Signals

Go: go ahead, always safe to eat



✓ Vegetables
✓ Fruits
✓ Eggs

✓ Buckwheat
✓ Quinoa
✓ Flax

✓ Quinoa
✓ Raw cuts of meat
✓ Corn

✓ Amaranth
✓ Chia
✓ Millet

✓ Rice
✓ Dairy

Slow: stop and read the ingredients to check for gluten-containing ingredients



~ Deli Meat
~ Oats
~ Soups

~ Cereal
~ Beer
~ Soy Sauce

~ Gravy
~ Chocolate + snacks
~ Prepared sauces

No: never safe to eat



✗ Wheat-based products (pasta, bread, meal helpers)
✗ Rye-based products
✗ Modified cornstarch

✗ Barley