

Celiac Disease

What is Celiac Disease?

- Celiac Disease is an autoimmune disease (a health problem where the body attacks itself). It damages the small intestine when someone eats gluten.
- Celiac Disease can show up at any age. It is hereditary, which means it can be passed down through families.

What are the symptoms?

Some people have many symptoms while others have none at all. Some common symptoms of Celiac Disease are:

- Diarrhea
- Stomach pain and bloating
- Constipation
- Weight loss
- Poor growth in children
- Anemia (a health problem where you don't have enough healthy red blood cells to carry enough oxygen to different parts of your body)
- Missed periods or periods that are not normal
- Depression or mood issues

Is there a cure for Celiac Disease?

The only cure is to eat a strict **gluten-free diet**.

Getting tested for Celiac Disease:

If you think you may have Celiac Disease, talk to your doctor about getting tested before you make any changes to your diet. You are only able to be tested for Celiac Disease while you are still eating gluten.

If you are diagnosed with Celiac Disease, it is important to start a gluten-free diet right away. Celiac Disease can lead to long-term health problems like:

- Anemia
- Bone problems
- Certain cancers
- Infertility (not being able to get pregnant)

If you do not have Celiac Disease, you may still be able to eat gluten.

Gluten-Free Diet

Gluten is a protein found in wheat, barley, rye, and some oats. It helps food keep its shape and stay together.

Foods that have gluten:

- Pasta and noodles
- Bread, pastries, and baked goods
- Breakfast foods: pancakes, waffles, crepes, French toast
- Pretzels and crackers
- Flour tortillas
- Croutons and bread crumbs (panko)
- Beer
- Stuffing
- Some cereals, soups, and gravies
- Some candies



Ingredients that have gluten:

- Malt flavor
- Wheat starch
- Wheat flour
- Barley malt
- Brewer's yeast
- Soy sauce



Make sure to read the ingredients on the food label before eating. If you're at a restaurant, ask what's in your food.

There are lots of gluten-free products at the store to try, but some foods are naturally gluten-free, like:

- Rice
- Corn and 100% corn tortillas
- All fruits and veggies
- Chicken
- Fish
- Eggs
- Pork
- Beef
- Quinoa
- Legumes (beans, lentils)
- All nuts
- Dairy (milk, yogurt)

