

What is Celiac Disease?

I have celiac disease.



That means I should not eat foods with gluten.



Gluten is a part of some foods.

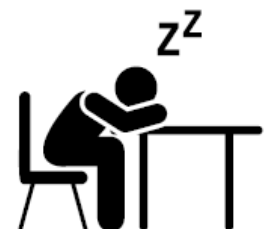


Eating gluten hurts my body.
If I eat gluten, I will not feel well.



I might:

- Get stomachaches
- Have diarrhea
- Feel bloated
- Be constipated
- Pass gas
- Feel tired



A food has gluten in it if:

- The ingredients say **wheat, barley, or rye.**
- The food was prepared or packaged with other foods that have gluten.



There are many names for gluten on food labels.

INGREDIENTS:
WHEAT, RYE,
BARLEY, MALT,
SPELT, DURUM,
FARRO, EMMER,
SEMOLINA,
FARINA, GRAHAM,
KAMUT, TRITICALE,
EINKORN WHEAT,
BREWER'S YEAST,
MALTED MILK, ATTA

These foods usually have gluten in them.

- Bread
- Pasta
- Pizza
- Some cereals and granola
- Oatmeal
- Pancakes and waffles
- Crackers
- Pretzels
- Croutons
- Baked goods like cake, cookies, and brownies,
- Beer



I should **not** eat them.



These foods might have gluten in them because of the way they are made.

- French fries
- Soup
- Chips
- Sauces
- Gravy
- Salad dressings
- Toppings or seasoning
- Flavored coffee and tea
- Deli meat



I should check if they have gluten before eating them.



I can still eat many types of food!



I can eat:

- Fruits and vegetables
- Meat, poultry, and fish
- Eggs
- Beans, seeds, and nuts
- Rice and quinoa
- Corn
- Many dairy products
- Foods with a “gluten-free” label



I can have gluten-free versions of my favorite foods.



I can eat:

- Pizza with cauliflower crust
- Zucchini or squash noodles
- Tacos with corn tortillas
- Hamburger with no bun



I will only eat gluten-free foods so my body feels good!

