

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 read the ingredients to check if a food has gluten in it.

Nutrition Facts	
about 11 servings per container	
Serving size 3 oz (85g / about 12 pieces)	
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 2g	7%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.5mg	2%
Potassium 250mg	6%

Calories per gram:

Fat g	Carbohydrate g	Protein g

INGREDIENTS: POTATOES, VEGETABLE OIL, CONTAINS ONE OR MORE OF THE FOLLOWING OILS: CANOLA, SOYBEAN, COTTONSEED, SUNFLOWER, CORN, BLEACHED ENRICHED WHEAT FLOUR, BLEACHED WHEAT FLOUR, NIACIN, REDUCED MON, THIAMINE MONONITRATE, INOSITOL, FOLIC ACID, CONTAINS 2% OR LESS OF CORN MEAL, DEXTROSE, DRIED YEAST, GARLIC POWDER, NATURAL FLAVOR, OLEORESIN PAPRIKA COLOR, ONION POWDER, SALT, LEAVENING, SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE, SODIUM ACID PYROPHOSPHATE ADDED TO MAINTAIN COLOR, SPICES, TRIPOLYD STARCH.
CONTAINS WHEAT.
CONTAINS BIOENGINEERED FOOD INGREDIENTS.

I can use apps such as [The Gluten Free Scanner](#) to check if a food has gluten in it.



If I am not sure if a food has gluten in it, I should ask a trusted adult.



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!

