

# Celiac Disease & Gluten Free Diets

Celiac disease is a lifelong condition where the body reacts negatively to gluten, a protein found in wheat, barley, and rye. People with celiac disease experience damage to their small intestine when they consume gluten, leading to stomach pain, diarrhea, and difficulty in absorbing nutrients from food. The most effective treatment for celiac disease is a strict gluten-free diet.



## Gluten Free Diet Guide

Gluten-Free Foods	Foods to Avoid
Fruits and vegetables	Breads and pastries made with wheat, barley, or rye
Meat and poultry (without breading)	Pasta made with wheat
Fish and seafood (without breading)	Cereals containing wheat, barley, or rye
Dairy products	Beer and malt beverages
Beans, legumes, and nuts	Gravies and sauces thickened with wheat flour
Rice, corn, quinoa, buckwheat	Processed foods that may contain gluten as an additive
Gluten-free flours (rice, soy, corn, potato)	Certain salad dressings and soy sauces

- Always read food labels to check for gluten.
- Be aware of cross-contamination. Use separate cooking tools and surfaces for gluten-free foods.
- When eating out, ask about gluten-free options and how food is prepared.
- Plan your meals and snacks to include a variety of gluten-free foods.
- A dietitian can help create a gluten-free diet that's right for you. Ask your IGIC provider for an appointment with our GI dietician.