



# CELIAC DISEASE

## Remember

We are imperfect beings and each day is new and different. Some days it may be easier to follow the suggestions than others.

Be gentle with yourself.

## Goal

Self compassion and kindness towards your body

## Every body is different

There are a spectrum of symptoms and reactions

If any food or movement recommendations do not feel right for your body, trust that! It may be helpful to talk more about this with your dietitian.

## WHAT IS IT?

An immune reaction to eating gluten, a protein which is found in wheat, rye, and barley. Over time and with continued exposure, the reaction damages the lining of the small intestine and prevents the absorption of nutrients from food. The intestinal damage can lead to diarrhea, fatigue, weight changes, bloating, and anemia.

## GENTLE NUTRITION SUGGESTIONS

Follow as you are able to

- There is no cure for Celiac disease, but following a gluten-free diet can help manage symptoms and promote intestinal healing.
- Look for products that are labeled "gluten-free," or check the ingredients list for gluten-containing ingredients if a product doesn't have the label.
- Many grains are naturally gluten-free, such as rice, corn, buckwheat, quinoa, millet, and teff. Look for products made from these ingredients or experiment with cooking them at home!
- Some foods contain gluten but may not mention it. Look at the Celiac Foundation's website for hidden sources of gluten on labels or in restaurants. <https://celiac.org/gluten-free-living/what-is-gluten/sources-of-gluten/>
- Avoid cross contamination when possible and advocate for yourself when dining out. Here is a guide with suggestions of how to order gluten-free out at a restaurant: <https://gluten.org/how-to-order-gluten-free-food-in-a-restaurant/>

*\*If any of these suggestions are harmful to other aspects of your health, then do not engage in them*

## OTHER RECOMMENDATIONS

- Talk with your medical provider about treating anemias or deficiencies. They may recommend electrolyte or fluid replacement, certain foods, or nutritional supplements.
- Living with Celiac can be difficult but there are many support groups out there. Here is a list of a few: <https://www.beyondceliac.org/celiac-disease/additional-information/support-groups/>.



# TOTAL HEALTH

Health is complex and is influenced by many factors.

Not all factors are within your control.

It is important to consider all of these factors, not just food and movement choices, when exploring ways to improve your health.



## Psst..

It is not your fault for having this health condition!  
Discuss causes and risk factors with your doctor or registered dietitian if you are interested.

### References

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