

# CELIAC DISEASE

## 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.

- 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 does not 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/>

## 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/celiacdisease/additional-information/support-groups/>.

\*Do not engage in any of these suggestions if they are harmful to other aspects of your health.

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## 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.

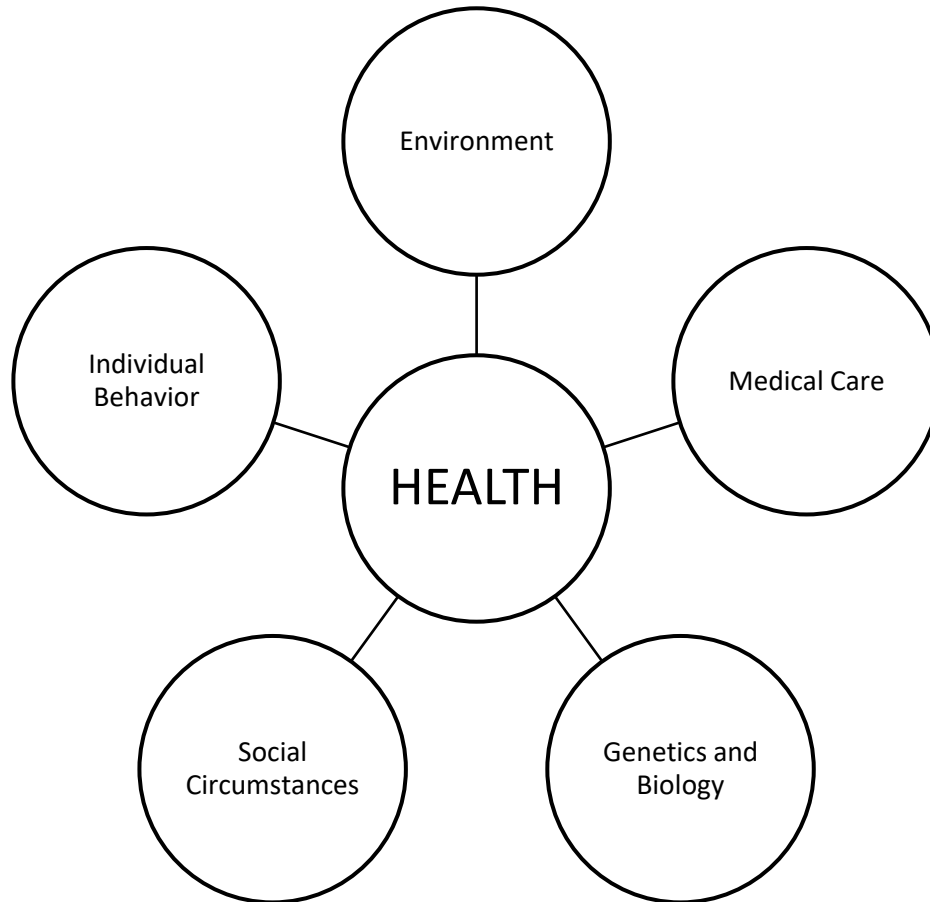
## EVERY BODY IS DIFFERENT

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.

# TOTAL HEALTH

Health is complex and is influenced by many factors. Not all factors are within your control.

It is important to consider all these factors, not just individual behaviors, when exploring ways to address your health.



## REMINDER:

This health condition is not your fault!

Discuss causes and risk factors with your doctor or registered dietitian if you are interested.

Image Description: A series of circles with Health labeled in the center circle. There are five additional circles surrounding the center circle each one connected to the center with a line. The surrounding circles are labeled: Environment, Medical Care, Genetics and Biology, Social Circumstances, and Individual Behavior.

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## REFERENCES

Mahan KL, Raymond JL. Krause's Food and The Nutrition Care Process, 14th Ed. St Louis, MO: Elsevier; 2017.

Gluten-Free Foods. Celiac Disease Foundation website. <https://celiac.org/gluten-free-living/gluten-free-foods/>. Accessed February 2019.

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## DISCLAIMERS

Handout created by Emily Izer, Bastyr University Dietetic Intern and reviewed by Meghan Cichy, Registered Dietitian. Template design by Elisabeth Kelsey, Bastyr Dietetic Intern.

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