

## LIVING WITH CELIAC DISEASE

### DIET TIPS & GUIDANCE

Celiac disease is a chronic autoimmune disorder that affects the small intestine and causes gluten intolerance, a protein found in wheat, rye and barley.

### HOW TO TELL IF THE PACKAGED FOOD PRODUCT IS GLUTEN-FREE

#### 1. A gluten-free label

If a product claims to be gluten-free on the package, it is most likely safe to eat, as the **FDA only allows packaged foods with less than 20 ppm of gluten to be labeled “gluten-free.”**

However, you should still check the ingredients list. It is also important to remember that “wheat-free” does not necessarily mean “gluten-free.”







#### 2. Check the allergen listing

Some packaging has a list of common allergens found in the product. Such allergens include **wheat, soy, eggs, nuts and milk**. This list can be a quick way to rule out something if the package says “contains wheat.” However, **a lack of allergen labeling does NOT mean the product is gluten-free.**

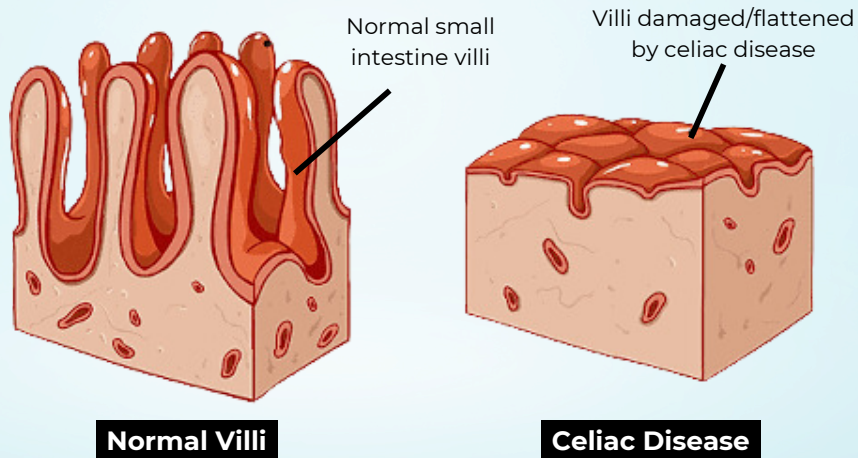
**Barley and rye are not in the top 8 allergens required to be listed.** Be sure to check the ingredients list for other hidden sources of gluten.



### FOODS TO AVOID

<p>Wheat</p> 	<p>Barley</p> 
<p>Rye</p> 	<p>Malt</p> 
<p>Brewers yeast</p> 	<p>Oaks</p> 

### LINING OF THE SMALL INTESTINE



### OTHER RESOURCES

#### Celiac.org

- Find the latest information regarding celiac disease and following a gluten-free diet.

#### Eat! Gluten

- This free app serves as a guide for gluten-free shopping. You can search for your favorite products and recipes or discover what is new locally and globally on the gluten-free market.

Need more help?  
GI Associates is here for you.

Schedule your appointment today:  
715.847.2558 or [giassoc.org](http://giassoc.org)