



FROM THE OFFICE OF DR.

# If you have celiac disease

If you have been diagnosed with celiac disease, your doctor will refer you to a dietician, who can help you follow a gluten-free diet. In general, this means avoiding all food products that contain wheat, barley, rye, and, at first, oats. Your dietician will give you a list of foods to avoid. Some products are obvious, such as flour, cereals, crackers, and pasta. However, some gluten-containing foods may not be so obvious. These include\*:

- Baked beans
- Chocolate bars
- Dry roasted nuts
- Icing and frosting
- Imitation bacon bits
- Imitation seafood
- Licorice
- Marinades
- Processed meats and poultry
- Roux
- Salad dressings
- Seasonings
- Soups
- Soy sauce

Since you are allergic to gluten, there is no safe level of gluten that you can consume. Most patients improve when they follow a strict gluten-free diet, but symptoms will return if you eat any gluten. Oats may be added back into the diet at low levels (2 ounces/day) once your symptoms have cleared up.

You may also have to avoid foods that contain lactose, such as milk, cheese, and yogurt. This is because the disease may have already damaged the lining of the

intestines, making it difficult to digest these foods. Like oats, lactose can be slowly added back into the diet once symptoms improve.

Your dietician may also recommend vitamin and mineral supplements. Many patients need vitamins A, D, E, and K as well as iron, folate, calcium, and magnesium. However, don't start taking these on your own until you have talked about it with your dietician, since it is possible to take too much of these.

## For more information

**American Celiac Society—  
Dietary Support Coalition**  
P.O. Box 23455  
New Orleans, LA 70183-0455  
504-737-3293  
www.americanceliciansociety.org  
e-mail: amerceliacsoc@yahoo.net

**Celiac Disease Foundation**  
13251 Ventura Boulevard, #1  
Studio City, CA 91604  
818-990-2354  
www.celiac.org  
e-mail: cdf@celiac.org

**Celiac Sprue Association**  
P.O. Box 31700  
Omaha, NE 68131-0700  
877-CSA-4CSA  
(877-272-4272)  
www.csaceliacs.org  
e-mail: celiacs@csaceliacs.org

**Gluten Intolerance Group of  
North America**  
15110 10th Avenue, SW.,  
Suite A  
Seattle, WA 98166  
206-246-6652  
www.gluten.net  
e-mail: info@gluten.net

\*List adapted from Case S. The gluten-free diet: how to provide effective education and resources. Gastroenterology 2005; 128:S128-S134, with permission from the American Gastroenterological Association.



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