

I have Celiac Disease

I AM 100% GLUTEN FREE,
PLEASE HELP ME STAY THAT WAY ©

- ▶ CELIAC DISEASE IS AN AUTOIMMUNE DISEASE.
- ▶ WHEN I HAVE GLUTEN, MY BODY LITERALLY ATTACKS ITSELF.
- ▶ EVEN ONE CRUMB CAN STAY IN MY SYSTEM FOR 2-3 MONTHS CAUSING DAMAGE TO MY BODY.
- ▶ LOOK FOR A CERTIFIED GLUTEN FREE LABEL. STAY AWAY FROM INGREDIENTS WITH WHEAT, BARLEY, RYE AND MALT. ALSO VERIFY THE TYPE OF FLOUR USED. STAY AWAY FROM ANY PRODUCTS WITH A 'MAY CONTAIN WHEAT OR GLUTEN' OR 'MANUFACTURED IN A FACILITY WITH WHEAT OR GLUTEN' NOTICE.
- ▶ CROSS CONTAMINATION IS A REAL THING. THE BUTTER. THE PEANUT BUTTER JAR. THE MAYO, THE JELLY. THE CUTTING BOARD. THE TOASTER. THE BLENDER, THE MIXER...
- ▶ PLEASE DO NOT COOK/BAKE FOR ME AS YOUR HOME IS NOT CELIAC SAFE AND I CAN NOT EAT IT. I CAN EAT PACKAGED FOOD THAT IS SEALED AND HAS A CERTIFIED GLUTEN FREE LABEL ONLY. WHEN SERVING ME FOOD PLEASE TAKE ALL PRECAUTIONS. I'D RATHER NOT EAT IT IF WE AREN'T SURE IT IS SAFE.

SCHOOL SUPPLIES

BEWARE OF GLUTEN

Playdough, paper mâché, some finger paints, etc.

WHEN IN DOUBT

ASK MY MOM OR DAD

It is better to be safe than sorry

Gluten is...

found in wheat, barley, rye, malt, spelt and several other grains. Gluten serves as a binding agent in many foods. So foods such as sauces, dressings, soups, condiments and many other unexpected foods.



CELIAC COACH

• ServingCeliacs.com •

My Name is...

**I HAVE CELIAC
DISEASE**

MY STORY

CONTACT MY FAMILY

PARENTS NAME(S)

PHONE NUMBER:

EMAIL:

IF I HAVE GLUTEN MY MOST COMMON
SYMPTOMS ARE:

**MY FAVORITE SAFE
TREATS**

COOKIE FLAVOR & BRAND:

CHIP FLAVOR & BRAND:

CANDY FLAVOR & BRAND:

CANDY BAR FLAVOR & BRAND:

POPCORN FLAVOR & BRAND:

ICE CREAM & BRAND:

SAFE BRANDS: ENJOY LIFE FOODS,