

HOW TO KNOW
What to Eat

BE EDUCATED - BE AWARE - BE SMART - BE SAFE

NO ONE WILL BE AS CAREFUL AS YOU ARE,
SO TAKE CHARGE OF YOUR BODY AND WHAT GOES IN IT!



CELIAC COACH

• ServingCeliacs.com •

Educate to be safe

Gluten

WHEAT
BARLEY
RYE
WHEAT
BARLEY
RYE
MALT
BULGUR
TRITICALE
SPELT
FARRO
KAMUT
FARINA
SEMOLINA
SPELT

Gluten hides

SAUCES
DELI MEATS
AND CHEESES
CONDIMENTS
SOY SAUCE
RICE CEREALS
GRAVY
SOUPS
KETCHUP
SALAD
DRESSINGS
GUM
PLAY DOUGH
PAP MACHE
FINGER PAINTS
PET FOOD
LIPSTICK/
LIPBALM
MEDICATIONS
COSMETICS
KISSING

Check the label

STAY AWAY FROM
'MANUFACTURED
IN A FACILITY'
STAY WITH BRANDS
YOU KNOW AND
TRUST LOOK FOR
CERTIFIED
GF LABEL:



CELIAC COACH

• ServingCeliacs.com •

