

I AM GLUTEN FREE

GLUTEN IS A PROTEIN
FOUND IN SEVERAL
GRAINS

SUCH AS WHEAT, BARLEY, RYE,
MALT, ETC.

Gluten is hidden in several unexpected foods as it serves as a binding/ thickening agent in several foods

FOR MORE INFORMATION VISIT
SERVINGCELIACS.COM



CELIAC COACH

• ServingCeliacs.com •

I AM 100% GLUTEN FREE
Please help me stay that way!

Check the Label 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... WHEN COOKING OR BAKING FOR ME PLEASE TAKE ALL PRECAUTIONS. I'D RATHER NOT EAT IT IF WE AREN'T SURE IT IS SAFE.

When in doubt, ask my mom or dad!

