

I HAVE CELIAC DISEASE

IT 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

FOR MORE INFORMATION VISIT
SERVINGCELIACS.COM



CELIAC COACH

• ServingCeliacs.com •

I AM 100% GLUTEN FREE

Please help me stay that way!



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Celiac Disease IS NOT A FOOD ALLERGY. I WILL NOT GO INTO AN ANAPHALACTIC SHOCK. THERE IS NO MEDICATION THAT CAN HELP ME IF I GET 'GLUTENED'. I HAVE TO ENDURE MY SYMPTOMS AND TAKE CARE OF MY BODY AS IT ATTACKS ITSELF.

Symptoms MAY INCLUDE BUT ARE NOT LIMITED TO VOMITING, IBS (IRRITABLE BOWEL SYNDROME) DIARRHEA, CONSTIPATION, EXHAUSTION, JOINT PAIN, MUSCLE ACHES, MIGRAINES, HEARTBURN, ARTHRITIS, HAIR LOSS, ETC.

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... 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.

When in doubt, ask my mom or dad!