

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
GlutenFreeWithCoral.com



GLUTEN FREE
with Coral

I AM 100% GLUTEN FREE

Please help me stay that way!



GLUTEN FREE

with Coral

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 Contact

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!

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

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Dear Chef



**I HAVE
CELIAC
DISEASE**

AKA 100%
'GLUTEN FREE'

PLEASE HELP ME TO
REMAIN SAFE

EVEN ONE CRUMB CAN STAY IN MY
SYSTEM FOR 2-3 MONTHS WHERE
MY BODY LITERALLY ATTACKS
ITSELF

I WOULD LOVE TO HELP YOU
UNDERSTAND HOW TO PREP MY
FOOD TO ENSURE THE SAFETY OF
MY HEALTH

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



Necessary Precautions to take:

PREP AND COOK MY FOOD AWAY FROM OTHER FOODS
NEVER USE A FRYER THAT IS USED WITH OTHER BREADED ITEMS

Where gluten hides:

ANY INGREDIENTS THAT HAVE WHEAT, BARLEY, MALT,
RYE, OATMEAL (UNLESS SPECIFIED)
SAUCES: SOY SAUCE, KETCHUP, BBQ SAUCES...
SALAD AND DIPPING DRESSINGS
THICKENING AGENTS SUCH AS GRAVY...

Cross Contact:

IS A REAL THING. THE BUTTER. THE PEANUT BUTTER JAR. THE MAYO,
THE JELLY. THE PREP STATION. THE CUTTING BOARD. THE TOASTER.
THE BLENDER...

◆ WHEN SERVING ME FOOD PLEASE TAKE ALL PRECAUTIONS. I'D RATHER NOT EAT IT IF WE AREN'T SURE IT IS SAFE. I APPRECIATE YOUR HONESTY AND HOW YOU TAKE YOUR JOB AND MY DISEASE SERIOUSLY! ◆

CELIAC-PROOF YOUR HOME

 Checklist



GLUTEN FREE
with Coral



COMPLETE MODULE 3 OF THE
GLUTEN FREE TRANSFORMATION



DOWNLOAD SCANNING APP(S)
(IPIIT, EATING CLEAN, THE GLUTEN FREE
SCANNER, ETC...)



GO THROUGH EVERY ITEM IN YOUR
FRIDGE

SCAN AND CALL ABOUT ANY
SUSPICIOUS GLUTEN CONTAINING
FOODS

SEPARATE SAFE AND UNSAFE
FOODS

LABEL UNSAFE FOODS OR GET
RID OF IT



GO THROUGH EVERY ITEM IN YOUR
FREEZER

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SEPARATE SAFE AND UNSAFE
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GO THROUGH EVERY ITEM IN YOUR
PANTRY

SCAN AND CALL ABOUT ANY
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SEPARATE SAFE AND UNSAFE
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RID OF IT



GO THROUGH POTS, PANS, ELECTRIC
MIXERS, UTENSILS, GET RID OF ANY
WOODEN SPOONS/ UTENSILS



THROW AWAY ANY USED SPONGES AND
BRUSHES



VERIFY THAT ALL CONDIMENTS ARE NOT
CROSS CONTAMINATED



LOOK AT YOUR SOAPS, LOTIONS,
TOOTHPASTE, OR ANY OTHER BEAUTY
PRODUCTS THAT COULD BE INGESTED.
(SOME CELIACS HAVE A SKIN IRRITATION
TO PRODUCTS WITH GLUTEN)



GLUTEN FREE
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GLUTEN FREE YOUR HOME



Checklist



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(SOME PEOPLE HAVE A SKIN IRRITATION
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Teachers and Staff,

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REMAIN SAFE

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SYSTEM FOR 2-3 MONTHS WHERE MY
BODY LITERALLY ATTACKS ITSELF

I cannot eat anything that someone
else has prepared in their home. For
example, if someone makes gluten
free cupcakes I still cannot eat them
as it is too big of a risk.



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PLAY DOUGH, PAPER MACHE, & FINGER PAINTS MAY CONTAIN GLUTEN

When in doubt, ask my mom or dad!

Church Leaders,
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GF
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WHAT TO SAY TO A
Party Invite

Hello MY SON/DAUGHTER JUST GOT YOUR PARTY INVITATION. THANK YOU FOR THINKING OF & INVITING THEM. YOU MAY KNOW THAT HE/SHE HAS CELIAC DISEASE, THIS IS AUTOIMMUNE DISEASE WHERE HE CAN NOT HAVE GLUTEN. NOT EVEN A CRUMB. I AM MORE THAN HAPPY TO BRING HIS FOOD. WHAT ARE YOU PLANNING ON SERVING SO I CAN BRING SOMETHING THAT IS SAFE AND SIMILAR. I WILL ALSO PROVIDE A SWEET TREAT SO WHEN YOU ARE HAVING CAKE TIME, MY SON/DAUGHTER WILL ALSO BE PARTYING AWAY JUST WITH HIS OWN TREAT.

I ALSO WANT YOU TO KNOW THAT CROSS CONTACT IS A VERY REAL THING AND TO PROTECT MY CHILD, HE/SHE WILL NOT BE ABLE TO EAT ANYTHING PREPARED OR BAKED IN YOUR HOME. WE CAN ONLY TRUST COMPANIES THAT ARE CERTIFIED GLUTEN FREE.

THANK YOU SO MUCH FOR UNDERSTANDING AND WE ARE EXCITED FOR THE PARTY!

XOX.

Celiac Mom/Dad



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!



GLUTEN FREE
with Coral



Educate to be safe

Gluten

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
PAPER MACHE
FINGER PAINTS
PET FOOD
LIPSTICK/
LIPBALM
MEDICATIONS
COSMETICS
LOTIONS
SHAMPOOS
KISSING

Cross contact is real



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



Certified



Gluten-Free



Self Coaching Card

I am...

I AM ENOUGH

I AM MORE THAN CELIAC DISEASE

CELIAC DISEASE DOES NOT DEFINE ME AS A PERSON

I CAN HELP OTHERS

I AM



GLUTEN FREE

with Coral

My personal
Substitute Card

WHEN I AM CRAVING SOMETHING THAT CONTAINS GLUTEN, I WILL QUICKLY
REFERENCE BACK TO THIS CARD AND FIND A GOOD ALTERNATIVE.

WHEN I REALLY WANT

I WILL EAT THIS INSTEAD



GLUTEN FREE
with Coral

My favorite
GLUTEN FREE TREATS

THERE ARE MANY TREATS THAT ARE SAFE FOR ME TO ENJOY!
BUYING NAME BRAND FOOD IS ALWAYS BETTER AND IT IS BEST TO NOT BUY THE
HOLIDAY PACKAGED CANDY AS THESE ARE OFTEN NOT SAFE BECAUSE OF CROSS
CONTACT IN MANUFACTURING.

CANDY BAR _____

POPCORN _____

ICE CREAM _____

CHIPS _____

HARD CANDY _____

SAFE BRAND _____

GUM _____

SAFE BRAND _____



GLUTEN FREE
with Coral