

## Gluten-Free Resources

Take advantage of the growing number of celiac centers, support groups and organizations, books, magazines, websites and apps that focus on celiac disease and gluten-related disorders. We have listed some resources for you below. We try to include everyone so if you see an official group, center or organization that should be added, please let us know.

### **Celiac Medical Centers**

Below is a list of celiac centers across the United States which focus on patient care, educational outreach, and/or research for celiac disease and gluten related disorders.

Beth Israel Deaconess Medical Center, Celiac Center  
Boston, MA  
[www.CeliacNow.org](http://www.CeliacNow.org)

Center for Celiac Research and Treatment, Massachusetts General Hospital  
Boston, MA  
[www.celiaccenter.org](http://www.celiaccenter.org)

Boston Children's Hospital's Celiac Disease Program  
Boston MA  
[www.childrenshospital.org/celiac](http://www.childrenshospital.org/celiac)

The Celiac Disease Center at Columbia University  
New York, NY  
[www.celiacdiseasecenter.columbia.edu](http://www.celiacdiseasecenter.columbia.edu)

Mayo Clinic in Minnesota  
Rochester, MN  
[www.mayoclinic.org/celiac-disease](http://www.mayoclinic.org/celiac-disease)

The University of Chicago Celiac Disease Center  
Chicago, IL  
<http://www.cureceliacdisease.org/>

Nemours/Alfred I duPont Hospital for Children  
Pediatric GI Division  
Wilmington, DE  
[www.nemours.org/healthpro/deptofped/division/gastro.html](http://www.nemours.org/healthpro/deptofped/division/gastro.html)

The Celiac Center at Paoli Hospital  
Paoli, PA  
[www.mainlinehealth.org/paoliceliac](http://www.mainlinehealth.org/paoliceliac)

Center for Digestive Diseases at the University of Iowa Hospitals and Clinics  
Iowa City, IA  
[www.uihealthcare.org/CeliacDisease/](http://www.uihealthcare.org/CeliacDisease/)

The Celiac Disease Clinic at Rady Children's Hospital  
San Diego, CA  
[www.rchsd.org](http://www.rchsd.org)

Division of Gastroenterology and Nutrition at the Children's Hospital, Los Angeles  
Los Angeles, CA  
[www.chla.org/](http://www.chla.org/)

Celiac Disease Program at UCLA  
<http://gastro.ucla.edu/site.cfm?id=20>

Kogan Celiac Center at the Barnabas Health Ambulatory Care Center  
Livingston, NJ  
[www.barnabashealth.org/services/celiac/index.html](http://www.barnabashealth.org/services/celiac/index.html)

Stanford Celiac Disease Program  
Palo Alto, CA  
<https://stanfordhealthcare.org/medical-clinics/celiac-disease-program.html>

The Jefferson Celiac Center at Thomas Jefferson University Hospital  
Philadelphia, PA  
<http://hospitals.jefferson.edu/diseases-and-conditions/celiac-disease/>

The Celiac Center at the University of Tennessee Medical Center  
Knoxville, TN  
[www.utmedicalcenter.org/](http://www.utmedicalcenter.org/)

Digestive Health Center at the University of Virginia Health System  
Charlottesville, VA  
[www.uvahealth.com/services/digestive-health](http://www.uvahealth.com/services/digestive-health)

Wm. K. Warren Medical Research Center for Celiac Disease at the University of California, San Diego  
La Jolla, CA  
[www.celiaccenter.ucsd.edu](http://www.celiaccenter.ucsd.edu)

Children's Hospital of Wisconsin: Bonnie Lynn Mechanic Celiac Disease Clinic  
Bonnie Mechanic Celiac Disease Clinic  
Milwaukee, WI  
[www.chw.org/display/PPF/DocID/33040/router.asp](http://www.chw.org/display/PPF/DocID/33040/router.asp)

Nationwide Children's Hospital  
Columbus, OH  
[www.nationwidechildrens.org](http://www.nationwidechildrens.org)

University of Colorado Hospital  
Anschutz Medical Campus  
<https://www.uchealth.org/Pages/Home.aspx>  
Children's Hospital Colorado  
Aurora, CO  
[www.childrenscolorado.org](http://www.childrenscolorado.org)

### **National Support Groups/Resources**

Organizations and groups across the United States provide valuable support to those with celiac disease and non-celiac gluten sensitivity. They are strong advocates for the cause. Visit their sites for in-depth information and resources on living gluten-free.

New England Celiac Organization (serves New England)  
888-4-CELIAC  
[www.neceliac.org](http://www.neceliac.org)

Gluten Intolerance Group  
253-833-6655  
Email: [CustomerService@gluten.net](mailto:CustomerService@gluten.net)  
[www.gluten.net](http://www.gluten.net)

Celiac Disease Foundation  
(818) 716-1513  
[www.celiac.org](http://www.celiac.org)

Beyond Celiac  
215-325-1306  
Email: [info@beyondceliac.org](mailto:info@beyondceliac.org)  
[www.beyondceliac.org](http://www.beyondceliac.org)

International Foundation for Functional Gastrointestinal Disorders  
888-964-2001  
Email: [iffgd@iffgd.org](mailto:iffgd@iffgd.org)  
[www.iffgd.org](http://www.iffgd.org)

National Digestive Diseases Information Clearinghouse (NDDIC)  
Email: [nddic@info.niddk.nih.gov](mailto:nddic@info.niddk.nih.gov)  
Web: <http://digestive.niddk.nih.gov/ddiseases/pubs/celiac/index.htm>

North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (NASPGHAN)  
215-233-0808  
Email: [naspghan@naspghan.org](mailto:naspghan@naspghan.org)  
[www.gikids.org](http://www.gikids.org)

Academy of Nutrition and Dietetics  
800-877-1600  
[www.eatright.org](http://www.eatright.org)

Celiac Support Association  
877-272-4272  
[www.csaceliacs.org](http://www.csaceliacs.org)

Houston Celiac Support Group – CSA/USA, Inc. chapter  
Contact: Janet Rinehart, editor  
Email: [txjanet@swbell.net](mailto:txjanet@swbell.net)  
281-679-7608

American Gastroenterological Association  
<http://www.gastro.org/patient-care/conditions-diseases/celiac-disease>

Canadian Celiac Association  
[www.celiac.ca](http://www.celiac.ca)

National Institute of Diabetes and Digestive and Kidney Diseases  
[www.niddk.nih.gov](http://www.niddk.nih.gov)

National Institute of Health Celiac Disease Awareness Campaign  
[www.celiac.nih.gov](http://www.celiac.nih.gov)

North American Society for the Study of Celiac Disease  
[www.nasscd.org](http://www.nasscd.org)

## **MASSACHUSETTS**

New England Celiac Organization (serves New England)  
888-4-CELIAC  
[www.neceliac.org](http://www.neceliac.org)

Joslin Diabetes Center, Boston, MA  
[www.joslin.org/phs/celiac\\_disease.html](http://www.joslin.org/phs/celiac_disease.html)

Better Life Whole Foods, Springfield, MA  
Contact: Barbara Giammarino  
[barbara@betterlifewholefoods.com](mailto:barbara@betterlifewholefoods.com)  
413-783-9424 ext: 4

## **MAINE**

DPD Nutrition Consultants, Inc.  
Debbie Pepper-Dougherty, RD, LD  
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361 US Route One  
Falmouth ME 04105  
207-781-4922, (fax) 782-4925  
[dpepperd@mac.com](mailto:dpepperd@mac.com)  
[www.dpepperd.com](http://www.dpepperd.com)

## **CONNECTICUT**

Central Connecticut Celiac Support Group - CSA/USA, Inc.  
Contact: Dr. Todd Gladstone  
860-667-2327  
Contact: Nancy Ball  
(203) 634-0530

Gluten Intolerance Group of Shoreline East  
Contact: Sybil  
Email: [shoreglutenfree@yahoo.com](mailto:shoreglutenfree@yahoo.com)  
860-399-3410

## **NEW HAMPSHIRE**

Southern New Hampshire Gluten Intolerance Association  
Contact: John  
E-mail: [gluten02@yahoo.com](mailto:gluten02@yahoo.com)

## VERMONT

Celiac Support Group of Vermont  
Contact: Suzanne Ludlam  
Email: [rsludlam@yahoo.com](mailto:rsludlam@yahoo.com)  
802-527-0224

### Websites

[www.CeliacNow.org](http://www.CeliacNow.org)

Celiac Center, Beth Israel Deaconess Medical Center, Boston

Gluten-Free Watchdog

[www.glutenfreewatchdog.com](http://www.glutenfreewatchdog.com)

Gluten-Free Dietitian - Tricia Thompson, MS, RD

[www.glutenfreedietitian.com](http://www.glutenfreedietitian.com)

[www.glutenfreedrugs.com](http://www.glutenfreedrugs.com)

Offers numerous listings of gluten-free drugs and includes definitions of common ingredients in over-the-counter and prescription

Amy Burkhart, MD, RD

[www.theceliacmd.com](http://www.theceliacmd.com)

[www.celiac.com](http://www.celiac.com)

Covers numerous topics related to celiac disease

<http://www.cureceliacdisease.org/>

University of Chicago Celiac Disease Program that offers college-bound resources

[www.glutenfreediet.ca](http://www.glutenfreediet.ca)

Gluten-Free Diet Info- Shelley Case, RD

<http://www.glutenfreemd.com/>

Education materials and resources developed by Dr. Michelle Maria

[www.celiac.ca](http://www.celiac.ca)

Canadian Celiac Association

<http://www.glutenfreeglobetrotter.com>

Gluten-free travel blog

[www.glutenfreegoddess.blogspot.com](http://www.glutenfreegoddess.blogspot.com)

Karina's Kitchen: GF Recipes

[www.glutenfreegirl.com](http://www.glutenfreegirl.com)

Gluten Free Girl: blog with recipe

[www.celiacchicks.com](http://www.celiacchicks.com)

A Guide to a Hip and Healthy Gluten-Free Lifestyle

[www.befreeforme.com/blog](http://www.befreeforme.com/blog)

Coupons and samples to gluten-free and food-allergy customers

<http://glutenfreeda.com/>

Online cooking magazine

[www.celiactravel.com/cards](http://www.celiactravel.com/cards)

Gluten Free Restaurant Cards in many languages

Teens' Health (from Nemours)

<http://kidshealth.org/en/teens/celiac.html>

Gluten-Free Recipes and Shopping Resources

[www.csaceliacs.info/shop.jsp](http://www.csaceliacs.info/shop.jsp)

### **National List-serv:**

Send email message to: [celiac@listserv.icors.org](mailto:celiac@listserv.icors.org)

Subject line: leave blank

Text: SUB celiac your first name your last name

### **Books**

Books on celiac disease and gluten sensitivity are arriving on store shelves in great numbers. Please note many of these authors have written multiple books. If not otherwise listed, the book is available on

[www.amazon.com](http://www.amazon.com)

*Real Life with Celiac Disease: Troubleshooting and Thriving Gluten Free*

by Melinda Dennis, MS, RD, LDN and Daniel Leffler, MD, MS, 2010.

[www.reallifewithceliacdisease.com](http://www.reallifewithceliacdisease.com)

*Clinical Guide to Gluten-Related Disorders* by Dr. Alessio Fasano MD, 2013

*Gluten Freedom: The Nation's Leading Expert Offers the Essential Guide to a Healthy, Gluten-Free Lifestyle*, Dr. Alessio Fasano, 2014

*American Dietetic Association's Pocket Guide to Gluten-Free Strategies for Clients with Multiple Dietary Restrictions* by Tricia Thompson, 2011 (soon to be republished as of April 2016).

<http://www.eatrightstore.org/product/537CC7A3-75B7-4837-9883-419A759E4F55>

Also available on Barnes & Nobles.

Academy of Nutrition and Dietetics Client Education Brochure: *Gluten-Free Basics* by Tricia Thompson

<http://www.eatrightstore.org/product/A675BF0D-A601-4F7F-BD60-46942AD9DF29>

*Celiac Disease Nutrition Guide*, 3<sup>rd</sup> edition by Tricia Thompson, 2014.

[www.eatright.org/Shop/Product.aspx?id=5052](http://www.eatright.org/Shop/Product.aspx?id=5052)

*Celiac Disease: A Hidden Epidemic* by Peter HR Green, MD and Rory Jones, 2009.

*Mayo Clinic Going Gluten Free: Essential Guide to Managing Celiac Disease and Related Conditions*, by Joseph Murray MD, 2014.

*Gluten-Free Diet: A Comprehensive Resource Guide* by Shelley Case, RD, 2010.  
[www.glutenfreediet.ca](http://www.glutenfreediet.ca)

*The Essential Gluten-free Grocery Guide*  
*The Essential Gluten-free Restaurant Guide*  
[www.triumphdining.com](http://www.triumphdining.com)

*Recognizing Celiac Disease* by Cleo J. Libonati, RN, BSN, 2007.  
[www.recognizingceliacdisease.com](http://www.recognizingceliacdisease.com)

*Gluten Free Kids: Raising Happy, Healthy Children with Celiac Disease, Autism and Other Conditions*, by Danna Korn, 2010.

*Gluten-Free Friends: An Activity Book For Kids* by Nancy Patin-Falini, MA, RD, LDN, 2003

*Acceptability of Foods and Food Ingredients for the Gluten-Free Diet Pocket Dictionary*  
Canadian Celiac Association  
[www.celiac.ca](http://www.celiac.ca)

*Amy Goes Gluten Free: a young person's guide to celiac disease (cartoon book)*  
Children's Hospital Boston

*Celiac Disease: A Guide to Living with Gluten Intolerance* by Sylvia Bower, RN, 2006  
[www.barnesandnoble.com](http://www.barnesandnoble.com)

*Celiac Disease for Dummies* by Ian Blumer MD and Sheila Crowe MD, 2010

*The Ultimate Guide to Gluten-Free Living* by the Celiac Disease Center at Columbia University, 2009

### **Cookbooks**

Please note many of these authors have written multiple books. If not otherwise listed, the book is available on [www.amazon.com](http://www.amazon.com).

*Weeknight Gluten Free*, 2013  
*Gluten-Free Baking*, Williams-Sonoma, 2014  
Kristine Kidd

*The Gluten Free Gourmet Cooks Comfort Foods: Creating Old Favorites with the New Flours*  
Bette Hagman, 2004

*Gluten Free Baking* by Rebecca Reilly, 2007

*Wheat-Free, Gluten-Free Dessert Cookbook* by Connie Sarros, 2003

*Nearly Normal Cooking for Gluten-Free Eating* by Jules E. D. Shepard, 2006

*Gluten-Free Baking Classics*, 2006  
*The Gluten-Free Good Health Cookbook: The Delicious Way to Strengthen Your Immune System and Neutralize Inflammation*, 2010  
*Gluten-Free Baking Classics-The Heirloom Collection: 90 New Recipes and Conversion Know-How*, Annalise G. Roberts, 2014

*Artisanal Gluten-Free Cooking* by Kelli and Peter Bronski, 2012

*1,000 Gluten-Free Recipes*

*Cooking Free: 200+ Flavorful Recipes for People with Food Allergies and Multiple Food Sensitivities*  
*Gluten-Free Quick & Easy - From Prep to Plate without the Fuss: 200+ Recipes for People with Food Sensitivities*

*100 Best Gluten-Free Recipes*

Carol Fenster, Ph.D.

[www.carolfenster.com](http://www.carolfenster.com)

*Gluten-Free Hassle-Free: A Simple, Sane, Dietitian-Approved Program for Eating Your Way Back to Health, 2<sup>nd</sup> edition, 2013*

Marlisa Brown, MS, RD, CDE, CDN

[www.glutenfreeeasy.com](http://www.glutenfreeeasy.com)

*The Complete Idiot's Guide to Gluten-Free Eating*

Eve Adamson and Tricia Thompson, MS, RD

[www.glutenfreedietitian.com](http://www.glutenfreedietitian.com)

## **Magazines**

Delight Gluten Free

<http://www.delightglutenfree.com>

Allergic Living Magazine

[www.allergicliving.com](http://www.allergicliving.com)

Easy Eats (Magazine)

[www.easyeats.com](http://www.easyeats.com)

Gluten-Free Living Magazine

[www.glutenfreeliving.com](http://www.glutenfreeliving.com)

Simply Gluten Free Magazine

[www.simplyglutenfreemag.com](http://www.simplyglutenfreemag.com)

Gluten Free & More Magazine

<http://www.glutenfreeandmore.com/>

Beyond Celiac eNewsletter

<http://www.beyondceliac.org/subscribe/>

## **Apps**

AllergyFree Passport Apps

Offers different apps that people with celiac disease, as well as those with food allergies can customize to search for restaurants and menu items

[www.allergyfreepassport.com/apps/](http://www.allergyfreepassport.com/apps/)

Find Me Gluten Free

This app has addresses, phone numbers and menus for restaurants 'near me' or 'near address' or cities.

[www.findme glutenfree.com/](http://www.findme glutenfree.com/)

Gluten Free App Reviews (Academy of Nutrition and Dietetics)



<http://www.eatrightpro.org/resources/media/trends-and-reviews/app-reviews>

#### Gluten Free Registry

An app for iPhone, Android Smart phones and iPads with a searchable database of over 23,400+ gluten-free friendly business locations in U.S. and international locations.

[www.glutenfreeregistry.com](http://www.glutenfreeregistry.com)

#### Is that Gluten Free? (iPad & iPhone/iTouch app)

Search manufacturer verified gluten-free products by brand, product name or category

#### Whole Foods Market Recipes App

Free iPhone, iPod Touch, or iPad app that filters through recipes by categories and special diets. Finds recipes based on ingredient search, builds shopping lists

<http://www.wholefoodsmarket.com/apps>

#### Gluten Free Marketplace (Available on Google Play Store)

Comprehensive listing of gluten free and allergy free related products, companies and services produced by the Celiac Disease Foundation.

### **DVDs**

#### Raising your Celiac Child - Guidelines for a Gluten-Free Life

Children's Hospital Boston Family Health Education Series

[www.amazon.com](http://www.amazon.com)

#### Gluten Free at College: A guide for students, families and Dining Service Professionals

Children's Hospital Boston Family Health Education Series

[www.amazon.com](http://www.amazon.com)

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