



CELIACNOW.ORG Patient Education Check-List

Please review the checked items below on the www.celiacnow.org website.

Join our **email list** to receive updates on nutrition and medical articles, news & events, and research opportunities: celiac@bidmc.harvard.edu

- AN INTRODUCTION TO CELIAC DISEASE (CD)
- NON-CELIAC GLUTEN SENSITIVITY

NUTRITION AND THE GLUTEN FREE DIET

- Intro to the Gluten Free (GF) Diet
- Simple Start to the Gluten-Free Diet
- Healthy Eating on the Gluten Free Diet
- Fiber and the Gluten-Free Grains
- Gluten Free Snacking
- Cross Contamination
- Dining Out

LABEL READING

- Simple label reading
- FDA vs USDA
- Allergen Advisory Statements
- Food Ingredients
- Certification of Gluten-Free Foods
- Gluten Free Grains
- Oats
- Wheat Starch
- Alcohol

NUTRITIONAL CONSIDERATIONS ON THE GLUTEN-FREE DIET

- Common Nutr. Defic in CD
- Weight Gain on the GF Diet
- Constipation
- Lactose Intolerance
- SIBO
- Supplements
- Probiotics
- Digestive Enzymes

NUTRITION CONSULTS

- When is it Time to Visit a Dietitian?
- What to Expect at Your Nutrition Visit

RESOURCES

THRIVING GLUTEN-FREE

- Budgeting on the Gluten Free Diet

MEDICAL MANAGEMENT

- Diagnosis
- Treating CD
- Medical Management of CD

FAQs

NOTES: