

Trifold table tent: Fold at the three dotted lines and trim the top. Tape side edges together and place on tables.

Celiac Disease

Trust



Celiac disease has significantly changed within the past 50 years. There is research that supports that indigestion of gluten is the cause and the only way to manage symptoms is to eliminate gluten from the diet. There is a need to trust health care professionals and their screening techniques. The only cure is a strict gluten-free diet.

Weekly Challenge:

Understand that your doctor is there to protect and heal you! Ask for help if diagnosed with celiac disease.



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Celiac Disease

Talk



Celiac disease can be a hard thing to accept if diagnosed. This can impact many food items that are common within a diet. It's ok to struggle and ask for help with alterations of your diet. No one is asking you to do this alone. If you are not diagnosed, check in with those you know have celiac disease and give them support.

Weekly Challenge:

Talk with a friend or a health care professional regularly to relieve stress!

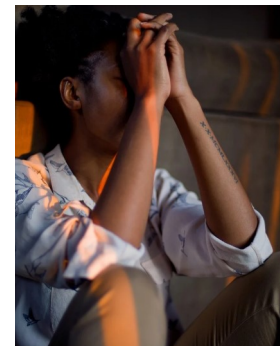


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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Mikayla Lenz 5-22

Celiac Disease

Food



Food is a large part of everyone's life. Food is amazing and will never be limited in flavor, even if gluten needs to be eliminated in a diet. Let's broaden our go to meals and see what foods we can create without gluten.

There is an endless array of foods that can be incorporated! So get creative and excited to try a new meal or food!

Weekly Challenge:

Try making one of your favorite dishes gluten free to understand what others go through!



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Celiac Awareness: Gluten



Gluten is a protein found naturally in many grains, like wheat, rye, and barley. It is found in a wide variety of products throughout the food industry beyond grain and bakery items because it is a common food additive. Gluten is also used in cosmetics, medications, & products like toothpaste and envelopes!

Weekly Challenge:

For one day, determine whether each product you use or consume contains gluten.



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Celiac Awareness: Celiac vs. Gluten Intolerance

Gluten-associated digestive issues are widespread. The characterization of these issues ranges. Gluten intolerance is defined as a sensitivity to gluten, whereas Celiac disease is an auto-immune disorder.

The management strategy for these issues is similar: avoid gluten. Avoiding gluten in the absence of these issues is not proven to be beneficial.

Weekly Challenge:

Think of how you would adapt your favorite recipes for a gluten-free friend or family member!

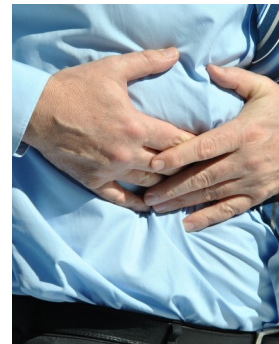


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Celiac Awareness: Industry Accommodations



The gluten-free industry has expanded as awareness of Celiac disease and gluten sensitivity has increased.

Gluten-free product variations are available in grocery stores, like gluten-free pasta, bread, and bakery mixes. Labeling of gluten-free products has become important for customer awareness, even if the product was not developed for that purpose.

Weekly Challenge:

Notice gluten-free alternatives at the grocery store.



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Celiac Awareness Month: Gluten

If you have Celiac disease, you need to avoid all foods and drinks containing the following: Wheat, barley, rye, or triticale — a cross between wheat and rye oats.

While oats are naturally gluten-free, they may be contaminated during production by coming into contact with wheat, barley or rye. So be sure the oats you buy say gluten-free.

Weekly Challenge:
Eliminate gluten for a full day, if possible.



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Celiac Awareness Month: Labels

When you are buying processed foods, you need to read labels to determine if they contain gluten.

Foods that contain wheat, barley, rye or triticale — or an ingredient derived from them — must be labeled with the name of the grain in the label's ingredient list.

Weekly Challenge:
When purchasing food, read each label carefully.



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Baylie Neider 5-22

Celiac Awareness Month: Results

Following a strict gluten-free diet is a lifelong necessity for people with celiac disease.

Following the diet and avoiding cross-contamination results in fewer symptoms and complications of the disease. Some clinical studies have looked at the benefits of the diet among people who do not have it but more research is needed.

Weekly Challenge:
Try a making your favorite meal completely gluten free.

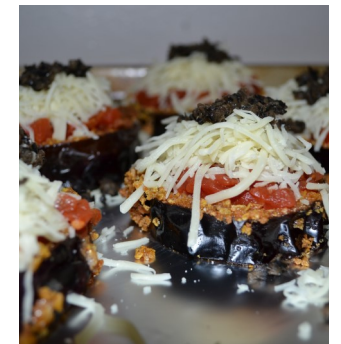


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What is Celiac Disease?

It is an autoimmune disease that can harm the small intestine if gluten is consumed. This is the reason that it is so important for those who have Celiac disease to follow a gluten-free diet. If this disease is left untreated it can cause other several other serious health consequences

Many of those with celiac disease are undiagnosed, which is why it is important to bring awareness about Celiac disease.

Weekly Challenge:

Help raise awareness about celiac disease by sharing this information with others.



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Gluten-Free Diet Benefits

There are many benefits of a gluten-free diet for those who have been diagnosed with Celiac disease. It reduces the symptoms of diarrhea, indigestion, abdominal pain and headaches.

Following this diet can improve nutrient absorption and prevent damage of the small intestine.

It also reduces the risk for complications like osteoporosis, anemia and thyroid ds.

Did you know:

There are no medicines to cure Celiac disease.



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GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students by Gabrielle Lois 5-22



Foods to Avoid & Foods to Enjoy

A Gluten-free diet is the only treatment for those with celiac disease so it is essential to avoid gluten but that can sometimes be difficult. Gluten is a protein that is found in wheat, barley and rye which are foods to avoid. Foods that you still can enjoy include food groups like animal proteins, fruits and vegetables, fats and oils, legumes, nuts and seeds.

Weekly Challenge:

Try a recipe that is gluten-free.



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