

## May you be celiac aware!

Use the words in the list below to complete the sentence.

Have fun!

### Choose 1 word per sentence.

Estimated	Cure
Eliminating	Envelopes
Anemia	Labels
Delicious	Celiac
Completely	Avoid
Small	Intolerant
Gluten	Hereditary

1. People who have \_\_\_\_\_ disease have a severe autoimmune reaction to gluten.
2. When cooking it is important to clean \_\_\_\_\_ cooking materials that may have gluten on them.
3. Found in many grains such as wheat, rye, and barley, \_\_\_\_\_ is a common protein found in many foods.
4. When someone has a severe allergic reaction to gluten, they are considered to be gluten\_\_\_\_\_
5. Did you know that gluten can be found in cosmetics, medications, and products like \_\_\_\_\_ as well as food?
6. If you aren't gluten intolerant and don't have celiac disease you should NOT \_\_\_\_\_ gluten unless a healthcare professional tells you to.
7. Because of how many gluten containing products there are and how many products are gluten cross-contaminated in factories it is important to check food \_\_\_\_\_ while shopping.
8. If you have Celiac, there are still many \_\_\_\_\_ foods you can eat if you must go gluten-free!  
Get together with loved ones and get creative!
9. Unfortunately, Celiac disease is \_\_\_\_\_. If someone you are related to has Celiac disease it is important to get tested for it.
10. Experts believe that an \_\_\_\_\_ 2.5 million Americans have undiagnosed celiac disease.
11. \_\_\_\_\_ gluten from your diet when you have Celiac disease and/or are gluten intolerant, can relieve diarrhea, headaches, nausea, stomach aches, and more symptoms.
12. Celiac disease, which causes damage to the \_\_\_\_\_ intestine over time, can lead to nutrient malabsorption.
13. Symptoms of celiac disease can go beyond digestive system problem. Celiac can cause \_\_\_\_\_ (iron deficiency), joint pain, and osteoporosis.
14. As of now, the only \_\_\_\_\_ for celiac disease is a gluten-free diet.

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Use the words in the list below to complete the sentence.

Have fun!

1. People who have Celiac disease have a severe autoimmune reaction to gluten.
2. When cooking it is important to clean completely cooking materials that may have gluten on them.
3. Found in many grains such as wheat, rye, and barley, gluten is a common protein found in many foods.

### Choose 1 word per sentence.

Estimated	Cure
Eliminating	Envelopes
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4. When someone has a severe allergic reaction to gluten, they are considered to be gluten intolerant.
5. Did you know that gluten can be found in cosmetics, medications, and products like envelopes as well as food?
6. If you aren't gluten intolerant and don't have celiac disease you should NOT avoid gluten unless a healthcare professional tells you to.
7. Because of how many gluten containing products there are and how many products are gluten cross-contaminated in factories it is important to check food labels while shopping.
8. If you have Celiac, there are still many delicious foods you can eat if you must go gluten-free! Get together with loved ones and get creative!
9. Unfortunately, Celiac disease is hereditary. If someone you are related to has Celiac disease it is important to get tested for it.
10. Experts believe that an estimated 2.5 million Americans have undiagnosed celiac disease.
11. Eliminating gluten from your diet when you have Celiac disease and/or are gluten intolerant, can relieve diarrhea, headaches, nausea, stomach aches, and more symptoms.
12. Celiac disease, which causes damage to the small intestine over time, can lead to nutrient malabsorption.
13. Symptoms of celiac disease can go beyond digestive system problem. Celiac can cause anemia (iron deficiency), joint pain, and osteoporosis.
14. As of now, the only case for celiac disease is a gluten-free diet.