



Photos Courtesy of Pixabay.com

EAT WELL, AGE WELL.

Celiac Disease Awareness

Celiac disease is a serious autoimmune condition, however, it is estimated that 2.5 million Americans are undiagnosed. If you have Celiac disease and eat gluten, which is a protein found in wheat, rye, and barley, your body's immune response attacks the small intestine. This leads to damage of the small fingerlike projections that line the small intestine called villi. They are important because they help promote nutrient absorption and when they are damaged, nutrients cannot be absorbed properly into the body.

Did you know that Celiac disease is hereditary? If you have a **first-degree relative** who has/had it such as a parent, child, or sibling, **you have a 1 in 10 risk of developing it!** Celiac disease can develop at any age, if left untreated, Celiac disease can lead to serious health problems and long-term complications.

Symptoms of Celiac Disease are different for adults and children, only 1/3 have of adults display GI issues like diarrhea. Instead, they are more likely to have: unexplained iron-deficiency anemia, fatigue, bone or joint pain, arthritis, osteoporosis or osteopenia (bone loss), depression or anxiety, peripheral neuropathy (tingling, numbness or pain in the hands and feet), seizures or migraines, infertility or recurrent miscarriage, canker sores inside the mouth, itchy skin rash, and more.

Please talk with your doctor to be properly diagnosed. Following a strict gluten-free diet is the only treatment. **To learn more about Celiac Disease and related disorders, recipes, and more visit <https://celiac.org/>**

WEEKLY CHALLENGES:

Try a gluten free pasta such as chickpea pasta.

Try a gluten free recipe (the website below has some)

Be aware of gluten-free labels on packages.

Talk with your doctor if you are experiencing signs or symptoms of Celiac disease.

Note to Nutrition Directors and Site Managers:

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate healthy foods into their eating habits. You can help create excitement to try new foods. Trying out these new foods can help increase variety in the diet and increase knowledge of Celiac Disease.

If they ask how they should record if they reach their weekly action plan. They can write words like, “Nailed it” or just a short note like added apples at breakfast or added beans to my soup, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout Eat Well, Age Well. *Celiac Awareness Month*
- Placemat/handout – *Stuffed Sweet Potatoes*
- Table Tent- *Trust, Talk, Food*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Spaghetti squash pasta*
- Table Tent- *Celiac vs. Intolerance*

Week 3: Give out/Post

- Placemat/handouts – *Sausage and Veggie Skillet*
- Table Tent- *Label Reading for Gluten*

Week 4: Give out/Post

- Placemat/handout- *Cheesesteak Stuffed Peppers*
- Table Tent- *Gluten-Free Diet Benefits*

To print the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet and click on the drop-down menu to select “Scale to Paper Size” and select “letter” size paper.

The table tents are available in a full-size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in a 4 x 6 or 5 x 7-inch holder. I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments at pam.vankampen@gwaar.org