WHAT IS COELIAC DISEASE?

It's a systemic autoimmune-based disorder **triggered by the ingestion of gluten.**

It's a permanent disease that appears in **genetically predisposed individuals.**

Causes an atrophy at the intestine's villi that affects the ability to absorb nutrients from food.

A protein found in **wheat, barley, rye, spelt, Khorasan wheat (Kamut®), triticale,** and some varieties of **oats**

Associació Celíacs de Catalunya

The only treatment: following a **gluten-free diet** for life

HOW TO PREPARE GLUTEN FREE FOOD?

We are going to guide you every step of the way!

- Buy gluten free products.
- At home, when you are cooking, avoid cross-contact with gluten.
- If there's a Coeliac Association in your country, contact them for more information!

AOECS website

WHICH FOODS ARE GLUTEN FREE?

✓ **Natural products**	**Naturally gluten-free** products and **not processed.**	E.g. Fresh fruits and vegetables, milk, yogurt, fish and seafood, meat, beans, rice, chickpeas...
✓ **Specific gluten-free products**	Products made for celiac people, with the gluten-free label.	E.g. Gluten-free (GF) bread, GF pasta, GF flour, GF pastries...
? **Processed**	Products **that may contain gluten** by cross contact. To be safe, buy just the product when it has the gluten-free label.	E.g. Hummus, commercial sauces, multi-plant infusions, spices...
✗ **Not Allowed**	Products that **contain** ingredients with **gluten.**	E.g. Wheat, barley, rye, spelt, non-certified oats, bulk foods...

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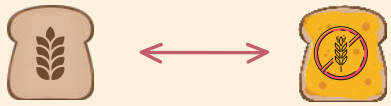
WHAT IS CROSS-CONTACT?

It occurs when gluten-free food is in contact with gluten.

To prevent it, you must follow hygiene and handling guidelines.

Cross contact can happen:

- **From one food to another**



- **From utensils to food**
- **From person to food**

HOW TO AVOID CROSS-CONTACT WITH GLUTEN?

Use silicone or metal utensils, but not wood utensils.

Shelves. Put the gluten-free products on the top shelf and separate them from the products with gluten in order to avoid cross-contact.

Clean the surfaces, utensils and your hands with soap and water before cooking.

Use a salt-cellar with dispenser or a specific one for cooking gluten-free.

Cook gluten free meals before meals with gluten.

Do not reuse oil and boiling water that has been used for gluten-containing foods.

Do not use dish cloths. Use single-use paper instead.

Use toast bags or a specific gluten free toaster.

Do not share waffle irons and grills, since are difficult to clean.

Clean the oven and the microwave before using them. You can't use them at the same time for meals with gluten and without.

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