



THE PATH  
TO GREATER  
VITALITY AND  
HEALTH

# CELIAC DISEASE

Celiac disease is a disease of the small intestine that is triggered by an autoimmune reaction of the body to the protein gliadin. Gliadin is a component of gluten, which is found in cereals. The consumption of gluten-containing foods leads to a change in the mucous membrane of the small intestine, which means that the food cannot be adequately utilised. This in turn can lead to a deficiency of certain nutrients in the body. The disease only occurs in people with a corresponding genetic predisposition. The symptoms can vary greatly and affect several organs. Some patients are even completely symptom-free. The only treatment option is a lifelong gluten-free diet, which should be adhered to even in the absence of symptoms [1,2].

**All products that are labelled gluten-free can be consumed without hesitation!**

**If celiac disease has been diagnosed, it is essential to seek professional nutritional counselling. This flyer only gives an insight into the gluten-free diet!**

Although many products are naturally gluten-free, but they may be contaminated. Processed products also often contain hidden gluten. **Therefore, be careful with products that are not labelled as „gluten-free“ and always look at the list of ingredients.**

## GLUTEN-CONTAINING CERALS:

- Wheat
- Spelt
- Green spelt
- Kamut
- Rye
- Emmer
- Einkorn
- Barley
- Triticale

## GLUTEN-FREE CERAL ALTERNATIVES (PSEUDOCEREALS):

- Millet
- Maize
- Buckwheat
- Quinoa
- Amaranth
- Teff
- Cassava
- Potatoes



The typical symbol is a crossed-out ear. However, products labelled with other symbols, such as „gluten-free“, also meet the criteria. Almost every supermarket offers such products by now.

## Oats

Oats are basically gluten-free, but they are often contaminated because the same harvesting and processing machines are used for gluten-containing cereals and oats. Labeled gluten-free oats are now available and can be safely consumed. Due to the high fibre content, it is recommended to start with small amounts.

## Prefer whole grains

Whole grains should be preferred, as milling can lead to contamination of naturally gluten-free grain products with gluten-containing grains.

**Natural and unprocessed vegetables, fruit, nuts, seeds, meat, fish, and dairy products are gluten-free.** As soon as processing steps such as seasoning or grinding are involved, gluten may be present. Therefore, every product should be carefully checked for its ingredients.

## TIPS FOR EVERYDAY LIFE

Ideally, all gluten-containing food should be completely removed from the household! Otherwise, there are a few things to bear in mind, e.g:

- **Avoid contamination with other gluten-containing foods**
- **Separate storage of gluten-containing and gluten-free foods**
- **Pack gluten-free ingredients well**
- **Use sealable containers**
- **Divide your utensils into gluten-contaminated and gluten-free**  
(e.g. separate chopping boards, baking tins, toasters)
- **Clean tools and work surfaces thoroughly**
- **Make sure that dishcloths, tea towels and hand towels are free from flour dust**
- **Prepare gluten-free food first**  
(e.g. deep-frying fat from the deep fryer, baking in the oven)

**As even traces of gluten can have health consequences, the gluten-free diet must be strictly adhered to and dietary mistakes must be avoided. Detailed counselling for affected person and their families is therefore absolutely essential.**

**This recommendation does not consider any other intolerances or allergies. It also does not claim to be exhaustive and serves only as an initial guide. It does not replace the advice of a professional nutritionist.**

### Sources:

- [1] Hübener S., Manthey C. F. (2020). Coeliac disease and wheat sensitivity in transition - an update. *Current nutritional medicine*, 45, 114-132
- [2] Professional association for nutrition therapy and prevention, coeliac disease 31.10.2022

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