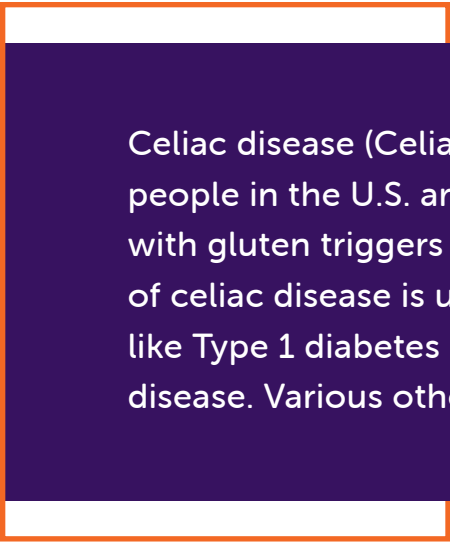


Valuable information for our
customers living with celiac
disease or gluten sensitivity

Managing your Celiac Disease with Nutrition



Celiac disease (Celiac Sprue) is an autoimmune condition. At least 3 million people in the U.S. are living with it and it can develop at any age. Eating foods with gluten triggers unwanted reactions in those with this condition. The cause of celiac disease is unknown, but we do know it is hereditary. Other conditions like Type 1 diabetes or thyroid disease may put you at higher risk for this disease. Various other factors may trigger this disease in those who are at risk.

What is gluten and how does it affect someone with celiac disease?

Gluten is a protein found in wheat, rye and barley. It is also in triticale which is a cross between wheat and rye. Gluten causes a reaction in those with celiac disease. It attacks the small intestine and can damage its lining over time. This reduces the body's ability to absorb nutrients. If left untreated, celiac disease can lead to many issues such as:

- Other autoimmune diseases
- Weak bones
- Skin issues (itchy rash)
- Intestinal cancers
- Lactose intolerance
- Anemia (low red blood cell count)
- Migraines or seizures

What does a gluten-free diet look like?

A gluten-free diet means avoiding all foods and drinks with gluten. Gluten is not present in all grains, but be careful when preparing foods to avoid cross-contamination. Gluten-free foods should not come in contact with foods that have gluten. This includes surfaces or utensils that have touched foods with gluten. Even a very small amount of gluten may cause an attack in some with celiac disease. Be aware when cooking, cleaning and storing food as well as grocery shopping and eating out. At this time, there is no cure for celiac disease. The only treatment is following a strict gluten-free diet.



At Mom's Meals®, our mission is to improve life through better nutrition at home. We deliver nutritious, refrigerated meals to any address nationwide. By giving you the option to choose every meal, every delivery,* we empower you with a voice in your care. Our goal is to provide a pathway to help you manage your celiac disease.

* Initial deliveries will have a variety of meals based on dietary preferences.



What types of foods contain gluten?

Many foods contain gluten. Wheat is often used as a binding agent and gluten gives dough its classic chewy soft texture. Some foods with gluten (unless specified as a gluten-free version) are:

- Pasta
- Cereal
- Bread, pitas and bagels
- Flour tortillas
- Cookies and pastries
- Cakes and pies
- Crackers and croutons
- Beer and brewer's yeast

Gluten is also found in some foods you may not expect such as:

- Soups
- French fries
- Chips
- Candy bars
- Soy sauce
- Salad dressing
- Condiments
- Seasonings

Fresh foods such as fruits, vegetables and eggs do not have gluten.

These foods are also gluten free if nothing has been added:

- Non-processed meats
- Fish
- Poultry
- Dairy products

Unless the label says "gluten free", check all the ingredients to be sure there is no gluten.

Do I need to remove gluten from my diet if I don't have celiac disease?

You might. You may have a related condition called gluten sensitivity. If so, you may need to reduce the amount of gluten in your diet. Symptoms of celiac disease and gluten sensitivity are similar. But celiac disease causes more intestinal damage than gluten sensitivity. Some symptoms are:

- Bloating and/or gas
- Diarrhea
- Joint pain
- Abdominal pain



Helpful Tips

- ✓ **Consult a healthcare professional** before removing gluten from your diet.
- ✓ **Get tested** for celiac disease.
- ✓ **Only follow a gluten-free diet** if you have celiac disease or gluten sensitivity.
- ✓ **Read all the ingredients on the label** unless it says "gluten free".
- ✓ **Ensure your gluten-free food** does not come in contact with gluten when preparing or storing food.



The good news is that Mom's Meals makes it easy.



We can help you eat nutritiously with celiac disease. Our gluten-free meals are an important part of staying healthy when managing this disease.

We hope this information is helpful. Our goal is to help you manage your nutrition plan. Contact your healthcare provider with any questions about celiac disease or gluten sensitivity.

Currently, there is no test for gluten sensitivity. But celiac disease can be diagnosed by a blood test. It is recommended you be tested for celiac disease first to see if you have it. This is because if left untreated, serious health conditions can arise.

A gluten-free diet is not recommended for:

- Weight loss
- "Feeling healthier"
- Increasing energy levels

Talk with a healthcare professional before removing gluten from your diet. There is very little research about any benefits of removing gluten from your diet unless you have these conditions. In fact, you could miss out on important nutrients if you avoid foods with gluten.

Which Mom's Meals are best if I have celiac disease?

At Mom's Meals, we offer tasty meals on our gluten-free menu. These meals have less than 20 parts per million of gluten per meal. This menu provides you information you need to make the best choices. Our gluten-free meals are:

- Prepared following the FDA guidelines
- Tested by a third party using the ELISA method. This detects low levels of gluten and verifies the meals as gluten free.
- Prepared in our kitchens following strict rules to ensure our gluten-free meals are tasty AND gluten free.

For more information about celiac disease, gluten sensitivity or nutrition visit: www.celiac.org and www.eatright.org



At Mom's Meals, our menus are designed to support the nutritional needs of many common chronic conditions. For additional questions about how to manage your celiac disease with Mom's Meals, visit our website at momsmeals.com.

Sources:

https://www.cureceliacdisease.org/wp-content/uploads/341_CDCFactSheets8_FactsFigures.pdf
<https://www.beyondceliac.org/celiac-disease/facts-and-figures/>
<https://celiac.org/>
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