



MOM'S
MEALS®

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



**Managing Your
Celiac Disease
With Nutrition**

CELIAC DISEASE (Celiac Sprue)

At least 2 million people in the U.S. are living with this autoimmune condition and it can develop at any age.¹ 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.²



At Mom's Meals®, our mission is to improve life through better nutrition at home.

We deliver nutritious, gluten-free refrigerated meals to any address nationwide. Enjoy the option to choose every meal, every delivery,* to help empower you with a voice in your care.

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

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:

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

What does a gluten-free diet look like?

At this time, there is no cure for celiac disease. The only treatment is following a strict gluten-free diet. 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 someone with celiac disease. Be aware when cooking, cleaning and storing food as well as grocery shopping and eating out.



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:

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

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

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

What types of foods are gluten free?

Fresh foods such as:

- Beans and seeds
- Eggs
- Fruits
- Vegetables

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

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

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.

Symptoms of gluten sensitivity include:

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



Helpful Tips

- ✓ **Consult a health care 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** to see if it says "gluten free"
- ✓ **Ensure your gluten-free food** does not come in contact with gluten during preparation or storage



Do I need to get tested?

Currently, there is no test for gluten sensitivity. But celiac disease can be diagnosed by a blood test. Talk with your doctor about your symptoms and whether you should be tested for celiac disease. If celiac is left untreated, serious health conditions can arise.

A gluten-free diet is not recommended for:

- “Feeling healthier”
- Weight loss
- Increasing energy levels

You should also speak with a health care 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?

All the tasty meals on our gluten-free menu have less than 20 parts per million of gluten per meal and are:

- Prepared following FDA guidelines
- Tested by a third party using the ELISA method which is used to detect low levels of gluten and verifies the meals as gluten free
- Created in our USDA-inspected kitchens following strict rules to ensure our gluten-free meals are gluten free



Sources:

¹ <https://www.niddk.nih.gov/health-information/digestive-diseases/celiac-disease/definition-facts>

² <https://celiac.org/about-celiac-disease/what-is-celiac-disease/>

<https://celiac.org/>

<https://gluten.org/2019/10/17/nutrient-deficiencies/>

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.

For more information visit:

momsmeals.com/gluten-free

Contact your health care provider with any questions about celiac disease or gluten sensitivity.

For more information about celiac disease, gluten sensitivity or nutrition visit:

www.celiac.org and www.eatright.org