



Managing your Celiac Disease with Nutrition

Valuable information for our customers living with Celiac Disease or Gluten Sensitivity



Celiac Disease (Celiac Sprue) is an autoimmune condition. At least 3 million people in the U.S. are living with it. Eating foods with gluten triggers unwanted reactions in those with this disease.

For those with Celiac Disease, gluten can cause a reaction that attacks the small intestine and damages its lining over time. This damage affects the body's ability to absorb nutrients. This means someone with this disease cannot get enough nutrients no matter how much they eat. If left untreated, this disease can cause many problems. A few of them are:

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

We do not know the cause of Celiac Disease, but we do know it is more common in families. You have a 1 in 10 chance of getting it if you have a family member who has it. Also at high risk are those with Type 1 diabetes, Addison's disease, or thyroid disease. You can experience Celiac Disease at any time during your life. Surgery, childbirth, viral infection or emotional stress can trigger it.

At this time, there is no cure for Celiac Disease. You can treat it by removing foods with gluten from your diet. This helps reduce the damage to the small intestine.

At Mom's Meals®, we know that better health begins with the very meals we eat. We provide nutritious meals at every stage in life. We recognize that everyone's needs are unique. We empower you with a voice in your care. You have the option to choose every meal, every delivery. Our goal is to provide a pathway to help you manage your Celiac Disease.

Here are answers to the more common questions we get from our valued customers.

WHAT IS GLUTEN?

Gluten is a protein found in wheat, rye and barley. It is also in triticale which is a cross between wheat and rye. Gluten gives dough its classic chewy soft texture. While gluten is not present in all grains, you need to be careful when preparing foods. Keep gluten-free grains from mixing with grains that have gluten. Our Mom's Meals kitchens have strict rules to ensure our gluten-free meals are tasty AND gluten free.

Our gluten-free meals all have less than 20 parts per million (ppm) of gluten per meal. We prepare them following FDA guidelines. A third party tests and verifies our gluten-free meals using the ELISA method. This method detects low levels of gluten in prepared and processed foods and drinks.

WHAT DOES A GLUTEN-FREE DIET LOOK LIKE?

A gluten-free diet means removing all foods and drinks with gluten from your diet. Ensure your gluten-free food has not come in contact with foods that have gluten. This can happen during cooking, cleaning and storing food. Even a very small amount of gluten may start an attack in some people. This can make it challenging to grocery shop, eat out and cook.



Many food items contain gluten. Here are some examples of foods that have gluten in them:

- Pasta and cereal
- Bread, pitas and bagels
- Cookies and pastries
- Cakes and pies
- Crackers and croutons
- Beer and Brewer's yeast

Gluten is also found in food you may not expect. Soup, French fries and potato chips are a few. Flour tortillas, candy bars, soy sauce, and salad dressing may also contain gluten. Some medications may also have it. They may use wheat as a binding agent.

Fresh foods such as fruits, vegetables and eggs do not have gluten. Non-processed meats, fish and poultry and dairy products don't either.

Read the ingredients in all foods unless the label says "gluten-free".

DO I NEED TO AVOID GLUTEN IF I DO NOT HAVE CELIAC DISEASE?

Maybe. A blood test will let you know if you have Celiac Disease. If you don't have this disease, you may have a related condition called Gluten Sensitivity. Those with Gluten Sensitivity should reduce the amount of gluten in their diet.

Symptoms of Gluten Sensitivity are similar to those of Celiac Disease. Bloating, gas, diarrhea, joint pain, or abdominal pain are a few. But it doesn't cause the same intestinal damage as Celiac Disease. Stomach illnesses also have similar symptoms.

There is no test for Gluten Sensitivity at this time. But first, you should make sure you don't have Celiac Disease. Because if left untreated, it can cause serious problems.

It is not recommended a gluten-free diet be followed for weight loss, to increase energy levels, or to feel healthier. There is very little research to support removing gluten from your diet unless you have Celiac Disease or Gluten Sensitivity. And you could miss out on important nutrients if you avoid foods with gluten.

Always talk with your doctor before removing gluten from your diet.



WHICH MOM'S MEALS ARE BEST FOR ME?

At Mom's Meals, we have done our best to create tasty gluten-free meals for you. Our gluten-free menu gives you the information you need to make the best choices. This is helpful when managing multiple chronic conditions.

Helpful Tips

- ✓ Talk with your doctor when considering removing gluten from your diet.
- ✓ Get tested for Celiac Disease. If left untreated, it can cause serious issues.
- ✓ Do not follow a gluten-free diet unless you have Celiac Disease or a Gluten Sensitivity. Doing so may cause you to miss out on valuable nutrients.
- ✓ Unless the label says "gluten-free", read all the ingredients on the list to ensure the food has no gluten
- ✓ Be careful when cooking, cleaning or storing gluten-free foods. Make sure they don't come in contact with foods that contain gluten.

If you have Celiac Disease, Gluten Sensitivity or are at high risk, contact your doctor or a registered dietitian. They can help you put together an eating and lifestyle plan just for you.

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 or Gluten Sensitivity with Mom's Meals, visit our website at momsmeals.com.

