

Simple Checklist #2 7 Steps You Can Do Now

1. Learn what celiac disease is—“get educated.”

You’ve been diagnosed as a having celiac disease. You may or may not feel you fully understand what this is, how it will change your life, your diet, and your approach to cooking and shopping.

The first step is to get a firm understanding of what an autoimmune disease is. You can search simple and more technical definitions on the internet. In a nutshell, celiac disease (CD), also known as gluten intolerance, is an autoimmune disorder affecting the villi of the small intestine due to the ingestion of “prolamins” (called “gluten” collectively) from wheat, barley, and rye.

Celiac disease is NOT an allergy to wheat. Allergies do not have the same physiological reaction as autoimmune diseases. They are not at all in the same classification. Please study more on this to get a full understanding of this disorder and your body.

You can learn more about CD through these helpful sites and groups:

- 1.) National foundation for Celiac Awareness www.celiaccentral.org
- 2.) Gluten Intolerance Group of North America www.gluten.net
- 3.) Celiac Disease Foundation www.celiac.org
- 4.) Celiac Sprue Association www.csaceliac.org
- 5.) Canadian Celiac Association www.celiac.ca

2. Learn the grains and some of the foods you can and can’t have to get you started.

The sooner you learn the grains and foods you can and can’t have, the sooner you’ll be able to allow your body to heal and you’ll start feeling better. The healing of your villi and how soon before you feel better depend on the damage to your villi and your own’s body’s speed of and ability to heal.

Let’s look at the positive first—the wonderful foods and grains you may eat.

Here are some foods and grains that are acceptable on a gluten-free diet:

Nut flours	Flax
Potato	Arrowroot
Rice	Amaranth
Corn (Maize)	Garvava
Quinoa	Bean flours
Sorghum	Soy
Teff	Tapioca
Montina	Buckwheat

Grains and foods that NOT acceptable at all on gluten-free diet:

Wheat	Bulgar
Spelt	Couscous
Einkorn	Farina
Kamut	Graham flour
Semolina	Wheat germ
Graham	Low gluten flour
Farro	Triticale
Durum	Rye
Barley	Contaminated oats

Be careful of these products, which may have hidden gluten (very partial list):

Pastas	Beer
Breads	Alcohol
Baked items	Sauces
Soy sauce	Chips
Salad dressings	Soups

Deli meats

Seasonings

Nuts

Cookies

Hot dogs

Flavored coffees and teas

Spices

Candy

Imitation seafood

Malt vinegar (other vinegars are OK)

Crackers

3. Handle your own kitchen.

It's time to remove all gluten from your kitchen or to make a designated area and set aside designated tools for your gluten-free lifestyle. These simple steps ensure you do not get any contamination in your own household.

Be sure to look for hidden gluten sources, such as cookies, crackers, breads, sauces, etc.

If you share a home with gluten eaters (people who are non-celiac or not on a restricted diet) BE SURE that you have a separate drawer or countertop container for your spatulas, wooden spoons, and other cooking utensils.

Purchase one or two cutting boards designated just for you. Do not share a communal cutting board any longer. The gluten can and will stay in the little crevices, and you'll get cross-contamination.

Finally, here's an interesting one: purchase your own toaster, too.

4. Now that your kitchen is either emptied of gluten-containing foods or set up with designated gluten-free areas, it's time to make a grocery and shopping list. Look over Step #2 and decide which gluten-free foods you'd like to start with.

5. My Gluten-Free Shopping List

6. Now add to this grocery list these additional shopping items:

Toaster

Wooden spoons

Spatulas

Your favorite cooking utensils

Colander

1-2 baking pans (for cookies)

1 pot (for boiling gluten-free grains and noodles)

1 small fry pan

1 large fry pan

7. Now you are ready to kick-start your new gluten-free life with some shopping. How fun!

There are many excellent GF online stores for mixes and pre-baked items.

Happy shopping!

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Your Dependable Celiac and Gluten-Free Resource Guide**

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