

## You've Been Diagnosed with Celiac Disease: Now What?

### Consult professionals and resources and find a local support group.

It's recommended that celiac patients meet with a qualified nutritionist for guidance on eating gluten-free. There are various resources available online and in print, which will explain the details of the diet, give advice on how to deal with some of the challenges of the gluten-free lifestyle, and even offer gluten-free recipes. It's also recommended that you find a local support group, which you can do by contacting a national celiac disease support organization or conducting a search online.

### Familiarize yourself with sources of gluten and how to read ingredients labels for gluten.

It's a good idea to get a list of safe and unsafe foods for you to eat and to carry this list with you at all times. Learn how to identify hidden sources of gluten, which can be found in soups, gravies, personal hygiene products, medications, and cosmetics.

### Go gluten-free shopping.

Find where and how to shop for gluten-free foods and products. You can find this information in celiac resource books and websites. You can also order gluten-free foods online. You'll also need to learn how to call companies to find out about the gluten content in their products.

### Tell your family, friends, and others with whom you associate closely about your diagnosis.

Due to the genetic factor behind celiac disease, it's especially important to tell your family about your diagnosis, as it may be a good idea for your relatives to get tested for celiac disease as well.

### Learn how to dine out gluten-free.

There are several restaurants, such as [GlutenFreeRestaurants.org](http://GlutenFreeRestaurants.org) that offer search tool for finding restaurants in your area that are gluten-free-friendly. Consulting your online and print celiac resources, learn how to eat out gluten-free restaurants.

#### Resources:

Kids Health: Celiac Disease [http://kidshealth.org/teen/diseases\\_conditions/digestive/celiac.html](http://kidshealth.org/teen/diseases_conditions/digestive/celiac.html)

About.com: Celiac Disease and the Gluten Free Diet

<http://celiacdisease.about.com/od/theglutenfreediet/a/glutenfreediet.htm>

Gluten Free Diet Foods: Eating Out in Restaurants – Gluten-Free Diet

[http://www.glutenfreedietfoods.com/eating\\_out.html](http://www.glutenfreedietfoods.com/eating_out.html)

**Tina Turbin, Founder of <http://GlutenFreeHelp.info>  
Your Dependable Celiac and Gluten-Free Resource Guide**

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