

DEALING WITH CELIAC DISEASE WITHOUT SPENDING A FORTUNE

- First Reactions
 - Afraid to eat
 - Shopping – Tears
 - GF Section of store
 - Purchase expensive items
 - Throw away expensive items
 - Limited diet
 - Deprivation
 - Research on-line

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- Purchased special flours
- GF cookbooks
- Experiment with cooking (no success)
- More Tears

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- Help from a dietician
 - Food pyramid
 - All groups except Breads
 - Fresh fruits, vegetables, meats
 - Vitamins
 - Mood improves

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- Celiac Group Meeting
 - Newcomers information
 - Support from experienced celiacs
 - You are not alone
 - GF Shopping Guide

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- Change in attitude
 - Don't look at what you can not have, try to find what you can have
 - Review favorite recipes
 - Research what ingredients are naturally GF
 - Find substitutions that are not GF
 - Don't get discouraged, keep trying

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- Lots of disappointments
 - Roast Beef and gravy took 3 tries
 - Bread was never a success until recently
 - Holiday foods – stuffing
- Encouragements
 - GF Lasagna
 - Cheesecake crust Arrowroot cookies

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- Social situations
 - Pot Luck dinners
 - Family parties
 - Work parties
 - Restaurants
 - Be courteous
 - Call ahead – make sure server/manager understands cross contamination
 - Suggest restaurants with GF menus
 - Outback, Red Robin, PF Changs, Nicks, Mario's
 - Send it back if it comes out wrong, don't take chances. (mark your meal)

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- Cross Contamination
 - Separate appliances like toaster
 - Keep spoons etc separate
 - 2 Small crock pots
 - When in doubt use a new utensil
 - Purchase ketchup/mayonnaise/mustard in squirt bottles
 - Keep peanut butter jelly marked gluten free and one for the family marked with gluten.
 - Some people use stickers especially with children
 - Once a knife goes into a jar that has touched bread it is now contaminated

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- Parties/family events
 - Host the party
 - Speak to the host/hostess prior to the event – see what they are cooking
 - Mention your intolerance but don't insist they accommodate you
 - Offer to bring a dish to pass and if they say it is not needed, insist and let them know it would be easier for you.
 - Eat before you go
 - Stick to vegetables/no dip
 - Many people dip pretzels, etc into chip dips which makes it contaminated
 - Even if the host/hostess is careful to use the proper brands, cross contamination will be an issue.
 - Don't expect your host/hostess or family member to know how to fix food for you
 - Remember how hard it was for you.
 - Be patient and kind in restaurants and with family

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- E-mail cellist with questions
- Pass on successes
- Accept your situation
- Attend support groups often

Thank You

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