

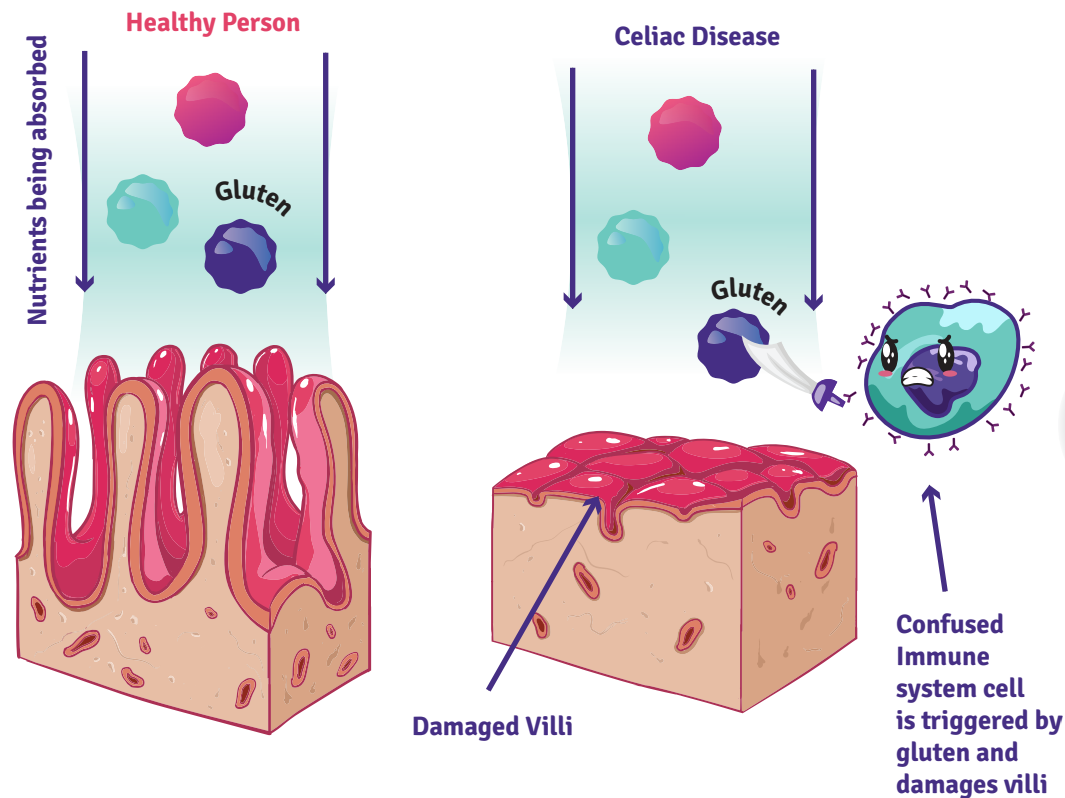
## What to do if Someone with Celiac Disease Eats Gluten

If you have celiac disease or know someone who has it, you know it can be challenging to go gluten-free. It requires one to educate themselves on foods that contain gluten, watch for hidden gluten in food products and medications, and give up some foods that they may enjoy. Because of this, CDHF always recommends working with a registered dietitian to get support and navigate through going completely gluten-free.

However, we all make mistakes and have slip ups. There are times that you or someone you know accidentally consumes gluten. So what should you do if this happens? Keep reading!

### What happens in the body when someone who is celiac eats gluten?

Celiac disease is considered an autoimmune disorder because it results in the body damaging its own tissues. Celiac disease is the only autoimmune disease in which the trigger is known.



Celiac disease is different from a gluten sensitivity.

Also known as non-celiac gluten sensitivity, gluten sensitivity is not a condition that is currently well defined. It is neither an autoimmune reaction like celiac disease or an allergic reaction in which the immune system produces antibodies.



**Celiac disease is not a food allergy.**

If you have the disease, your body's response to gluten differs from the immune response caused by a food allergy.



Unfortunately at this time autoimmune diseases cannot be cured. The only way to prevent further damage to the digestive tract is to avoid gluten entirely. Gluten is a type of protein found in certain grains including wheat, barley, and rye.

# What to do if you are Exposed to Gluten

## Get Some Rest



Your best course of remedy is to take it easy. Stressing about what you ate or what happened will not help. So try not to worry – we all make mistakes. Try to take a few days off of school or work while experiencing the physical side effects.

## Practice self-compassion



A key part of practicing self-compassion is being kind to yourself, trying to replace negative thoughts with more positive ones. Simply saying “You are not dumb for accidentally getting poisoned. You do your best on a daily basis to eat a nutritious gluten-free diet, and sometimes accidents just happen.”

## Drink plenty of water



Staying hydrated is super important, especially if you experience diarrhea, and extra fluids will help flush your system as well. In addition to drinking regular water, if diarrhea is severe, you may need to replace electrolytes. Try a sports drink low in sugar or homemade bone broth.

## Speak with your registered dietitian or general practitioner



Taking probiotics, some supplements, or working on a specific health plan for you may be beneficial in getting you feeling better sooner. It's important to talk to your registered dietitian or doctor to discuss the right health plan specifically for YOU.

# What to do if you are Exposed to Gluten



## Check for the GFCP (Gluten Free Certification Program) certified stamp



This stamp signifies that the products come from a GFCP (Gluten Free Certification Program) certified manufacturing facility and have successfully completed and passed a GFCP facility audit. It's important to note that there are very different labeling laws between Canada and the US.

## Keep a gluten free kitchen



If you have a celiac in your home co-existing with a gluten-eater, it's very important that they have their own condiments, cutting boards, cutlery, frying pans, etc. Anything that could potentially be cross-contaminated with gluten should be kept in a separate place in the fridge and or kitchen, and labeled accordingly to avoid any confusion.

## Avoid cross-contamination by washing dishes in the dishwasher.



The dishwasher is the best bet for cleaning but handwashing can also be OK. If you are sharing a space with someone who is not gluten-free, try using a bit of bleach with handwashing. You can even do this in the dishwasher but usually the heat and pressure of the dishwasher are adequate.

## Have a solid recipe plan



Make sure you plan in advance! We've scoured the internet and put together a seven day diet plan featuring some amazing gluten free recipes from some of the top gluten free gurus to help ease you into your new lifestyle! Just search: 7 Day Gluten Free Diet plan in the CDHF website searchbar for a full week of meal ideas, for breakfast lunch and dinner!

## Be proactive



When you go out to eat, be proactive about choosing a restaurant that offers gluten free options and follows precautions against cross contamination.

## Speak up!



Be your own best advocate! In addition to finding a restaurant with gluten free options, talk to your server and to the manager about how their kitchen specifically avoids cross contamination.