

I Accidentally Ate Gluten - What Should I Do?

1 Recognize the Early Signs

- Digestive upset: gas, diarrhea, constipation
- Headaches, joint pain, rashes⁴
- Symptoms may vary due to hormones, stress, anticipation, or diet



2 Track What Happened



- Record the date, event, what you ate, and how it happened
- Reflect on ways to avoid it next time
- Show self-compassion – no blame

3 Support Your Body & Mind

- Relaxation: Slow, deep breathing to ease digestion⁵
- Mindfulness: Focus on breath to quiet worry⁶
- Distraction: Movie, yoga, tea, or calling a friend



4 Eat Simply & Stay Hydrated



- Choose gentle, supportive foods
- Peppermint or chamomile tea: relaxes digestive muscles, reduces cramping⁷
- Ginger: helps food move through GI tract & calms nausea⁸
 - Ginger tea, chews, powdered ginger
 - Avoid ginger ale (low real ginger, carbonation worsens bloating)

5 When to See a Healthcare Provider

- Unsure how strict your gluten-free diet should be⁹
- Need help with nutrition and lifestyle balance
- Struggling with fear of eating or social isolation



6 Preventing Future Gluten Exposure

- Track & reflect on past exposures
- Ask hosts/restaurants about dietary accommodations
- There are products that include digestive enzymes (such as caricain) that are designed to help break down small amounts of gluten. Some individuals who do not have celiac disease may choose to use these products if they want added support, for example in situations where avoiding it completely can be difficult. However, digestive enzymes are not a treatment for celiac disease and should never be considered a replacement for a strict gluten-free diet.
- Keep gluten-free snacks handy
- Read labels carefully



References:

4 - <https://medlineplus.gov/glutensensitivity.html>
5 - <https://www.uofmhealth.org/conditions-treatments/digestive-and-liver-health/diaphragmatic-breathing-gi-patients>
6 - <https://www.uofmhealth.org/conditions-treatments/digestive-and-liver-health/diaphragmatic-breathing-gi-patients>
7 - <https://www.baptisthealth.com/blog/gastroenterology/8-natural-remedies-for-upset-stomach>
8 - <https://www.baptisthealth.com/blog/gastroenterology/8-natural-remedies-for-upset-stomach>
9 - <https://pubmed.ncbi.nlm.nih.gov/30634655/>
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This product may not be right for you. Always read and follow the label.

