

Celiac Disease Diet: A Practical Guide to Eating Gluten-Free in Canada

1 GRAINS TO AVOID: BROW +T



Barley



Rye



Oats*



Wheat



Triticale

* Oats are naturally gluten-free, but may be cross-contaminated during growing or processing.

2 CHECK THE LABEL

Look for a gluten-free claim

Choose products clearly labelled gluten-free when needed.

Check the ingredient list

Scan for wheat, barley, rye, triticale, malt, and brewer's yeast.

Read the "Contains" statement

This can help identify gluten sources, such as wheat.

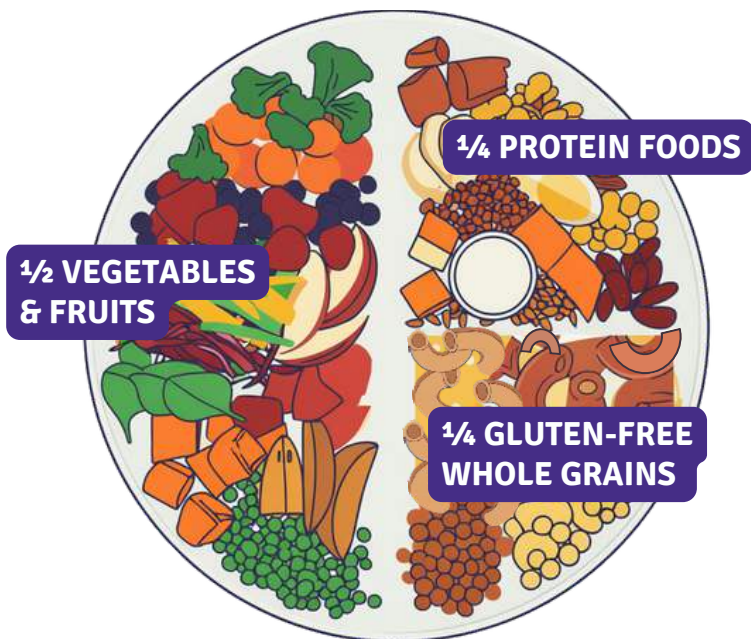
Certification logos can help, but are not required

Logos add confidence, but not all gluten-free products have one.

Use a pocket dictionary or app. Helpful for unfamiliar ingredients, but always check the current label

3 BUILD YOUR PLATE

Going gluten-free isn't just about what to avoid. It's about what to fill your plate with instead!



*Adapted version of Canada's Food Guide



Gluten-free diet does not mean grain-free!

4 PREVENT CROSS-CONTACT

Use dedicated kitchen tools



Store foods separately



Clean cookware carefully



When eating out or at social gatherings, tell hosts about your needs in advance, or offer to bring a dish you know is safe.

5 SUPPORT IS AVAILABLE

A gluten-free diet can be overwhelming, but you do not have to figure it out alone. Your healthcare providers and celiac community can help.



For the complete article, visit:

<https://cdhf.ca/en/celiac-disease-diet-a-practical-guide-to-eating-gluten-free-in-canada/>