

Celiac disease is a genetic digestive disorder that affects 1 in 133 Americans, both children and adults. When people with celiac disease eat foods that contain gluten, damage to the small intestines occurs. Gluten is the protein found in wheat, rye and barley. Symptoms of celiac disease include gas, diarrhea, weight loss, cramps, constipation, bloating, and malnutrition. Celiac disease is not a food allergy, it is an autoimmune disorder.

The only treatment for celiac disease is a gluten-free diet. It is important to read labels when adhering to a gluten-free diet. Many foods contain gluten, so it is often difficult to find a variety of products without gluten. Many stores are beginning to carry gluten-free products and have a whole section dedicated to gluten-free foods.

The following products have been tested by a Conroe ISD student with celiac disease and given the "**Thumbs Up**":

These can be found at the **HEB** in Conroe

Betty Crocker Brownie Mix
Betty Crocker Chocolate Chip Cookie Mix
Bob's Red Mill Chocolate Cookie Mix
Bob's Red Mill Homemade Wonderful Bread Mix
Bob's Red Mill Cornbread Mix
Southern Home Style Corn Flake Crumbs

These can be found at the **HEB** in The Woodlands

Ian's Popcorn Turkey Corn Dogs
Glutino 3 Cheese Pizza

Remember Wheat Free doesn't necessarily mean Gluten Free. Some wheat free items can contain malt flavoring derived from barley.

For more information on Celiac Disease and Gluten-free products, visit the websites below

Celiac Disease Foundation

www.celiac.org

Safe Foods, Recipes, Information

www.celiac.com

Packaged, Gluten-free products for local pick-up

www.angelfoodministries.com