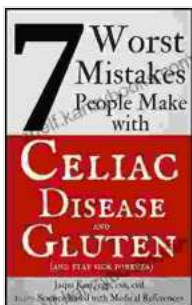


# Avoid These Pitfalls: Worst Mistakes People Make With Celiac Disease And Gluten

Are you struggling with celiac disease and gluten intolerance? If so, you're not alone. Millions of people around the world suffer from these conditions, which can cause a range of symptoms from digestive problems to fatigue and skin rashes.

If you've been diagnosed with celiac disease or gluten intolerance, it's important to follow a strict gluten-free diet. This means avoiding all foods that contain wheat, rye, barley, and triticale. Gluten is a protein found in these grains, and it can damage the lining of your small intestine if you have celiac disease.



## 7 Worst Mistakes People Make with Celiac Disease and Gluten: (and stay sick forever) by Jaqui Karr

★★★★☆ 4 out of 5

Language	: English
File size	: 1659 KB
Text-to-Speech	: Enabled
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Enhanced typesetting	: Enabled
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Print length	: 58 pages
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Going gluten-free can be a challenge, but it's essential for managing your condition. Unfortunately, many people make mistakes when following a

gluten-free diet. These mistakes can lead to continued symptoms and even serious health problems.

In this article, we'll discuss the worst mistakes people make with celiac disease and gluten intolerance. We'll also provide tips on how to avoid these mistakes and live a healthy, gluten-free life.

## **1. Not Reading Food Labels Carefully**

One of the most important things you can do when following a gluten-free diet is to read food labels carefully. Many foods that you might not expect to contain gluten actually do. For example, some soy sauces, salad dressings, and even some medications contain hidden gluten.

When reading food labels, be sure to look for the following ingredients:

- Wheat
- Rye
- Barley
- Triticale
- Gluten
- Malt
- Dextrin
- Hydrolyzed vegetable protein
- Modified food starch

If you see any of these ingredients on a food label, avoid eating that food.

## **2. Eating Out at Restaurants**

Eating out at restaurants can be a challenge when you're following a gluten-free diet. Many restaurants don't have gluten-free menus, and even those that do may not be able to guarantee that their food is completely gluten-free.

If you're planning to eat out at a restaurant, call ahead and ask about their gluten-free options. Be sure to explain that you have celiac disease or gluten intolerance and that you need to avoid all foods that contain gluten.

When you get to the restaurant, ask your server about the gluten-free options. Be specific about your needs, and don't be afraid to ask questions.

If you're not comfortable eating out at a restaurant, you can always bring your own food. This way, you can be sure that your food is gluten-free.

## **3. Not Telling Your Doctor About Your Celiac Disease or Gluten Intolerance**

It's important to tell your doctor if you have celiac disease or gluten intolerance. Your doctor can help you manage your condition and prevent serious health problems.

Your doctor may recommend that you see a registered dietitian. A registered dietitian can help you create a gluten-free meal plan and provide you with support and guidance.

Your doctor may also recommend that you have regular blood tests to check for celiac disease antibodies. These tests can help your doctor monitor your condition and make sure that you're responding to treatment.

## 4. Eating Gluten-Containing Foods on Purpose

Some people with celiac disease or gluten intolerance may choose to eat gluten-containing foods on purpose. This is a very dangerous practice and can lead to serious health problems.

Even a small amount of gluten can damage the lining of your small intestine if you have celiac disease. This can lead to a range of symptoms, including:

- Abdominal pain
- Diarrhea
- Weight loss
- Fatigue
- Skin rashes
- Iron deficiency anemia
- Vitamin B12 deficiency
- Osteoporosis
- Increased risk of cancer

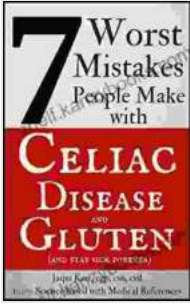
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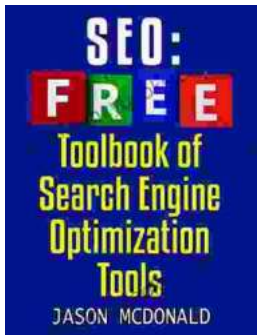
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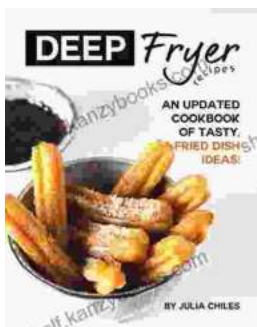


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