



**Asociación de
Celíacos de
Madrid**

info

Celiac Disease is a medical condition in which the small intestine is damaged when foods containing gluten are eaten. It is treated by strict adherence to a gluten-free diet.

As a Celiac, I MUST NOT EAT any foods made with WHEAT, RYE, BARLEY or OATS. These all contain gluten. Even a small amount of these foods will make me ill.

Foods to avoid: wheat flour, rye, barley, oat and spelt flours, breads and rolls, cakes, pies, cookies and muffins, noodles and pasta, soups, sauces and gravies made with any of those cereals' flours, crackers, cracker crumbs or bread crumbs or batter, graham crackers or crumbs.

Hidden sources of gluten: HVP/HPP- Hydrolyzed vegetable protein/plant protein, wheat starch, modified starch, malt flavoring, malt. Any of the above ingredients can be found in canned or processed foods.

Safe choices: we can enjoy fresh meat, fish, fruits and vegetables, eggs, cheese, rice, corn, soy and potatoes.

PLEASE HELP ME MAKE A SAFE CHOICE FROM YOUR MENU.

THANKS