

newly diagnosed with celiac disease? here's what to do!

- learn how to identify gluten on a food label**
you can eat a lot more than you think and not everything has to be certified gluten-free, watch my free training at shorturl.at/EI789
- determine if your home will be shared or dedicated GF**
(you don't have to make the entire gluten-free if you don't want to)
- set up your kitchen to be safe**
 - if it's a dedicated gluten-free**
(remove all gluten and replace items that can't be shared from)
 - if it's a shared kitchen**
(buy dedicated gluten-free versions of items that can't be shared, create a dedicated gluten-free storage space (if in a pantry, keep GF food *above* gluten)
- find delicious gluten-free replacements for your favorites**
(think gluten-free breads, learning to modify family fave recipes etc.)
- learn to speak up for your gluten-free needs**
(including educating friends and convincing relatives to be screened for celiac)
- learn to eat outside of the home safely**
(this includes dining at a friend's house and going to restaurants because it's possible)
- balance a gluten-free diet for health and healing**
(including addressing any nutrient gaps in your eating patterns)
- get follow-up testing to verify your body is responding**
(it's vital to verify your body is responding to a GF diet with follow-up testing)



Need Help? The dietitian-made **Celiac Crash Course** walks you through how to do everything in the checklist to make sure you're staying celiac-safe. Scan the QR code for more info!
Use code "doctorsvisit" for 25% off!