

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.