



Common Symptoms

- Abdominal Pain
- Bloating
- Anemia
- Joint Pain
- Fatigue
- Pale Sores in Mouth
- Infertility
- Migraines
- Nausea
- Numbness in Legs
- Diarrhea
- Gas
- Weight Loss
- Osteoporosis
- Dental Enamel Defects
- Depression



What is Celiac Disease?

Celiac disease is an autoimmune disorder that can occur in genetically predisposed people where the ingestion of gluten leads to damage in the small intestine. Gluten is a protein found in wheat, rye and barley. When you have Celiac disease and eat gluten, your body responds by attacking the small intestine.



Left untreated, Celiac disease can lead to osteoporosis, infertility, vitamin and mineral deficiencies, and central and peripheral nervous system disorders, to name a few.

The best treatment for Celiac disease is to follow a strict gluten-free diet. Following a gluten-free diet means not eating foods with barley, wheat or rye, such as bread or beer.

Food to Eat on a Gluten-Free Diet

- Beans, seeds, nuts in their natural, unprocessed form
- Fresh Eggs
- Fruits and vegetables
- Fresh meats, fish and poultry
- Most dairy products

Foods to Avoid if You Have Celiac Disease

- All food and drinks containing barley, rye, triticale and wheat
- Avoid beer, breads, cakes/pies, candies, cereals and cookies/crackers unless they are labeled gluten-free



Resources

Check these websites out for more information!

www.mayoclinic.org

www.celiac.org

www.celiaccentral.org

Stuffed Zucchini Boats

Cooking Corner

Ingredients

6 zucchinis, halved lengthwise
2 Tbsp. olive oil
1 bunch garlic, chopped
1 large red pepper, seeded and diced
1 cup fresh parsley, chopped
1 red chili, seeded and finely diced
½ cup non-dairy alternative shreds or Parmesan cheese, grated

Directions

Pre-heat oven to 350 degrees. Using a teaspoon, scoop out flesh from zucchini, dice flesh and set aside. On a baking tray, line up zucchini boats, cut-side up. Set aside. Heat oil in a large sauté pan. Add garlic, red pepper and diced zucchini. Cook 4-6 minutes. Spoon sautéed ingredients into zucchini boats. Top with non-dairy cheese (or Parmesan). Drizzle with olive oil. Cook for 20-22 minutes or until boats are cooked through.



Recipe found on <http://www.celiaccentral.org>.

Gluten-Free Diet

A gluten-free diet is when you eat foods that do not have the protein gluten. Gluten is found in grains such as wheat, rye and barley.

Gluten-free diets are used to treat celiac disease. When you have celiac disease, gluten causes your small intestines to swell. Eating a gluten-free diet prevents complications with celiac disease.

There are many foods you can eat on a gluten-free diet. You just have to find ways to be creative and pay more attention to labels when shopping in the grocery store. Many foods like breads and pastas offer gluten-free options.

If you are starting a gluten-free diet, it is important to talk to a doctor or dietician who can answer your questions and give you advice on choosing gluten-free options while maintaining a healthy lifestyle.



Wellness Works Food Pantry Locations

Central Region

Morgantown, Grafton,
Kingwood
(304) 292-6597

Southern Region

Hinton, Bluefield
(304) 425-4306

Weston Region

Elkins, Webster Springs
(304) 636-4875

Parkersburg Region

New Martinsville, Mobile
Food Pantry
(304) 917-4486

Western Region

Pettus
(304) 380-0162

For more information, visit
www.CatholicCharitiesWV.org



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