

living GLUTEN FREE



1%

of the American population has celiac disease

It's estimated that
2.5MM

of these Americans are undiagnosed or misdiagnosed

People with a first degree relative with celiac disease have a **10% RISK** of developing it.



Gluten is the protein found in wheat, rye and barley.



Celiac disease can manifest itself in a wide variety of symptoms, not just GI distress. The only current treatment for celiac disease is a **GLUTEN FREE DIET.**

**Statistics provided by the Celiac Disease Foundation.*

TIPS FROM ENJOY LIFE!

DO YOUR RESEARCH. Getting the right information is the most important part of adjusting to a gluten free lifestyle. A quick online search of gluten free and celiac organizations will provide you with everything you need to know.

GET PLUGGED IN. Join a local support group and connect with other gluten free people online to build your support system and easily get advice and recommendations!

GET COOKING. Starting a gluten free lifestyle may mean cooking meals from scratch instead of opting for faster fuel. There are many gluten free cookbooks and blogs with delicious recipes and more food companies are making ingredients and food items that are celiac safe.

EDUCATE YOUR FRIENDS AND FAMILY. Your loved ones may not understand that living a gluten free lifestyle doesn't mean simply "taking the bread off" of a meal. Let your friends and family know what it means to live gluten free and how they can help you in your health journey.

