



Canadian Celiac Association
 5170 Dixie Road, Suite 204
 Mississauga, ON, L4W 1E3
 1-905-507-6208
 This form is available on www.CeliacGuide.org.

Nutrition Education for Celiac Disease

Tool		Assessment						
Physical	Adult	Height Weight BMI						
	Child	Height Weight BMI Growth Chart						
Test Labs		Endoscopy results Serology (TTG, EMA) Albumin CBC Iron Studies Vitamin B12 Folate Bone Mineral Density						
Medical		Symptoms Related illnesses Medications and supplements Family history of celiac disease and symptoms						
Diet History		Look for adequate: <table style="margin-left: 40px; border: none;"> <tr> <td>Calories</td> <td>Calcium</td> </tr> <tr> <td>Protein</td> <td>Iron</td> </tr> <tr> <td>Fibre</td> <td>B-complex</td> </tr> </table>	Calories	Calcium	Protein	Iron	Fibre	B-complex
Calories	Calcium							
Protein	Iron							
Fibre	B-complex							
		Eating and shopping behaviours Cultural and religious preferences Cooking experience Willingness and time to cook Non gluten-free meal prep in the same kitchen Use of prepared vs. whole foods Eating at restaurants vs. home Favourite foods and preferences						
Social and Emotional		Response to diagnosis and diet Family support Literacy level Language barriers – use interpreter services as needed Financial barriers						