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This form is available on www.CeliacGuide.org.

Nutrition Assessment for Celiac Disease

Assessment	Notes
Physical:	
☐ Height _____ ☐ Weight _____ ☐ BMI _____ ☐ Growth (*peds*): Height _____ Weight _____	
Lab Tests:	
☐ Endoscopy Results _____ ☐ Serology (tTG, EMA) _____ ☐ Albumin _____ ☐ CBC _____ ☐ Iron Status _____ ☐ Vitamin B12 _____ ☐ Folate _____ ☐ Bone Mineral Density _____	
Medical Hx:	
☐ Symptoms ☐ Related Illnesses ☐ Medications & Supplements ☐ Family Hx of CD & Symptoms	
Diet Hx:	
Adequacy of… ☐ Calories ☐ Iron ☐ Protein ☐ Fibre ☐ Calcium ☐ B-Complex ☐ Eating & shopping behaviours ☐ Cultural and religious preferences ☐ Cooking experience ☐ Willingness and time to cook ☐ Non gluten-free meal prep in the same kitchen (cross contamination) ☐ Use of prepared vs. whole foods ☐ Eating at restaurants vs. home ☐ Favourite foods and preferences	
Social & Emotional:	
☐ Response to diagnosis & diet ☐ Family support ☐ Literacy level ☐ Language barriers – use interpreter as needed ☐ Financial Barriers	

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