



Canadian Celiac Association
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This form is available on www.celiacguide.org

Nutrition Education for Celiac Disease

Initial Visit(s)

- Define celiac disease
- Review symptoms
- Review treatment – permanent adherence to strict gluten-free diet (Review 3 or 7 day food record to evaluate patients understanding of the gluten free diet prior to counselling)
- Review complications of noncompliance
- Define gluten and identify common sources
- Review ingredients allowed and not allowed with reference to the [CCA Pocket Dictionary of Ingredients](#)
- Review hidden sources of gluten and ingredients to check
- Advise to check gluten status of supplements and medications with pharmacist - Compendium of Pharmaceuticals and Specialties updated yearly, gluten free manufacturers listed in lilac pages
- Advise on how to call food companies
- Discuss cross-contamination
- Review food groups – foods allowed, not allowed and foods to question
- Discuss grocery shopping for gluten-free foods; provide list of local stores that sell gluten-free foods
- Inform of cost of gluten-free foods – referral to [CRA medical expense tax credit](#)
- Discuss food preparation, baking and cooking and provide suggestions for cookbooks
- Discuss nutritional value of gluten-free foods
- Modify diet based on other conditions such as diabetes, high cholesterol, overweight, underweight, etc.
- Make sure the diet provides important nutrients such as iron, calcium, vitamin D, fiber
- Review eating out – restaurants, parties, cafeterias
- Review meal and menu planning
- Review of social supports in place
- Review of potential barriers to following the gluten-free diet and develop strategies as to how to adapt
- Recommend vitamin and mineral supplementation as needed
- Recommend membership with Canadian Celiac Association and closest local chapter ([download membership form](#))

Follow Up

- Re-evaluate 3 or 7 day food record
- Labs – iron studies, vitamin B₁₂ and hemoglobin to make sure they return to normal once starting on the diet
- Vitamin D – increased risk of osteopenia
- Weight – if losing weight make sure there is no gluten in the diet
- Target weight range and aim to achieve; at risk of overweight
- Cholesterol levels, if this is of concern
- Compliance
- Affordability
- Barriers to compliance
- Ability to access affordable, nutritious, gluten-free foods