

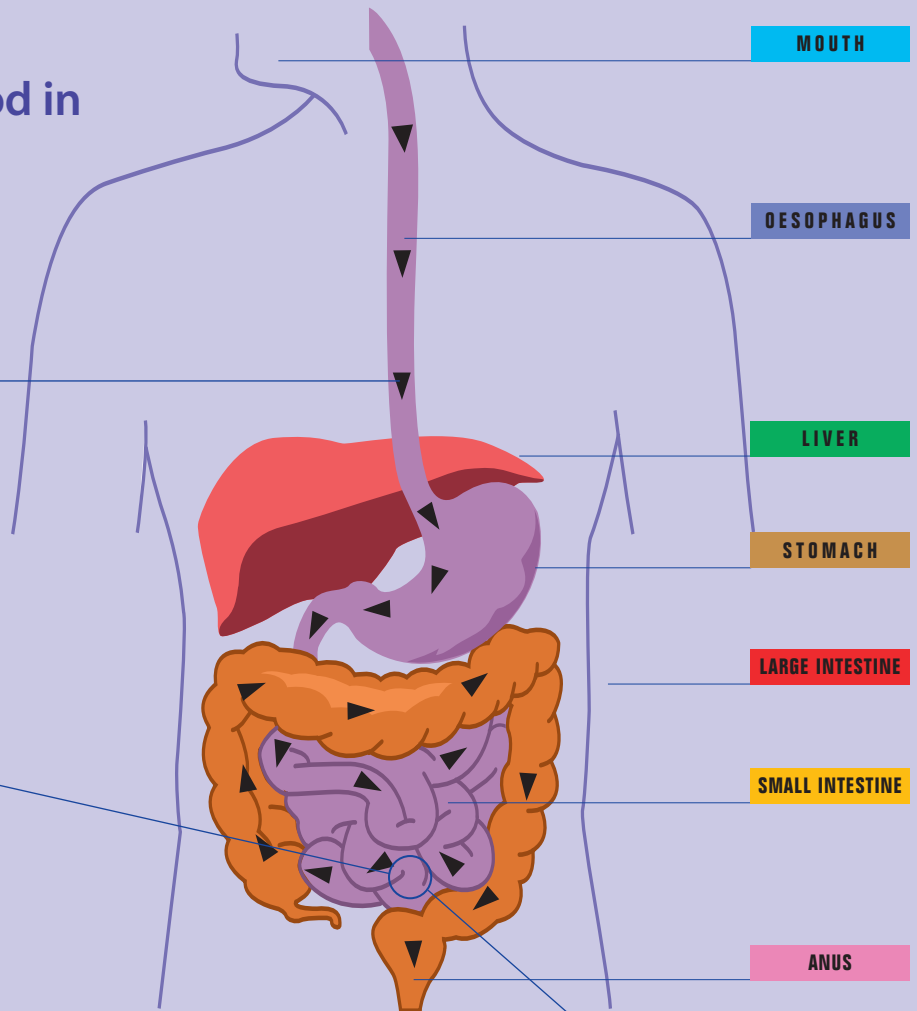
A Step by Step Guide to Coeliac Disease

What happens to food in your digestive tract

STEP 1

The passage of food

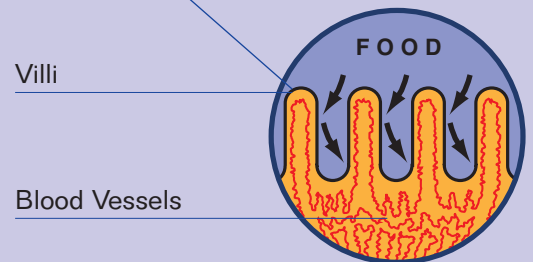
During the biopsy your doctor will have taken a section of small intestine to look at under the microscope



STEP 2

What your doctor will have looked at under the microscope

To help the absorption of food, your small intestine is lined with finger like projections called villi

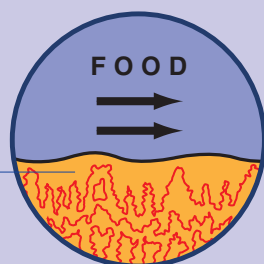


STEP 3

What the doctor saw from your biopsy

A person with untreated Coeliac Disease

Flattened Villi

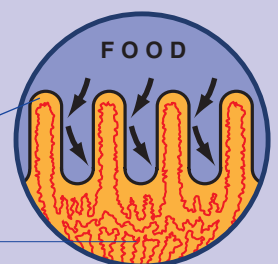


Food passes through quickly and is not absorbed

A person with treated Coeliac Disease

Villi

Blood Vessels



Food is absorbed

A Step by Step Guide to a Gluten-Free Diet

The Coeliac condition is treated by following a life-long gluten free diet. It is important that you stick to your diet at all times.

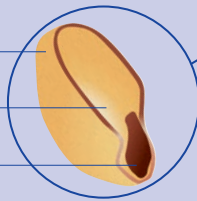
Gluten is a protein found in:

- Wheat
- Rye
- Barley

Husk

Endosperm (Gluten found here)

Germ



COMMON FOODS TO AVOID

- Wheatflour
- Bread, cakes & biscuits
- Many breakfast cereals
- Pasta & pizzas
- Pies & pastries
- Breaded fish & meat



FOODS TO CHECK

- Ready meals
- Soups, sauces & gravies
- Yoghurt, ice-cream & milky desserts
- Sausages & burgers
- Crisps & snacks
- Chips & other processed potato products



FOODS TO CHOOSE

- Rice
- Potatoes
- 'Pure' Oats*
- Fruit
- Vegetables
- Milk & cheese
- Meat & poultry
- Fish
- Eggs

- Special gluten-free foods (many of which are available on prescription)



*Check with your healthcare professional before including pure uncontaminated oats in your diet

It is recommended that you join [Coeliac UK](http://www.coeliac.org.uk) the leading charity working for people with coeliac disease and dermatitis herpetiformis
FOR INFORMATION call: 0845 3052060 www.coeliac.org.uk