

I AM CELIAC

WHAT DOES IT MEAN ?

I have to follow a gluten free diet.

STOP

- flour and wheat grains
- rye, barley and oats
- starch
- products from cereals containing gluten: sprouts, bran, groats, flour, vegetable protein substitutes for meat, soy sauce made from wheat, powdered sauces, soups and semi-finished products, wafers and others



OK

- Gluten-free cereals: millet, buckwheat, amaranth, corn, rice
- Legumes: soy, lentils, all types of beans, chickpeas, peas (legume flour and products from them - photo, vegan gluten-free steak)
- Seeds and nuts: flax, pumpkin, sunflower, chia, almonds, walnuts, hazelnuts, Brazil nuts, coconuts, cashews and others
- Fruits and vegetables: all kinds
- honey, sugar, chocolate, cocoa, ketchup, mustard



If you are not sure,
ask me!
Thank you