



معهد دسمان للسكري
Dasman Diabetes Institute



KFAS

أحد مراكز
Center



CELIAC
DISEASE

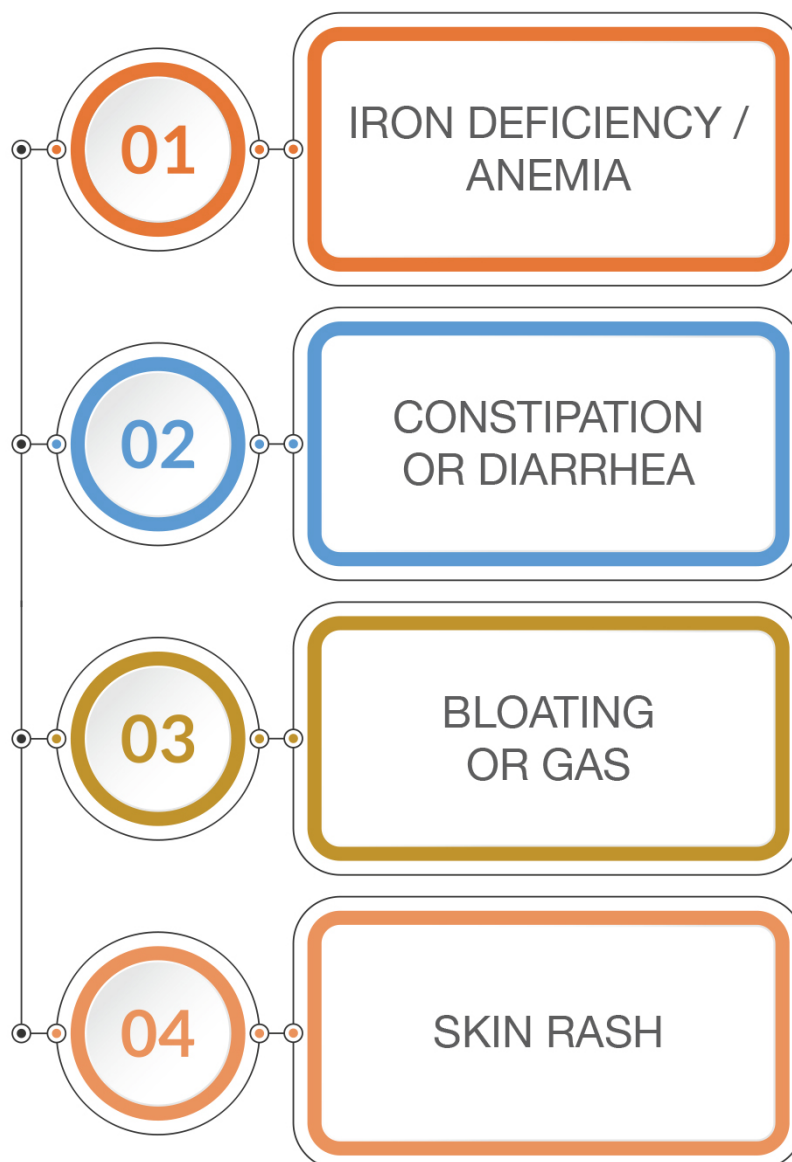
The Nutrition Unit

WHAT IS CELIAC DISEASE

Celiac is an autoimmune disease that causes inflammation to the small intestine, triggered by the ingestion of gluten.

Genes and/or the environment may be a contributing factor to the formation of this disease.

SYMPTOMS



FOODS TO AVOID



WHEAT

(bread, pasta, baked goods)



RYE

(rye bread)



BARLEY

(barley flour, maltose, cereals)

FOODS TO EAT



RICE



CORN



POTATO



SOY



BEANS



TAPIOCA



QUINOA



FLAX



CHIA



BUCKWHEAT
GROATS



NUT
FLOURS



GLUTEN-
FREE OATS



NOTE

PLAIN FRUITS, VEGETABLES,
PROTEINS AND FATS DO NOT
CONTAIN GLUTEN



MANAGEMENT



HOW DO I KNOW IF I HAVE CELIAC DISEASE

It is often difficult to diagnose celiac disease, as symptoms are commonly misdiagnosed or not always present.

If your healthcare provider suspects you to have the disease, they may order a blood test that measures the level of antibodies to gluten in your blood.

Sometimes further diagnosis is done such as a biopsy of your small intestine.

Diagnosis is verified once gluten is removed from the diet and the symptoms resolve.

A yellow lightbulb with a black outline, positioned at the top right of the orange speech bubble.

MOH OFFERS
GLUTEN-FREE
PRODUCTS FREE OF
CHARGE (MONTHLY)
TO CITIZENS WITH
PROVEN DIAGNOSIS

CARBOHYDRATE CONTENT FOR GLUTEN-FREE PRODUCTS

 PRODUCT	 SERVING SIZE	 EXCHANGE	 GRAMS OF CARBS
FLOUR MILL GF TOAST	1 slice	1	15 grams
FLOUR MILL GF BURGER BUN	1 burger bun	2	24 grams
FLOUR MILL GF ROLL	1 roll	1	20 grams
FLOUR MILL GF CUPCAKE	1 cupcake	2	24 grams
SCHAR PASTA	¼ cup cooked	3	43 grams
CORN STARCH	1 cup	8	116 grams
GROUND FLAX SEED	2 tbsp	0	4 grams
POTATO FLOUR	1 cup	7	113 grams
RICE FLOUR	1 cup	8	127 grams

BRANDS THAT OFFER GLUTEN-FREE OPTIONS

KUWAIT
FLOUR MILLS



GERBLÉ
(SANS GLUTEN)



SCHÄR



BOB'S
RED MILL



RESTURANTS WITH GLUTEN-FREE OPTIONS

- ✓ CHOCOLATE BAR
- ✓ THE BREAKFAST CLUB
- ✓ FIRIN GLUTEN-FREE BAKERY
- ✓ BURGERFI
- ✓ SINLESS
- ✓ CREPEAFFAIRE
- ✓ JUNAS
- ✓ THE EARLY BIRD

SWITCHBOARD: + (965) 2224 2999
HOTLINE: + (965) 1877 877
OR VISIT US AT: www.dasmaninstitute.org