



**CELIAC**  
DISEASE

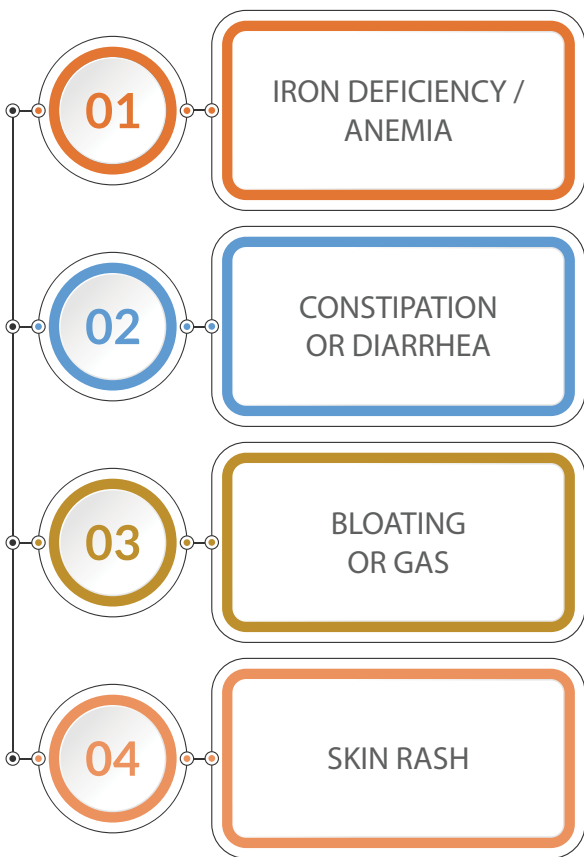
The Nutrition Unit

## 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 icon with a black outline, positioned at the top right of the orange callout box.

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](http://www.dasmaninstitute.org)