

# Patriot Picks

## YOUR GUIDE TO EATING WELL WITH PANTRY RESOURCES

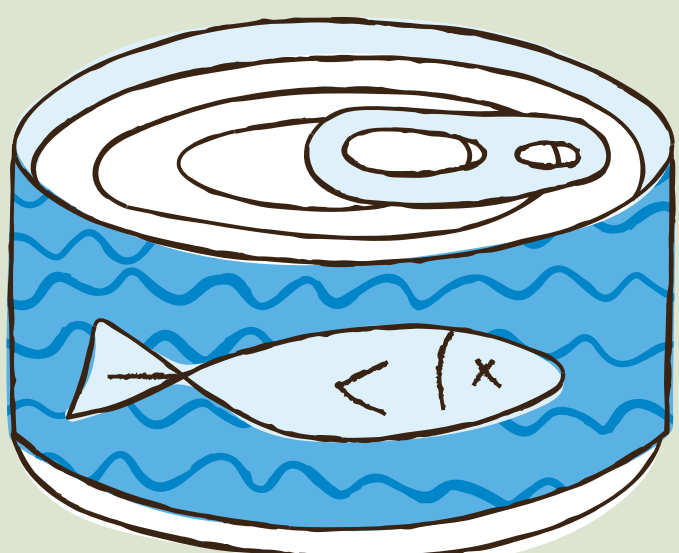
# Gluten-Free & Celiac Disease

### WHAT DOES IT MEAN?

Celiac disease is an autoimmune disorder where eating gluten (a protein in wheat, barley, and rye) **damages the small intestine**. Even small amounts can cause serious health issues.

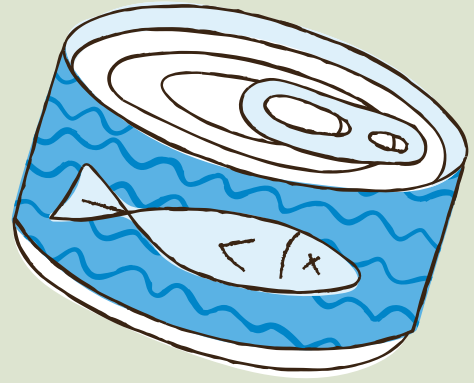
### WHY DOES IT HAPPEN?

- Autoimmune reaction: The body attacks the small intestine when gluten is eaten.
- Genetic condition: Often runs in families and is inherited.
- Triggered by gluten: Found in wheat, barley, rye, and products made from them.



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## WHAT CAN I DO ABOUT IT?

### Pantry Picks:

- **Grains:** Quinoa, Brown Rice, Gluten-Free Oats, Rice Cakes
- **Proteins:** Canned Tuna, Canned Chicken, Canned Beans (Black, Chickpeas, Kidney)
- **Vegetables:** Canned Green Beans, Canned Spinach, Canned Tomatoes (No Added Salt)
- **Fruits:** Canned Peaches, Pineapple, or Pears (100% Juice)
- **Snacks:** Rice Cakes with Peanut Butter, Unsalted Mixed Nuts, Trail Mix (No Added Gluten)
- **Extras:** Gluten-Free Pasta, Canned Lentils, Nut Butters

**Tips:** Look for labels that say “Gluten-Free” and avoid items containing wheat, barley, or rye.