

**FOR SOMEONE WITH CELIAC DISEASE**

# THIS PASTA IS POISON



This pasta, or any food product or meal that contains gluten, can make you sick if you have celiac disease. Even trace amounts of gluten, found naturally in wheat, rye, barley and triticale and used in the production of many common food products, can prevent essential nutrients like proteins, fats, carbohydrates, vitamins and minerals from being absorbed during digestion. You might experience symptoms such as anemia, dermatitis herpetiformis, chronic diarrhea, weight loss, fatigue, cramps, bloating and

irritability. If your celiac disease goes undiagnosed, you could develop osteoporosis, infertility and cancer.

In Canada, it takes an average of 11 years for someone with celiac disease to be properly diagnosed, and more than 90% of those with the disease remain undiagnosed. If you suspect that you or a family member could have celiac disease, ask your doctor to include celiac screening with your next blood test.



**ASK YOUR DOCTOR FOR THE CELIAC SCREENING TEST**

**VISIT CELIAC.CA FOR MORE INFORMATION**