



## Celiac Disease

Celiac disease (sometimes called sprue or coeliac) is an autoimmune disorder where consuming gluten (found in wheat, barely, and rye) damages the small intestine. About 1% of people have celiac disease.

Check out these resources! Use your phone to scan the QR codes to open the links!

### Books

These books have been recommended by Alberta Children's Hospital staff and community partners. Books can be borrowed from the FCRC Family Library or you can check with your local library to see if they are available.

<https://collections.follettsoftware.com/collection/5f29919e341db0001268b8ea>



### FCRC Information Prescription

Check out all these celiac disease resources and more on our website.

<http://fcrc.ahs.ca/rx/ceciac/>



### MyHealth.Alberta

Created in partnership with the Government of Alberta and Alberta Health Services. Use the search bar to find information about celiac disease

<https://myhealth.alberta.ca/>



### Canadian Celiac Association

The Canadian Celiac Association advocates for those with celiac disease. Calgary and Edmonton both have chapters that provide a newsletter and events.

<https://www.celiac.ca/>



### GI Kids—Celiac Disease

The North American Society for Gastroenterology, Hepatology & Nutrition has general information about celiac disease. The resources include pdf articles, videos and a list of support organizations.

<https://gikids.org/ceciac-disease/>



### Celiac Disease Foundation

You can find general information on celiac disease and learn about gluten-free living. There is also a section about research and advocacy initiatives that the foundation is working on.

<https://celiac.org/>



## Gluten Intolerance Group

Gluten Intolerance Group has a post diagnosis guide called Getting Started as well as lifestyle tips.

<https://gluten.org/>



## Beyond Celiac

This site has great information on celiac disease, life with celiac disease, and the gluten-free diet.

<https://www.beyondceliac.org/>



## Beyond Celiac—Information for Kids

This page was built specifically for kids with celiac disease. There are tips for talking to other kids about celiac disease and recipes too.

<https://www.beyondceliac.org/living-with-celiac-disease/kids/>



## Shelly Case—North America's Gluten-Free Nutrition Expert

Shelly Case is a Registered Dietitian and Celiac disease expert as well as a member of national advisory boards in both Canada and USE. Her site provides gluten free resources.

<https://shelleycase.com/>



## National Celiac Association

Make a meal plan and find gluten free recipes on this page from the National Celiac Association website.

<https://nationalceliac.org/gluten-free-recipes/>



## Gluten Free Resource Directory

This frequently updated guide lists gluten free items from food to cosmetics.

<https://glutenfreeresourcedirectory.com/>



*Need more information?*

## Contact the Family Librarian

☎ 403-955-7745 ✉ [ChildHealthInfo@ahs.ca](mailto:ChildHealthInfo@ahs.ca) 🌐 <http://fcrc.albertahealthservices.ca/>

## Family & Community Resource Centre

2<sup>nd</sup> Floor, Alberta Children's Hospital - 28 Oki Drive NW, Calgary, AB, T3B 6A8

This material is designed for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have specific questions, please contact your doctor or appropriate health care professional.

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