

# Gluten Free

LRNC GLUTEN FREE GALORE!



& More...

## LRNC Offers a Wide Variety of Gluten Free Products & Support

### What is Celiac Disease

Celiac Disease is an autoimmune condition that affects more than three million Americans. The disease affects the process of the small intestine and is triggered by the consumption of gluten, a protein found in wheat, barley and rye. Celiac Disease can inhibit the absorption of nutrients and can cause problems in the whole body. Undiagnosed and untreated, Celiac Disease can lead to osteoporosis, infertility, neurological conditions, and rarely, cancer. Damage in the small intestine can be present even when there are no symptoms. The only treatment is strict adherence to a gluten-free diet.

### What kinds of gluten-free products can I find at LRNC?

- Breads
- Muffins
- Cereal
- Waffles
- English Muffins
- Frozen Entrees
- Soups
- Pasta
- Cookies
- Ready-to-bake Pizza
- Pizza Dough
- Baking Mixes
- Baking Supplies

We are changing & adding products all the time. Don't hesitate to ask for what you want!

- Pie Crust
- Chips
- Crackers
- Supplements



## RESOURCES

UNIVERSITY OF CHICAGO CELIAC DISEASE CENTER: [WWW.CELIACDISEASE.NET](http://WWW.CELIACDISEASE.NET)  
 CELIAC DISEASE FOUNDATION: [WWW.CELIAC.ORG](http://WWW.CELIAC.ORG)  
 GLUTEN INTOLERANCE GROUP: [WWW.GLUTEN.NET](http://WWW.GLUTEN.NET)  
 FOOD ALLERGY TALK: [WWW.FOODALLERGYTALK.COM](http://WWW.FOODALLERGYTALK.COM)  
 THE CELIAC SCENE: [WWW.THECELIACSCENE.COM](http://WWW.THECELIACSCENE.COM)  
 NATIONAL FOUNDATION FOR CELIAC AWARENESS: [WWW.CELIACCENTRAL.ORG](http://WWW.CELIACCENTRAL.ORG)  
 R.O.C.K. (RAISING OUR CELIAC KIDS):  
[WWW.GLUTENFREEDOM.COM/RAISING-OUR-KIDS.ASP](http://WWW.GLUTENFREEDOM.COM/RAISING-OUR-KIDS.ASP)