



Coeliac disease and gluten free foods

If you have been diagnosed with coeliac disease then it's important to talk to your doctor about what this means and what you can and can't eat.

You doctor will also be able to point you in the right direction for more local support.

To start you off, more information is available on NHS Choices to help you learn more about how best to manage your diet and health. There are sections on diagnosis, treatment and complications and a forum for people to share their experiences and ask questions.

www.nhs.uk/conditions/coeliac-disease

You could also join a support or self help group. You can learn more about coeliac disease and get advice about switching to a gluten-free diet by contacting your local coeliac disease support group. For information about local support:

www.facebook.com/nottscoeliac

<https://www.coeliac.org.uk/local-groups/>

There are online forums you can join and lots of people with coeliac disease are blogging about living with the disease and providing tips and recipes. For starters, try the

<http://thehappycoeliac.com/>

Coeliac UK

Coeliac UK is the UK's leading charity for people living with coeliac disease. Its website: www.coeliac.org.uk has a full range of information and resources to support people living with coeliac disease.

Coeliac UK also provides a mobile phone app - Gluten Free on the Move - which can help you manage your gluten-free diet day-to-day including finding somewhere to eat out. You can access it on the Apple App store and Google Play.

You can contact Coeliac UK on **0333 332 2033 (Mon-Fri 9am to 5pm)** Or look for them on Facebook, Twitter and Youtube.

www.facebook.com/CoeliacUK