



Managing Celiac Disease Alongside Type 1 Diabetes:

What to Know, Say and Do



What is Celiac Disease?

Celiac disease is an autoimmune condition where consuming gluten (found in wheat, barley, and rye) triggers an immune response that damages the small intestine. This can prevent proper nutrient absorption, leading to digestive issues, fatigue, and nutrient deficiencies. **The only treatment for celiac disease is a strict gluten-free diet, as even small amounts of gluten can cause serious intestinal damage.** Not diagnosed yet? Visit celiac.org for diagnosis resources:

<https://celiac.org/about-celiac-disease/what-is-celiac-disease/>

Things to Know About Celiac Disease:

1. Gluten Can Hide in Many Products

Gluten hides in unexpected places such as sauces, processed foods, medications, and even beauty products. Always check labels carefully, and consult your healthcare provider for gluten-free medication alternatives. For skin care products your reaction can be individual based on other factors, consult guidance from National Celiac Association: <https://tinyurl.com/mr35ruvw>

2. Cross-Contamination Is a Real Risk

Even the smallest bit of gluten exposure through cross-contamination can trigger a flare-up. Replace and/or designate separate utensils, cutting boards and toasters. Store gluten-free food separately to avoid cross-contamination, especially if not maintaining a gluten-free household.

3. Dining Out Requires Extra Care & Research

Many restaurants now offer gluten-free options, but cross-contamination still remains a big risk. Always ask if food is prepared in a dedicated allergy section of the restaurant and if it's celiac safe, not just gluten-friendly -- if not, cross contamination may occur and you should not eat at that restaurant. Gluten-free restaurant apps are available and may offer some guidance, however still continue to ask questions as mentioned above when at the restaurant (or even better – consider calling ahead).

4. Gluten Exposure Symptoms Vary

When you accidentally consume gluten, you may be asymptomatic, or experience digestive issues like bloating and diarrhea. However, intestinal damage can occur even if symptoms seem mild or absent. Blood sugar may be impacted in those with type 1 diabetes, so monitor and check blood sugar.

5. It's Important to Read Food Labels

Many products are labeled “Gluten-Free” or Certified Gluten Free in grocery stores but make sure they are truly gluten free or certified gluten free. Avoid products whose ingredients include wheat, rye, barley, malt, or triticale, which are common sources of gluten. Consider this guide to reading labels:

<https://www.beyondceliac.org/gluten-free-diet/reading-food-labels/>

6. Celiac Diet and Gluten-Free Diet are NOT the Same

Many people, including restaurants, often confuse celiac disease with a gluten-free lifestyle. While some who choose gluten-free diets can tolerate cross-contamination, those with celiac disease cannot, making self-advocacy essential to avoid serious health risks.





Things to Know About Managing Celiac Disease with Type 1 Diabetes:

Being diagnosed with celiac disease, on top of managing type 1 diabetes (T1D), can seem overwhelming at first--6% of the T1D community have also been diagnosed with Celiac. For those who already manage T1D, this diagnosis means not only adjusting your diet to eliminate gluten but also understanding how these two conditions interact to affect blood sugar control.

1. Gluten-Free Foods Often Contain More Carbs

Many gluten-free products, especially processed ones, contain more sugar and carbs to make up for texture and flavor differences. So, you may need to adjust your insulin doses according to the updated carb counts for gluten-free products.

2. Prepare Gluten-Free Snacks for Lows

It's essential to have gluten-free snacks ready for treating hypoglycemia, or "lows". Traditional options like crackers or granola bars likely contain gluten, so you'll need gluten-free alternatives. Examples are: Juicy Juice (15 carbs), 8oz glass of whole milk (12 carbs), 3 Starbursts (12 carbs), 2 rolls of Smarties (12 carbs), GoGo SqueeZ Appleapple (15 carbs).

3. You'll Be Reading More Labels

With both celiac disease and T1D, label reading becomes even more crucial. You'll need to monitor products for both gluten content and carb counts. Take your time to familiarize yourself with new brands and foods that fit both your dietary needs. Even personal hygiene products & medicines can contain gluten.

4. Untreated Celiac Can Increase Risk of Lows

Untreated celiac disease can cause long-term damage to the small intestine. This may hinder the body's ability to absorb nutrients, including carbs, leading to frequent or unpredictable lows. Properly treating Celiac with a gluten-free diet helps ensure proper nutrient absorption, helping blood sugar management.

5. Managing Low Blood Sugar After Gluten Exposure

If you accidentally consume gluten, the resulting digestive issues may make it harder to absorb nutrients, **potentially causing low blood sugar within hours of ingestion because your body may absorb glucose at a slower rate.** Monitor your blood sugar very closely during these times and be prepared to treat any lows.



What Happens if I Accidentally Consume Gluten?

If you accidentally consume gluten, don't panic! Here are some tips to help manage the discomfort and support your recovery.

1. Rest and Take It Easy

If you accidentally consume gluten, your body will need time to recover. Resting and avoiding stress is crucial. Focus on allowing your body and mind time to heal.

2. Soothe your symptoms

If you experience any symptoms after gluten exposure, you may consider taking over-the-counter medications to soothe your symptoms and make you feel more comfortable. Consult your health care provider about specific medications to ensure they are appropriate and gluten-free.

3. Stay Hydrated

Drink plenty of water, especially if you experience diarrhea or vomiting after gluten exposure as staying hydrated will help flush your system. If diarrhea is severe, consider an electrolyte drink low in sugar to prevent dehydration (ex. Pedialyte and Liquid IV are electrolyte drinks with sugar-free versions).

4. Remember to Monitor Your Blood Sugar

If you experience diarrhea or vomiting, it can lead to severe dehydration, which may result in abnormally high blood sugar levels. If your blood sugar remains high for an extended period of time, call your doctor for advice.

5. Consult Your Healthcare Team

If gluten exposure leads to significant discomfort, consult with your registered dietitian and/or healthcare provider.

Grocery Shopping Tips:

When shopping for gluten-free products it's important to know which foods are naturally safe and which commonly contain gluten. Consider both gluten-free for Celiac and carb counts for T1D. It's smart to make a list of your favorite gluten-free alternatives (and if you can't find a GF alternatives, reach out to us!). Finally, phone applications like Fig: Food Scanner or Spoonful can help you identify gluten-free foods at the grocery store. Gluten-free Applications may be helpful in finding gluten-free items at the grocery store, but always read food labels!

Common Gluten-Free Foods:

- **Fresh Fruits & Vegetables:** Naturally gluten-free and a safe choice for snacks and meals.
- **Meat, Poultry, & Fish:** Plain, unseasoned meat is gluten-free, but be cautious of marinades and processed meats.
- **Rice, Quinoa, & Gluten-Free Grains:** Naturally gluten-free grains like rice, quinoa, and buckwheat are great staples.
- **Dairy Products:** Most plain dairy products like milk, cheese, and yogurt are gluten-free, but check labels for added ingredients.
- **Legumes & Nuts:** Beans, lentils, and nuts are safe, though some flavored or canned varieties may contain gluten additives.

Common Non Gluten-Free Foods:

- **Processed Foods:** Many processed foods, like soups, sauces, and salad dressings, can contain hidden gluten in the form of thickeners or flavorings.
- **Bread & Baked Goods:** Unless labeled gluten-free, most breads, pastries, and baked goods contain gluten from wheat flour.
- **Pasta:** Traditional pasta is made from wheat, so opt for gluten-free versions made from rice, corn, lentils, or chickpeas.
- **Snacks:** Crackers, chips, and pretzels often contain gluten unless specifically labeled otherwise. GF and Non-GF version can look almost identical... Always read the label!
- **Sauces & Condiments:** Soy sauce, gravies, and some salad dressings can contain gluten. Look for gluten-free versions or make your own.

A registered dietitian can provide personalized meal planning and help you navigate dietary challenges of having both Celiac and T1D. Be careful with open bins and bakery sections due to the higher potential for cross-contamination.



Look for certified GF symbols on packages, like this one!



Additional Resources:

Navigating the Kitchen

Many kitchen items can trap gluten in hard-to-clean crevices, pores, or scratches after use, making it difficult to remove all traces. To prevent cross-contamination, it's important to replace or designate gluten-free versions of the following:

- Toaster/toaster Oven, & toaster bags for travel or if your house isn't completely GF!
- Air Fryer
- Cutting Boards
- Wooden Utensils, Plastic Utensils or Plastic Tupperware
- Nonstick Pans
- Baking Supplies, including plastic mixing bowls and plastic measuring cups/spoons
- Strainers and any utensil with holes like sifters or colanders
- Oven mitt (if stained and can't be washed)
- Pizza stone
- Rolling pin (if wooden)
- Waffle Iron

Consider any other items that may also need to be replaced like lip balm and your toothbrush. And if the whole house can't be gluten-free, it's critical to keep gluten-free and non-gluten-free kitchen items completely separate. If the house will be gluten-free, wash everything you aren't replacing in the dishwasher and clean appliances including oven/fridge well. Remember to clean and scrub pantry shelves, counters and cabinets that store dishes.

Travel Situations

When traveling, be aware that gluten-free and T1D awareness can vary significantly from country to country. In some places, gluten-free options may be limited, and cross-contamination risks may be higher. Research your destination ahead of time, including local cuisine, potential gluten-free restaurants, and grocery stores. Learn key phrases in the local language to explain your dietary restrictions. Always carry gluten-free snacks and glucose for emergencies. Consider translation cards: <https://www.celiactravel.com/cards/>

Social Situations or Family

Navigating social events and family gatherings can be challenging for those with celiac disease and T1D. Communicate your dietary needs clearly to hosts in advance and offer to bring a gluten-free and/or lower-carb dish to share (and therefore avoid cross-contamination). Even close family members may not fully understand your condition, so it's important to be explicit about your condition while also encouraging them to learn about your dietary restrictions to foster understanding and support. Use our presentations too!

When dining out, check menus beforehand or help suggest restaurants with gluten-free options. "Find Me Gluten Free" and Gluten Dude are apps that helps users discover gluten-free-friendly restaurants and stores nearby, but **it's important to be cautious**, as the accuracy of reviews and recommendations depends on user input. Enter a review when you visit a restaurant! Facebook groups like Celiac Travel can also help.

In the Office or at School

Tell colleagues or teachers about your dietary needs and educate them on the importance of avoiding cross-contamination. Keep gluten-free snacks and low blood sugar treatments accessible at all times. Most schools, under federally regulated Section 504, are required to provide accommodations to those with T1D and Celiac. This plan is based on the needs of the student & help keep them safe at in school. Ask your healthcare provider for a letter of support to provide to your child's school to get started with obtaining a 504 plan.

Gluten-Free Finds:

Here is a large sample of brands and stores that offer gluten-free foods and alternatives, see links later in this document:

Baked Goods & Pastries



Jennifer Lee's
Bakery



Canyon Bakehouse
Breads



Katz GF
Baked Goods

Cookies



Choomi Naturals
Cookies/Macarons



Enjoy Life
Chocolate Chips + Cookies



GF Oreos
Oreos

Granola & Cereal



True North
Granola



Bakery on Main
Granola/Oatmeal



Chex
Cereal

Waffles & Pancakes



Van's
Waffles



King Arthur
Pancake Mix



Bisquick (GF)
Pancake Mix

Pasta & Noodles



Barilla GF
Pasta



DePuma's
Pasta



Jovial
Pasta

Prepared Foods



Udi's
Frozen Misc.



Amy's
Frozen Meals



Perdue
GF Chicken Tenders

Soup



Gluten Free Cafe
Soup



Progresso
Soup



Mom's Place
Soup Mixes

Sauces



Rao's
Pasta Sauce



Sriracha
Hot Sauce



Heinz
Ketchup/Mayo

Snacks



Gratify
Pretzels



The Good Crisp Co.
Chips



Onesto Foods
Crackers

Other Sweets



Joy
GF Ice Cream Cones



Trupo
Chocolate Bars



Bare Life
Hot Cocoa

Pizza Crusts



Still Riding
Pizza Crust



Bob's Red Mill
Pizza Crust



King Arthur (GF)
Pizza Crust

International



Mission (GF)
Tortillas



Happy Tummy
Asian



Schar
Euro

Major Retailers



Wegman's



Walmart
**All Carry GF Products*



Whole Foods

Specialty Brands



Aleia's
Bread Crumbs



Cabot
Yogurt



Mikey's
Muffins & More

Beverages



Juicy Juice
Juice



Spindrift
Flavored Seltzer



NY Soda Jerks
Soda

Flour Substitutes



Otto's
Cassava Flour



Cup4Cup
Flour Substitute



King Arthur
GF Flour

Links for Gluten-Free Finds (and more!)

Remember, not all items from these brands are certified gluten free so read the label every time!

Against the Grain <https://againstthegraingourmet.com>

Aleia's <https://www.aleias.com>

Annie's <https://www.annies.com/products/gluten-free>

Bfree <https://www.bfreefoods.com>

Banza <https://www.eatbanza.com>

Bare Life Hot Cocoa <https://www.eatbarelife.com>

Barilla GF Pasta <https://www.barilla.com/en-us/products/pasta/gluten-free>

GF Bisquick <https://www.bettycrocker.com/products/bisquick/gluten-free-pancake-and-baking-mix>

Bob's Red Mill <https://www.bobsredmill.com>

Canyon Bakehouse <https://canyonglutenfree.com>

Chex cereal <https://www.chex.com/products/rice-chex>

Choomi Naturals <https://choominaturals.com>

Cup 4 Cup <https://www.cup4cup.com>

Depuma's pasta <https://depumaspasta.com>

Enjoy Life Foods <https://enjoylifefoods.com>

Gluten Free Cafe soup <https://www.hain.com>

Gratify Pretzels <https://www.osem-nestleusa.com/gratify-gluten-free>

Good Crisp <https://www.thegoodcrispcompany.com>

Happy Tummy Asian <https://www.happytummy.asia/allergen-info>

Jennifer Lee's Bakery <https://www.jenniferleesshoppe.com>

Jovial Pasta <https://jovialfoods.com/collections/jovial-pasta>

Joy GF ice cream cones <https://joycone.com/products/12ct-gluten-free-sugar-cones/>

Katz Gluten Free <https://katzglutenfree.com>

King Arthur <https://shop.kingarthurbaking.com/gluten-free>

Kinnick snacks & graham crackers <https://www.kinnickinnick.com>

Kraft GF Mac & Cheese <https://tinyurl.com/56s6v3y6>

Krusteaz <https://www.krusteaz.com/products/gluten-free/>

Made Good <https://www.madegoodfoods.com/collections>

Mi Tierra Tortillas <https://mitierratortillas.com>

Mikey's <https://mikeys-muffins.myshopify.com>

Mission GF Tortillas <https://www.missionfoods.com/products/gluten-free-soft-taco-flour-tortilla-wraps/>

Mom's Gluten Free <https://momsplaceglutenfree.com>

Ocean State Pepper Co. spices <https://www.rhodypepper.com>

Onesto foods <https://onestofoods.com>

GF Oreos <https://www.oreo.com/products/oreo-gluten-free?Size=2+Pack>

Otto's Naturals <https://www.ottosnaturals.com>

Pamela's <https://www.pamelasproducts.com>

Progresso GF <https://www.progresso.com/products/gluten-free>

Rao's <https://www.raos.com>

Schar <https://www.schaer.com/en-us>

Smarties <https://www.smarties.com>

Spindrift <https://drinkspindrift.com>

Still riding pizza crusts <https://stillridingfoods.com>

Sweet Loren's cookie dough <https://sweetlorens.com>

True North Granola <https://truenorthgranola.com>

Trupo chocolate <https://trupo.com>

Udi's <https://www.udisglutenfree.com>

Van's Waffles <https://vansfoods.com>

Certified Gluten-free Companies That Ship Direct to Your Home

No need to go to grocery store!

88 Acres:

Granola & Bars <https://88acres.com> Pro tip: Use code **WELCOME20** for 20% off first orders.

Good Crisps (an EBK favorite)

GF pringles like snacks: <https://www.thegoodcrispcompany.com>

Katz (an EBK favorite)

GF donuts, donut holes & other baked goods: <https://katzglutenfree.com>

Schar

GF bread & baked items: <https://www.schaer.com/en-us>

Gluten Free Mall

Assortment of items from many GF vendors, check to make sure they are certified before you buy!: <https://glutenfreemall.com>

Made Good

GF cheddar snacks, snack bars & other snack items: www.madegoodfoods.com

Modern Bread and Bagel

GF Bagels: <https://www.modernbreadandbagel.com>

Mom's Place

GF Meal, Soup, Breads & other mixes: <https://momsplaceglutenfree.com>

The Greater Knead

GF NY style bagels and bagel chips: <https://www.thegreaterknead.com/>

King Arthur GF

Certified GF flour, pizza dough mix, muffin mixes + other baking helpers:
<https://shop.kingarthurbaking.com/gluten-free>

Also consider these certified gluten free companies highlighted by Wicked Gluten Free: <https://tinyurl.com/39cawcwc>

Community Tips

A collection of tips and advice from local Celiac community members:

Q: What do you wish your doctor told you the day you were diagnosed?

About the Reality of Living with Celiac

- **It's manageable but challenging:** This is extremely manageable and gets easier over time. It will significantly affect your day-to-day life, but it's not as overwhelming as it initially sounds.
- **Expect ups and downs:** There will be small missteps - don't stress over them. Understand what the actual likely side effects are and how your body may react.
- **Healing takes time:** As you heal, it may take time for symptoms to resolve. Stay in touch with your health care provider about any symptoms and in going forward for follow up visits. It's important to monitor labs over time to ensure your celiac labs are improving, which indicates healing.
- **Social impact:** For kids especially, this can be a real social struggle with which they need additional support. Use our kids guide. Find their favorite food GF equivalents.

About Gluten and Cross-Contamination

- **Gluten is everywhere:** It's in much more than just wheat - learn about malt, smoke flavoring, and other hidden sources early on.
- **Cross-contamination is crucial:** It's just as important as avoiding gluten directly. You'll need to replace kitchen utensils like toasters, and understand how to eat safely when not at home.
- **Read everything:** Check labels on food, facial cosmetics like chapstick, lotions and medicines - and recheck them regularly as ingredients can change.

About Serious Health Implications

- **This is serious:** Long-term untreated celiac can lead to a variety of health complications and increase health risks. Working with your health care providers to eliminate these risks and adapting your life to a gluten free lifestyle is very important.
- **Other symptoms matter:** Many symptoms may have been associated with celiac beyond Gastrointestinal issues - reactions can show up in many different forms including skin rashes and joint issues. Don't dismiss unexplained symptoms, stay in touch with doctor!

About Other Related Advice

- **Resources exist:** Some local grocery stores have specialists who can help you adjust to shopping. They may have all GF food in one aisle or spread through the store. Check out our grocery guide on our celiac resources page for New England Grocery tips. Some like Big Y have webinars. There are also tons of resources on the Celiac association & Beyond Celiac websites to help you navigate the diagnosis.
- **Plan ahead:** You'll need to plan trips better for dining options and understand how difficult it will be to navigate eating outside the home. We provided some resources previously, some of it will be trial & error for what works best for your family. Research is important!

Q: Please provide a tip on managing celiac - it can be food or lifestyle related

Travel and Planning Ahead

- **Always pack backup:** Bring snacks and bread when traveling. For international travel, learn to say and read "gluten-free" and "no gluten" in the local language. Bring translation cards!
- **Research everything:** Look up restaurant menus and call/email ahead about safety protocols rather than being surprised when you arrive. Find a few restaurants you're comfortable with their safety protocols. Research dining options at your destination. Here is a small list of safe restaurants we've found: Red Heat Tavern, Burton's, 110 Grill, Modern Bagel, Jersey Mike's, Noodles & Co, Outback Steakhouse, McAlisters Deli, Schlotzskys, In N Out Burger, Coopers Hawk, BJ's Brewhouse, Cheddar's Scratch Kitchen, Hard Rock Cafe, Wahlburgers, Snooze, an A.M. Eatery, Not Your Average Joe's & Maggiano's.

Social Situations and Family Life

- **Normalize it for the family and educate your circle:** Make gluten-free eating & snacks normal for family gatherings to help kids not feel left out. Help close friends and family understand celiac and cross-contamination. Lean on those willing to choose restaurants with gluten-free options.
- **Volunteer strategically:** An example is to offer to bring cupcakes to birthday parties - it's a polite way to know what's in the dessert. Bring items to potlucks & get in line first to avoid cross contamination.
- **Set boundaries:** Don't be afraid to politely decline homemade "gluten-free" food that may not be safe, and educate people about necessary cleaning measures. Read every label every time, there could be different packaging regionally.

Mindset and Approach

- **Stay positive:** Frame things as "I know the perfect alternative" instead of "you can't have that."
- **Balance perspective:** The internet can be more extreme than reality - **listen to your doctor and dietitian and find your own balance based on your lifestyle.**
- **Experiment and explore:** Try different foods and brands until you find what you like - it's the only way to know if a product is good. There are many options, try a taste test for a game night!
- **Take it one day at a time:** Don't let it overwhelm you. Learn to navigate eating out as soon as possible to avoid developing a fear of it. It's a journey & the community is here to help you.

Practical Day-to-Day Tips

- **Meal planning is extremely helpful:** Think about your plans & convenient grocery options.
- **Learn the hidden ingredients:** Understand ingredients that can contain gluten like malt, natural flavorings and smoke flavor early on. Contact manufacturers with questions if label is unclear.
- **School coordination:** If child is school age, contact the nurse for cafeteria assistance and work with them on safe options. You may choose to pack a safe lunch instead with exact carb counts.
- **Speak up confidently:** People won't understand celiac, similar to T1D so clearly communicate what you need without being afraid to advocate for yourself. It's an important part of your life!

Emotional and Social Support

- **Recognize the emotional impact:** The diagnosis affects children emotionally and socially too - acknowledge this reality. Use age appropriate resources & let them participate in food choices.
- **Build your support network:** Find friends who understand and are willing to be educated about celiac. Reach out to others in the celiac & T1D community as well who can share tips!
- **Be patient with others:** Understand that not everyone will grasp how celiac works or the importance of avoiding cross-contamination. You live it every day & hopefully they adapt over time.

Other Related Links and Social Support

Beyond Celiac

Beyond Celiac unites with patients and partners to drive diagnosis, advance research and accelerate the discovery of new treatments and a cure.

- **Newly Diagnosed Resource:** <https://www.beyondceliac.org/living-with-celiac-disease/newly-diagnosed/>
- **How to Read a Food Label:** <https://www.beyondceliac.org/gluten-free-diet/reading-food-labels/>

Find Me Gluten Free

Find great gluten-free friendly restaurants, anywhere you go.

- **Tool to Find Local, Celiac-safe Restaurants:** <https://www.findmeglutenfree.com>

National Celiac Association

The National Celiac Association is a 501(c) 3 non-profit organization dedicated to educating, empowering, and advocating for individuals with celiac disease and non-celiac gluten sensitivity (NCGS), their families, and communities throughout the nation.

- **Newly Diagnosed Webinar:** <https://nationalceliac.org/going-gluten-free/>
- **Ask the Experts Q&A:** <https://nationalceliac.org/ask-questions-celiac-disease/>
- **Skin Care Products guidance:** <https://tinyurl.com/mr35ruvw>

Celiac Disease Foundation

The Celiac Disease Foundation, established in 1990, is a leading global patient advocacy organization committed to accelerating diagnosis, treatments, and a cure for celiac disease.

- **Resource Guide:** <https://celiac.org/icureceliac/>

Gluten.org

- **Gluten Intolerance Group Parents Toolkit:** <https://gluten.org/parent-toolkit/>

Wicked Gluten Free

- **100 GF Businesses & In-person Expos in New England Area:** <https://wickedglutenfree.com/dedicated-gluten-free-businesses-shipping-nationwide/>

Boston Children's Hospital Navigating Celiac in School Environments Guide

https://www.childrenshospital.org/sites/default/files/media_migration/7915edd2-999d-44c9-a13c-098ffb93b3.pdf

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To learn more about managing Celiac Disease alongside Type 1 Diabetes, visit www.elbowbumpkidinc.org



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