



NO GLUTEN-CONTAINING GRAINS PLEASE!

COELIAC

- Suffers from incurable coeliac disease.
- The only treatment for coeliac disease is a strict life-long diet.
- Gluten is contained in wheat, barley and rye.
- The food cannot contain even small amounts of gluten, for example bread crumbs.

ALLERGIC TO WHEAT, BARLEY AND RYE

- Wheat, barley and rye cause allergic reactions.
- The most severe allergic reaction (anaphylaxis) can be lethal.
- Children's allergies often get better, but among adults, they are usually more permanent.
- The tolerance for wheat, barley and rye varies.

OTHERS WHO REQUIRE GLUTEN-FREE GRAINS

- Some avoid using wheat, barley and rye even though they do not have coeliac disease or allergies.
- They find that these grains cause symptoms.
- It is not yet known how lengthy and absolute the elimination of gluten-containing grains from the diet must be.



For example, rice, maize, buckwheat, millet, quinoa, teff and amaranth