



## Video – Celiac Disease: Going Gluten-Free Punjabi ਪੰਜਾਬੀ

Have you been diagnosed with celiac disease and want to learn more about the gluten-free diet? A Dietitian will talk about:

- What celiac disease is
- How to eat nutritiously while following a gluten-free diet
- Ways to avoid and limit cross-contamination at home and when eating out

[Watch the 12-minute video.](#)

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