



Celiac Disease – Going Gluten-Free

Class Handouts

The handouts listed below may be used during the class. Click on the names to view them. We encourage you to review the handouts before the class and write down questions you have.

- [Gluten-Free Diet](#)
- [Fibre and the Gluten Free Diet](#)
- [Food Labelling: Guidelines for Individuals with Celiac Disease Following a Gluten-Free Diet](#)
- [Tips to Spend Less Money on Food](#)



<https://www.ahs.ca/info/Page16878.aspx>



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