

***This page is typed small on purpose!
Print it out and use a “real” magnifying glass to read it.
Or use the one on your computer.**

The GLUTEN Detectives
Ask

Do you know what GLUTEN is?
It is the protein that is found in Wheat, Barley and Rye!

Did you know that GLUTEN can make many people sick?
It’s true!

Some people are allergic to GLUTEN, and others have Celiac Disease.
Celiac Disease is when GLUTEN destroys a person’s small intestines.

Do you know what your small intestine does for your body?
It absorbs all the nutrients from the food we eat so we can grow and be healthy.

Without your small intestines, it isn’t easy to be healthy
So people with Celiac Disease cannot eat GLUTEN, not even a crumb!

GLUTEN is in things like PIZZA, BREAD, DONUTS, CAKE and more.
GLUTEN can even be in ICE-CREAM, SOUPS and SAUCES!

Being a Celiac, means you need to stay on a restricted diet, FOR LIFE!
But it doesn’t mean you have to miss out on the FUN things in life.

After all, Fun is spelled F-U-N, not F-O-O-D!
Don’t you agree?

Undiagnosed Celiac Disease is “very” dangerous, it can cause LOTS of health problems,
Like pain, being tired, headaches, diarrhea/constipation, diabetes, and more.

If you would like to learn more about Celiac Disease,
Please ask us a few questions.

Each time someone new learns about Celiac Disease,
The WORLD gets healthier.

Did you know that in some parts of Europe, children are tested for Celiac Disease,
Before they go into first grade? It is much more common than you might think.

Once a Celiac is on a restricted diet, most do not need any medications.
Most Celiacs can lead a healthy life, as long as they stay on their diet.

Staying on a restricted diet isn’t always easy, for lots of reasons.
But, feeling good and being healthy sure can motivate a person to do it!

Oh, we almost forgot!
Just because it’s GLUTEN FREE, doesn’t mean it tastes bad!

Many foods DO NOT contain GLUTEN and many recipes can be modified.
Several Companies make GLUTEN FREE foods now too.

Gluten is a silent poison for some people.
Just like some people are allergic to Peanuts, Shellfish and other food.

Thanks for leaning about Celiac Disease!
We hope you will tell a friend about it.

Celiac Disease is NO joking matter,
But it doesn’t mean that you have to stop enjoying LIFE!

“It’s all in the ATTITUDE!!!!!!!!!!!!!!”- Jake and Max Renke, The GLUTEN DETECTIVES

* We are children; we hold no responsibilities; please seek the advice of medical professional.

This information was brought to you from: **The I Can’t Eat “THAT” Club**
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