

# Jag har **CELIAKI**

Jag blir sjuk av gluten och måste äta en glutenfri diet.

Gluten finns i vete, råg, korn och havre, exempelvis i bröd, pasta, panering och såsredning.

Tack för hjälpen.



Svenska



Engelska • English



# I have **CELIAC DISEASE**

This means I must eat a gluten-free diet because gluten makes me ill.

Wheat, rye, barley and oats contain gluten and they are found, for example, in bread, pasta, breaded food products like fish-fingers, and gravy/sauce that has been thickened with wheat flour.

Thank you for your help!

[www.celiaki.se](http://www.celiaki.se)