"Hi! My name is Fiona. I am a specialist dietitian who loves working with people with coeliac disease.

"Coeliac disease can be diagnosed at any age once gluten has been introduced into a person’s diet."

"Gluten is found in wheat, barley and rye. Some people are also sensitive to oats. Once diagnosed, the only treatment for coeliac disease is a strict lifelong gluten-free diet. Once gluten is removed from the diet, you should start to feel much better."

"Coeliac disease is not an allergy or intolerance but a serious illness where the body’s immune system attacks its own tissues when you eat gluten."

"Allergy & Intolerance
Auto-Immune Disease

This causes damage to the lining of the gut and means the body can’t properly absorb nutrients from food."

"Even a crumb of gluten is enough to make someone ill. Sometimes for days on end. Key symptoms can include frequent diarrhoea, recurring stomach cramps, chronic fatigue, anaemia, regular mouth ulcers, and weight loss."
"You have to have the right genetic make up to get coeliac disease."

"If you have coeliac disease, there is a 1 in 10 chance that an immediate relative may also have the condition."

"If you think you may have coeliac disease, do not remove gluten until a diagnosis is made."

"You will start to feel better once you begin to avoid gluten but it takes time for the gut to fully heal. It varies between people but it can be up to 5+ years."

"There are many naturally gluten free foods available."

"Many processed foods are gluten free. Take time to read the labels carefully."

"Learn basic cooking techniques so you can cook with fresh ingredients."

"By learning some useful tips you can enjoy a rich and varied gluten free diet!"