

FACT VS. FICTION: CELIAC DISEASE AND THE GLUTEN-FREE DIET

Created by Beyond Celiac 



MYTH: YOU CAN'T TOUCH GLUTEN

People with celiac disease can't get sick from touching gluten. Gluten has to be ingested to make someone with celiac sick.



MYTH: YOU WILL GET CELIAC IF YOU HAVE THE GENES FOR IT

While about 30% of people have the genes for celiac disease, only about 1% of people ever develop it. Most people with the genes live their whole lives without developing celiac disease.



MYTH: YOU CAN HAVE SOURDOUGH

People with celiac cannot have regular sourdough, even if it has a lower gluten content. They can only eat gluten-free bread.



MYTH: HEAT KILLS GLUTEN

Heat does not "kill" gluten. Gluten isn't a bacteria or virus. If someone tells you the gluten beer will "cook out" or the fryer will "kill the gluten," it's safest to politely decline those offerings.



MYTH: YOU CAN'T HAVE CELIAC DISEASE WITHOUT GI SYMPTOMS

There are over 250+ symptoms associated with celiac disease, and not everyone has GI symptoms—some people have no symptoms at all.



MYTH: YOU CAN EAT BREAD IN EUROPE

Gluten isn't safe for people with celiac disease, no matter where they are. There are millions of Europeans with celiac disease who do not eat the bread.



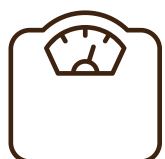
MYTH: YOU CAN'T HAVE CELIAC DISEASE IF YOU'RE TALL

You can have celiac disease no matter your height. Tall, short, average—height is not influenced by whether or not a person has celiac disease.



MYTH: YOU CAN'T HAVE CELIAC DISEASE IF YOU'RE NOT WHITE

You can have celiac disease no matter your race, ethnicity, or country of origin. Patients can be Black, white, Asian, Indigenous, etc. No Irish heritage needed.



MYTH: YOU CAN'T HAVE CELIAC DISEASE IF YOU'RE OVERWEIGHT

You can have celiac disease no matter how much you weigh, whether you're overweight, underweight, or average.



MYTH: YOU CAN'T HAVE CELIAC DISEASE IF YOU'RE OLDER

Celiac disease can be triggered at any age. You can be diagnosed as a baby or as an adult of any age.



MYTH: THE GLUTEN-FREE DIET IS TEMPORARY

Celiac disease is a chronic autoimmune condition, so patients have to eat gluten-free for the rest of their lives following diagnosis in order to stay healthy. It is not a short-term or temporary illness.



MYTH: CELIAC DISEASE IS AN ALLERGY TO GLUTEN

Celiac disease is not an allergy. It's an autoimmune disease, like lupus or multiple sclerosis. Medications like EpiPens© and Benadryl© will not impact celiac disease symptoms.



MYTH: YOU CAN GROW OUT OF CELIAC DISEASE

Celiac disease is a lifelong illness, and patients do not "grow out" of the disease. Although some people grow out of food allergies, celiac disease is not an allergy—it's an autoimmune disease, like lupus.



MYTH: YOU CAN'T EAT FOOD LABELED 'MADE IN A FACILITY THAT ALSO PROCESSES WHEAT'

A product made in a facility where they also process wheat can still be gluten-free—though it's safest to buy certified gluten-free foods.



MYTH: CHEAT DAYS ARE FINE —A LITTLE BIT WON'T HURT

A few crumbs are enough to set off the immune reaction of someone with celiac disease. Patients should eat strictly gluten-free for the rest of their lives in order to avoid damaging their bodies.



MYTH: CELIAC DISEASE IS CAUSED BY GMOS

There is no evidence to support this claim. The earliest evidence of celiac disease dates to the first century AD. Celiac disease has been around much longer than GMOs.



MYTH: CELIAC DISEASE IS A NEW DISEASE

The earliest evidence of celiac disease dates to the first century AD, about 2,000 years ago. The gluten-free treatment, however, was only identified in the 1940s. Prior to the GF diet, people simply died.



MYTH: CELIAC DISEASE IS CAUSED BY GLYPHOSATE

There is no evidence to support this claim. The earliest evidence of celiac disease dates to the first century AD. Celiac disease has been around much longer than glyphosate.



MYTH: CELIAC DISEASE IS CAUSED BY WHEAT BREEDING

There is no evidence to support this claim. The earliest evidence of celiac disease dates to the first century AD. Celiac disease has been around much longer than wheat breeding.



MYTH: YOU HAVE TO USE GLUTEN-FREE HYGIENE PRODUCTS

You have to ingest gluten to get sick, so it's unlikely that you'd get sick from shampoo or lotion—unless you regularly eat them.

WANT MORE INFO? SCAN THE QR CODE

Find more resources at www.BeyondCeliac.org

