

Nutrition & Coeliac Disease



**Nutrition
Professionals
Australia**

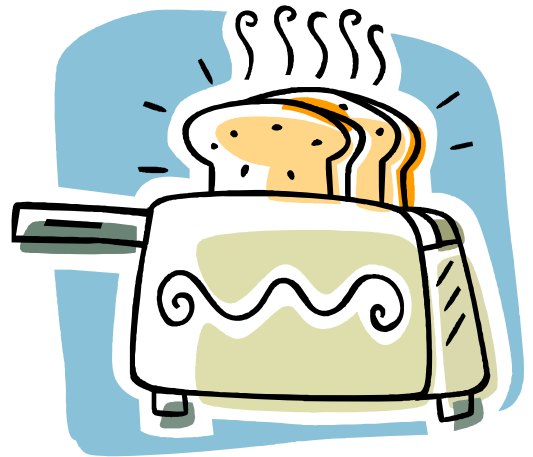
*solutions for
a healthy life*

Have you been recently diagnosed with coeliac disease? Have you had coeliac disease for a long time but need a refresher and some practical tips and ideas? Living with coeliac disease and a gluten free diet can be very difficult and requires a dedicated approach to all aspects of the diet– at home and away from home. Remember that even traces of gluten in the diet can cause damage to the small bowel without always causing symptoms.

Practical advice

Nutrition Professionals Australia have a number of dietitians with expertise in managing coeliac disease and a gluten free diet. We can provide advice regarding:

- ◆ Reading labels
- ◆ Dining out and what to choose
- ◆ Are there any suitable takeaways?
- ◆ Quick and easy meals
- ◆ Maintaining adequate nutrition
- ◆ Where to get fibre?
- ◆ Cross Contamination
- ◆ Travelling
- ◆ How to fit the gluten free diet into other dietary requirements



Many people with coeliac disease will also experience other food intolerances such as lactose (milk sugar) or even fructose (fruit sugar). Your NPA dietitian can assist to investigate these intolerances and provide the practical advice you need.

Nutrition Professionals Australia

Nutrition Professionals Australia is a leading group of experienced Accredited Practising Dietitians providing nutrition solutions for individuals and organisations. Nutrition Professionals Australia have a number of dietitians with expertise in treating clients with coeliac disease and other gastrointestinal disorders. NPA are currently the largest dietetic practice in Australia and we consult at locations across Adelaide. Individual consultations are GST free and are covered by most private health insurers – extras cover.

To make an appointment at one of our locations:

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