



Celiac disease (CD) affects as many as two million Americans and may be one of the most common genetic diseases.

Recent prevalence study of 13,145 people



In average healthy people 1 in 133.¹

In people-at-risk (related to a celiac) 1 in 22.¹

¹Source: A multi-center study on the sero-prevalence of celiac disease in the United States among both at-risk and not-at-risk groups. Fasano et. al., Archives of Internal Medicine. February 2003.

Celiac disease facts for congressional leaders

- ✗ Celiac disease is a life-long, autoimmune condition.
- ✗ Onset can occur at any age.
- ✗ Common symptoms include fatigue, anemia, chronic diarrhea/constipation, weight loss, bone pain.
- ✗ Dermatitis herpetiformis is the skin manifestation of celiac disease.
- ✗ Treatment is strict adherence to a gluten-free diet.
- ✗ Few researchers concentrate on celiac disease.
- ✗ Undiagnosed and untreated celiac disease can lead to other autoimmune disorders as well as osteoporosis, infertility, neurological conditions and in rare cases cancer.
- ✗ Consuming gluten (a protein found in wheat, barley and rye) damages the small intestine. Opinions differ on whether oat proteins damage the small intestine.

The celiac community requests congressional consideration of appropriations and legislation that affect the quality of our daily lives.

Appropriations

- ✓ Increase funds to USDA for GF product development, to NIH for research and education, and to FDA for food labeling.
- ✓ Incentives to enter digestive disease specialties.
- ✓ Fund public health screening for children.

Legislation Needed

- ✓ Amend the Federal Food, Drug, and Cosmetic Act to establish labeling requirements (*HR467 introduced in 108th Congress. Bills H.4704 and S.2499 in 107th Congress died in committee.*)
- ✓ Gather epidemiological information—CDC.
- ✓ Clarify income tax deductions for gluten-free foods.

Strict compliance to the diet is essential for good health.

🚩 Even a minute amount of gluten can trigger an immune response 🚩

Current food labeling laws do not require adequate detail to assure a product is gluten-free without a call to the manufacturer. Some manufacturers do voluntarily provide complete ingredient information, but FULL DISCLOSURE ON FOOD LABELS SHOULD BE MANDATORY.

Current food label:

Ingredients: Flour, sugar, whole eggs, whole milk solids, vegetable oil, glucose syrup, emulsifier, modified food starch, flavoring, caramel color.

- Source of each ingredient is not identified.

Full disclosure on food labels is absolutely essential to the person diagnosed with celiac disease and dermatitis herpetiformis.



"TIME TO PLAY GLUTEN ROULETTE!"

Expanded food label:

Ingredients: Whole grain flour (**wheat**), sugar (**beet**), whole eggs, whole milk solids, vegetable oil (**safflower**), glucose syrup (**wheat**), emulsifier (**wheat starch**), modified food starch (**corn**), flavoring (**almond oil**), caramel color (**barley**).

- The source of the ingredients is identified.

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