

# Gluten-Free? Eat Organic

## Celiac Disease Explained

Celiac disease is an autoimmune digestive disease triggered by the consumption of gluten, a protein found in wheat, rye, or barley.

When people with celiac eat foods containing gluten, their immune system responds by damaging the fingerlike villi lining of the small intestine. As a result, the body is unable to absorb nutrients into the bloodstream, which can lead to malnourishment.

Left untreated, people with celiac disease can develop further complications such as other autoimmune diseases, osteoporosis, thyroid disease, and cancer.

### Symptoms

The symptoms of celiac disease vary; some patients develop symptoms early in life, while others feel healthy far into adulthood.

Further, symptoms of celiac disease may or may not occur in the digestive system. For example, one person may experience diarrhea and abdominal (Continued on page 2)

## PizzaSalad is a GREAT Kitchen



The National Foundation for Celiac Awareness (NFC) certified PizzaSalad, The Organic Choice, as a GREAT Kitchen. That means PizzaSalad is qualified to *safely* serve gluten-free meals to people with celiac.

All PizzaSalad's restaurant procedures underwent extensive review and staff were trained by the NFC to ensure all gluten-free meals offered are truly free of gluten. For PizzaSalad's gluten-free menu options, visit pizzasalad.com.



*This issue is dedicated to celiac disease and gluten-free awareness.*

## Contents

Celiac Disease Explained	1
PizzaSalad is a GREAT Kitchen	1
PizzaSalad's Organic & Gluten-Free Menu	2
Gluten-Free Restaurant Checklist	2



## Celiac Disease Explained

(continued from page 1) pain, while another is irritable and depressed (most common among children with celiac).

Anemia, delayed growth, and weight loss are signs of malnutrition. Malnutrition is a serious problem for anyone, but particularly for children because they need adequate nutrition to develop properly.

### Diagnosis & Treatment

Accurately diagnosing celiac disease is difficult largely because the symptoms often mimic those of other diseases including irritable bowel syndrome, Chron's's disease, ulcerative colitis, diverticulosis, intestinal infections, chronic fatigue syndrome, and depression.

The only treatment for celiac disease is a lifelong gluten-free diet, avoiding all foods that contain wheat (including spelt, triticale, and kamut), rye, and barley.

*PizzaSalad is a restaurant certified to safely serve gluten-free food. PizzaSalad Staff are well-trained and follow a strict protocol when preparing gluten-free meals for people with celiac.*

### PizzaSalad's Organic & Gluten-Free Menu

In addition to being certified to safely serve gluten-free meals, PizzaSalad offers a menu made with 95% or more USDA certified organic ingredients.

For people with celiac disease, this is especially important. Studies show organics tend to contain more vitamins and minerals than conventionally grown and handled foods. Because celiac sufferers tend to be under-nourished, it is essential that they eat certified organic foods.

At PizzaSalad, everyone, including those with celiac, can enjoy gourmet food made with only fresh certified organic ingredients.

For PizzaSalad's organic and gluten-free menu options, visit [pizzasalad.com](http://pizzasalad.com).

## Gluten-Free Restaurant Checklist

Restaurants which are entirely gluten-free are a rare bread. It is not enough to simply offer a meal that does not contain wheat.

For those with celiac, it is important to know what to look for and what questions to ask when dining out in order to ensure their meal is safe for them to eat.

### Look For:

- Menu highlighting gluten-free options or meals containing gluten
- Separate preparation area and cooking utensils for gluten-free meals

### Questions to Ask:

- How do you safeguard for cross-contamination with foods that contain gluten?
- Do you have a list of the ingredients?

PizzaSalad appreciates the severity of celiac disease. PizzaSalad staff is well-trained to safely prepare gluten-free meals – and *with only USDA certified organic ingredients!*

### PizzaSalad, The Organic Choice

1655 E. Thousand Oaks Blvd  
Thousand Oaks, CA 91362  
(805) 371 7878  
[info@pizzasalad.com](mailto:info@pizzasalad.com)  
[pizzasalad.com](http://pizzasalad.com)

