

How to Judge Celiac Information Online

The quality of gluten-free information online varies widely and is a common source of confusion. Sites run by nonprofit celiac organizations, academic celiac centers, and registered dietitians are the most reliable. Personal blogs, social media accounts, and commercial sites selling products may be helpful for recipes and community but should not be the source of medical or safety decisions.

Note that many online sources blend information about celiac disease with information about gluten sensitivity and gluten-avoidance as a wellness trend. These are different situations with different rules — what is "gluten-free enough" for someone avoiding gluten by choice is not adequate for Celiac Disease.

None of these resources replace a registered dietitian experienced in Celiac Disease. Working with a dietitian and having regular follow-up remains the foundation of care.

Websites

- Beyond Celiac: www.BeyondCeliac.org
- Celiac Disease Foundation: www.celiac.org
- Celiac Disease and Gluten-free resource: <https://www.celiac.com>
- Gluten free medications: <http://glutenfreedrugs.com/newlist.htm>
- Gluten Intolerance Group of North America: www.gluten.org
- GI Kids: Health & Hope for Children with Digestive Disorders: www.gikids.org
- National Celiac Association: <https://nationalceliac.org>
- Raising our Celiac Kids: <https://twincitiesrock.org/>
- The Gluten Freedom Project - <http://www.glutenfreedomproject.com>

Books

- *Gluten Free: The Definitive Resource Guide* by Shelley Case, RD
- *Gluten-Free Hassle-Free: A Simple, Sane, Dietitian-Approved Program for Eating Your Way Back to Health* by Marlisa Brown, MS RD CDE
- *Real Life with Celiac Disease* by Melinda Dennis and Daniel Leffler

Magazines and Digital Magazines

- Allergic Living Magazine: <https://www.allergicliving.com/category/celiac>
- Gluten-Free Living Magazine: <https://www.foodiemagazines.com/magazines/gluten-free-living-magazine>

- Gluten Free and More: <https://glutenfreeandmore.com>
- Delight Gluten-Free Magazine: <https://delightglutenfree.com>
- GFF Gluten Free Forever Magazine: <https://gffmag.com/>

Apps for Smartphones

Many gluten-free apps are available. The ones below were selected based on the credentials of their publishers and their track record. This list reflects what was available at the time of publication and is not an endorsement.

For Restaurants:

- Find Me Gluten Free: <https://www.findmeglutenfree.com/>



- Gluten Dude: <https://glutendude.com/>

For Groceries:

- Fig: <https://foodisgood.com/>



- The Gluten Free Scanner: <https://scanglutenfree.com/>



- The Celiac App: <https://www.theceliacspace.com/tca>

