

Do you have celiac disease?

If you can't eat bread or anything containing wheat, rye, and barley because of gluten—a protein found in these grains—you may have celiac disease.

Different people have different symptoms, but talk with your doctor if you or your child has one or more of these problems after eating bread or cookies, for example:

- Gas
- Bloating, belly pain
- Ongoing diarrhea or constipation
- Pale, foul-smelling or fatty stool
- Weight loss or weight gain
- Fatigue
- Bone or joint pain
- Bone loss or weakening
- Anemia (lower red blood cell count)
- Behavior changes (children become irritable)
- Tingling, numbness in the legs
- Muscle cramps
- Seizures
- Itchy skin rash

