

The mission of the University of Chicago Celiac Disease Center is to raise diagnosis rates for celiac disease and meet the critical needs of people with the condition, through education, research, and advocacy.

# WHAT TO KNOW

## Contamination at Home

**A celiac disease diagnosis can feel overwhelming**, especially when it comes to sharing kitchen space and equipment with household members who are not on a gluten free diet. But, it can be done! Remember that you don't have to do it alone. Your team is here for you to offer advice, support, and answer any questions you may have.

### Here are some tips for avoiding cross contact in a shared kitchen space:

- › Label gluten-free containers.
  - Stickers or markers work great
- › Use the top shelf in pantry for gluten-free items.
- › Use squeeze bottles.
  - Mayonnaise, ketchup, mustard
- › Consider buying separate condiments if they are used by other family members.
  - Peanut butter, jam, butter
- › Thoroughly clean prep items.
  - Counter tops, pots, utensils
- › Talk with your team about how to handle shared items.
  - Toaster oven, butter dish, colander, cutting board

**Whether you are newly diagnosed or have been living with celiac disease for decades, education is key to staying healthy and enjoying a high quality of life.** At The Celiac Disease Center, one of our goals is to provide information that makes following a gluten-free diet as easy as possible.

If you have any questions, please reach out. Your care team is only a phone call away.



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