



Stanford  
Children's Health

# Celiac Disease Resource Guide for a Gluten-Free Diet

A family resource from the Celiac Disease Program





## What Is a Gluten-Free Diet?

A gluten-free diet is a diet that completely excludes the protein gluten. Gluten is made up of gliadin and glutelin which is found in grains including wheat, barley, and rye. Gluten is found in any food or product made from these grains. These gluten-containing grains are also frequently used as fillers and flavoring agents and are added to many processed foods, so it is critical to read the ingredient list on all food labels. Manufacturers often change the ingredients in processed foods, so be sure to check the ingredient list every time you purchase a product.

*The FDA announced on August 2, 2013, that if a product bears the label “gluten-free,” the food must contain less than 20 ppm gluten, as well as meet other criteria. **\*The rule also applies to products labeled “no gluten,” “free of gluten,” and “without gluten.” The labeling of food products as “gluten-free” is a voluntary action for manufacturers.***

*Be sure to always look for the certified “gluten-free” label on products before purchasing.*



Notes: \* Important – Read ingredient labels before purchasing gluten-free products.

## How Do I Get Started?

Your first instinct may be to stop at the grocery store on your way home from the doctor’s office and search for all the gluten-free products you can find. While this initial fear may feel a bit overwhelming but the good news is you most likely already have some gluten-free foods in your pantry.

Use this guide to select appropriate meals and snacks. Prepare your own gluten-free foods and stock your pantry. Many of your favorite brands may already be gluten-free.

# Foods and Additives That Contain Gluten



Complying with a gluten-free diet can be challenging. If a product contains the symbol at left, then that product is gluten-free.

Grains containing gluten are often added to processed foods, so it's important to carefully read the food labels to check for sources of gluten. Manufacturers often change the ingredients in processed foods, so you need to be sure to check each food every time you buy it.

As you learn to spot gluten on food labels, be sure to remember that wheat-free does not mean gluten-free. If you're not sure whether a food has any gluten, it's best not to eat it.

## Which Foods Contain Gluten?

Gluten is found in wheat, rye, barley, and triticale grains. Gluten is also found in things made from these grains, like bran, bulgur, couscous, einkorn, durum, faro, farina, graham flour, matzo flour, kamut, semolina, and spelt. These grains are found in a variety of foods, including cakes, breads, pasta, and cereals.

### Gluten-Containing Foods and Ingredients to Avoid:

Wheat	
Atta	Kamut
Bulgur	Matzo, matzo meal
Couscous	Modified wheat starch
Dinkel (spelt)	Seitan
Durum	Semolina
Einkorn	Spelt (farro, faro, dinkel)
Emmer	Tabouleh
Farina	Triticale
Farro or faro (spelt)	Wheat Bran
Graham flour	Wheat flour
Hydrolyzed wheat protein	Wheat germ
	Wheat starch

Barley	
Ale	Malt
Barley (flakes, flour, pearl)	Malt extract/ malt syrup
Beer	Malt flavoring
Brewer's yeast <sup>1</sup>	Malt vinegar
Lager	Malted milk

Rye	
Rye bread	Rye flour

Oats <sup>2</sup>	
Oatmeal	Oat flour
Oat bran	Oats

Notes: <sup>1</sup> Brewer's Yeast contains barley; however, other baking yeasts are gluten-free.

<sup>2</sup> Unless oats are labeled "certified gluten-free oats."

# At the Grocery Store

## Within the inner aisles of the grocery store, look for:

- Corn tortillas
- Plain or brown rice, quinoa, millet
- Dried beans and legumes
- Fresh spices and herbs
- Peanut or nut butters
- Cooking oils (canola and olive oils are low in saturated fats and contain healthy monosaturated fat)

After your child's diagnosis of celiac disease and on your first trip to the grocery store, think about shopping the perimeter of the store. This is where you will find naturally gluten-free foods. Start with the fresh produce section and stock up on nutrient-rich, low-fat, low-sodium fruits and vegetables.

Next, visit the fresh meat, poultry, and seafood section. Again, these are naturally gluten-free. Think about making a fresh turkey breast or lean roast for dinner and then using the leftovers as a filling for a corn tortilla for lunch. Use caution when choosing luncheon meat and other processed meats. The processed meats may contain gluten as fillers or flavor enhancers, so read the label carefully.

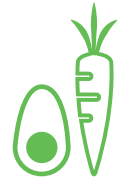
After the meat section, you can visit the egg and dairy section. These products are, for the most part, gluten-free. Calcium-rich desserts and snacks like ice cream, yogurt, and pudding may be good choices for a gluten-free diet, but always thoroughly check the list of ingredients.

If your child has lactose intolerance, try lactose-free milk, yogurt, and hard cheese as these are usually well tolerated in those patients. Lactaid tablets can also be taken with dairy products.

As the demand for gluten-free products increases, many grocery stores now stock more products that are specifically gluten-free. Look in the Asian section for rice noodles and crackers. Check out the "organic" or "health food" section for gluten-free pastas, flours, and baking products.

Specialty health food stores typically have gluten-free foods in a designated section and in the frozen foods section of the store, offering shoppers many foods such as gluten-free bagels, bread, and pizza dough to defrost and bake at home.

Some frozen food sections also have gluten-free frozen meals as a convenient option.



## Produce

- All fresh fruits
- All fresh vegetables
- Tofu
- White or sweet potato
- Corn
- Edamame



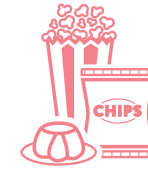
## Meat, Fish, Poultry

- Fresh beef
- Fresh pork
- Fresh poultry (caution: self-basting)
- Fresh fish or seafood
- Eggs



## Dairy

- Unflavored milk
- Cream
- Aged cheese (caution: processed cheese)
- Most yogurts
- Butter, margarine
- Cream cheese (fat-free products may not be GF)
- Cottage cheese
- Sour cream



## Snacks

- Potato chips (caution: flavored chips)
- Corn chips
- Popcorn
- Rice crackers, rice cakes
- Plain nuts, seeds
- Jello
- Pudding



## Condiments

- Jam and jellies, marmalade
- Honey
- Peanut or nut butters
- Corn or potato starch
- Corn and maple syrup
- Molasses
- Brown, white and confectioner's sugar
- Spices and herbs
- Salt, pepper
- Relish, pickles, olives
- Ketchup, mustard
- Distilled vinegars
- Most salad dressing (read label for gluten presence)



## Cereals & Grains

- Cream of rice
- Grits
- Puffed rice
- Plain or brown rice, Quinoa, millet
- Corn tacos or tortillas
- Chex cereals



## Beverage

- 100% fruit juice
- Coffee, tea, cocoa
- Nut milks (almond, cashew, coconut, pistachio)
- Soft drinks
- Swiss Miss hot cocoa



## Fats & Oils

- Vegetable, canola and olive oil
- Shortening



## Frozen Foods

- Plain fruits and vegetables
- Most ice cream and sherbet
- Gluten-free breads, bagels, English muffins
- Gluten-free frozen waffles



## Packaged & Canned Foods

- Plain fruits and vegetables
- All canned meats (read label for gluten presence)
- Dried beans, lentils, peas
- Most baked beans

# Gluten-Free Meal Ideas



## Breakfast

- Rice Chex or Corn Chex or other gluten-free cereal with milk, nut milks, fresh fruit
- Corn tortillas, warmed with scrambled eggs, chopped tomato, and melted cheese
- Cream of rice cereal with chopped almonds and milk
- Gluten-free waffles with butter and syrup
- Omelet with onions, peppers, and tomatoes, with two soft corn tortillas
- Grits with butter and salt
- Cottage cheese and fruit
- Gluten-free pancakes (gluten-free brands include Arrowhead Mills, Bob's Red Mill, Gluten-free Essentials, Gluten-free Pantry, Kinnikinnick, Sylvan, and Vans) with butter and syrup
- Gluten-free yogurt layered with berries
- Hard-boiled eggs mixed with mayonnaise, served on toasted corn tortillas
- Gluten-free oatmeal with fruit



## Lunch

- Sliced turkey with lettuce, tomato, and mayonnaise on warmed corn tortillas with baby carrots
- Grilled sliced chicken over mixed greens, with red peppers, sliced tomatoes, broccoli florets, and chickpeas, served with oil and vinegar or gluten-free salad dressing
- Toasted gluten-free bread or warmed corn tortillas, with tuna fish made with mayonnaise, chopped onion, sliced tomato, shredded lettuce, and chopped cucumber
- Grilled salmon or tuna served over mixed greens with shredded carrots, chopped tomatoes, and cucumbers. Serve with oil and vinegar, or favorite gluten-free salad dressing, gluten-free rice crackers, and lemon wedges
- Grilled chicken, salmon, or tuna, with shredded lettuce, sliced tomatoes, baby carrots, and gluten-free rice cakes

- Gluten-free ham on gluten-free toast or warmed corn tortillas with mustard and coleslaw
- Cottage cheese with mixed fruit
- Grilled chicken cutlet marinated in garlic, oil, and lemon, served over chopped romaine lettuce, with gluten-free Caesar dressing, parmesan cheese, and gluten-free rice crackers
- Grilled or broiled sirloin burger with lettuce, tomato, sliced onion, ketchup, and a gluten-free roll if available – if not available, serve over a mixed salad with oil and gluten-free vinegar
- Grilled chicken marinated in garlic, oregano, oil, salt, and pepper, with a sweet potato, butter, and mixed veggies
- Chicken salad made with cooked chicken, mayo, onions, walnuts, and grapes, over a mixed green salad

- Grilled portabella mushroom marinated in garlic and oil, served with mixed green salad
- Peanut or nut butters and jelly on rice cakes
- Grilled cheese made with gluten-free bread served with roasted veggies
- Turkey roll-up with cream cheese and asparagus spear
- Quesadilla using corn tortillas, chopped chicken, and tomatoes
- Baked potato with cheese and chives
- Quinoa with lemon juice, chickpeas, and olive oil



## Dinner

- Salmon baked with mustard, and honey, served with brown rice and steamed green beans
- Hard-boiled egg, sliced, with steamed green beans, baby spinach, sliced cucumber, sliced tomato, and chickpeas with oil and vinegar or gluten-free salad dressing
- Grilled chicken cutlet marinated in garlic, oil, and onion powder, served with cooked brown rice, steamed broccoli, and mixed greens served with oil and vinegar or gluten-free salad dressing
- Broiled skirt steak with garlic, onion powder, and a dash of salt, served with steamed cauliflower and a medium baked potato with butter or margarine
- Baked flounder cooked with chopped onions, tomatoes, cilantro, garlic, and onion powder, served with steamed spinach, rice, and a mixed green salad sliced tomato and cucumber and oil and vinegar or gluten-free salad dressing



## Snacks

- Pork loin cut into two-inch cubes of pineapple and cherry tomatoes marinated in gluten-free Italian dressing, grilled, and served with steamed broccoli and corn with butter or margarine and a dash of salt
- Roasted chicken with carrots, potatoes, and onions, seasoned with garlic, onion powder, salt, pepper, and Italian herbs
- Grilled or baked chicken, shrimp, or veal placed in a casserole dish and topped with tomato sauce, mozzarella, and parmesan cheese, served with gluten-free pasta
- Rice, corn, or quinoa pasta with tomato sauce and a mixed green salad with favorite gluten-free dressing

- Grilled shrimp over a mixed green salad with baby potatoes and favorite gluten-free dressing
- Hand-pressed hamburger or turkey burger (100% pure ground beef or turkey), with onion and sliced tomato, baked sweet potato fries, and green beans
- Frozen gluten-free pizza baked and served with mixed green salad and gluten-free salad dressing

- Fresh fruit
- String cheese\*
- Rice crackers with peanut butter or cheese\*
- Popcorn\*
- Sliced veggies with gluten-free bean dip\*
- Canned fruit in its own juices
- Plain yogurt
- Applesauce with cinnamon
- Baby carrots and snow peas with hummus\*
- String cheese and dried fruit\*
- Pudding\*
- Rice cakes\*

- Nuts with dried fruit\* (nuts are naturally gluten-free unless flavored or processed on gluten-containing equipment)
- Strawberries with Cool Whip
- Plain peanuts or almonds\*
- Rice cakes with cream cheese and jam\*
- Vanilla ice cream, sorbets, sherbets, ice milk\*
- Edamame
- Celery with peanut butter or cream cheese\*
- Hard-boiled egg

\* *Double-check labels particularly in these items.*



# Gluten-Free Cooking

## Gluten-Free Grains

- Amaranth (seeds or flour)
- Arrowroot flour
- Bean flours
- Buckwheat
- Corn
- Corn flour
- Corn meal
- Cornstarch
- Expandex (a modified food starch made from tapioca)
- Guar gum
- Mesquite
- Millet
- Nut flours
- Potato
- Potato flour
- Potato starch
- Rice
- Sorghum
- Soy flour
- Tapioca
- Flour or starch
- Teft
- Quinoa
- Xanthan gum

## Food Storage and Preparation

Once you get your groceries home, you need to think about how your food is prepared. Here are several suggestions to help you avoid contaminating your food with gluten:

- Do not purchase foods from open bins or bulk bins.
- Store gluten-free foods separately.
- Label gluten-free foods to prevent confusion.
- Have designated gluten-free appliances and tools, like toasters, non-stick and cast iron pans, colanders, etc.
- Use clean tools for cooking, cutting, mixing, serving, storing, etc.
- Avoid tools that can harbor gluten crumbs or have scratches (e.g., wooden cutting boards, non-stick pans, etc.)
- Have separate containers of foods that food or knives are dipped into, like peanut butter, hummus, etc., or have a strict “no double-dipping” rule.

### What about Oats?

All commercial, regular oats are contaminated with gluten. Most people with celiac disease can eat small amounts (around ½ cup uncooked) certified gluten-free oats. A small percentage of people with celiac react the same way to the protein in oats as they do to gluten. Talk to your doctor to get more specifics for your individual needs.

### Can I Eat Packaged Foods with These Ingredients?

- Maltodextrin\*
- Starch or modified food starch\*
- Dextrin\*
- MSG (monosodium glutamate)
- Vanilla and almond extracts
- Caramel coloring
- Vinegar (except malt vinegar)
- Canola oil

**Yes! Just avoid foods with labels that list: wheat, rye, barley, malt, malt extract, malt flavoring, malt vinegar, brewer’s yeast, and oats (not marked gluten-free).**

\*Rare potential exception: meat, poultry or egg products.

# Northern California Support Groups

Bay Area R.O.C.K.  
(Raising Our Celiac Kids)  
(South Bay and Peninsula)

**Kelly Velez**  
(650) 303-8409

**Email**

Yahoo group: [bayareaceliacROCK](#)

Berkeley – GlutenX:  
Cal’s Gluten Free Alliance

Campus advocacy and support  
group for registered students,  
faculty and staff

**Email**

**Website**

**Facebook page**

Contra Costa County

Gluten-free discussion group -  
meets in the rossmoor community  
in Walnut Creek

**Walter Moeller**  
(925) 930-8875

**Email**

Davis – Celia  
Support Group

**Diane Craig**  
**Email**

Davis - Gluten-Free Group  
at the Davis Food Co-op

**Email**

**Facebook page**

East Bay/Tri-Valley R.O.C.K.  
(Raising Our Celiac Kids)

**Julia Babka-Kurzrock**  
**Email**

**Carla Mira**  
**Email**

Yahoo Group: [eastbayceliacROCK](#)

Gluten Intolerance Group  
– East Bay and  
South Bay locations

**Kim Rice**  
**Email**

**Website**

Gluten Intolerance  
Group of Marin

**Sheila Wagner**  
(415) 924-1700

**Barb Sobel**  
**Email**

**Group’s Email**

**Website**

Marin - Celiac Community  
Foundation of Northern  
California Support Group

**Jennifer Iscol**  
**Email**

Mendocino County

**Jeni Guth**  
**Email**

**Facebook page**

Mid-Peninsula Contact

**Joan Terry**  
(650) 726-5310

**Email**

Morgan Hill Contact

**Dolores Kent**  
**Email**

Napa County  
Celiac Community  
Foundation of Northern  
California Support Group

**Jennifer Iscol**  
**Email**

NorCal Gluten-Free Teens  
**Facebook page**

Oakland Support Group –  
Celiac Disease Foundation

**Melissa Batavia**  
**Email**

Sacramento Celiacs  
on Facebook

**Joann Mitchell**  
**Email**

**Facebook page**

Sacramento – Celiac  
Support Group

**Diane Craig**  
**Email**

Salinas Contact

**Adriana Morga**  
(831) 210-3218  
**Email**

San Francisco Celiac Kids  
(adults welcome)

**David Drutz**  
(415) 203-3798  
**Email**

**S.F. community contact**  
**Lisa Palmer**  
**Email**

San Francisco Celiacs  
at **Gluten-Free Grocery**

**Calvin Chin**  
(415) 626-FREE  
**Email**

**Website**

Santa Clara Kaiser  
Support Group (open to all)

**Barbara Dodson**  
**Email**

Santa Cruz Support Group  
– Celiac Disease Foundation

**Pam Newbury**  
(831) 423-6904  
**Email**

**Website**

Sonoma County  
Celiac Community  
Foundation of Northern  
California Support Group

**Jennifer Iscol**  
707-579-9683 (voice mail  
checked weekly at most; email  
checked daily)  
**Email**

South Bay Support Group

**Vic Dolcourt**  
**Email**

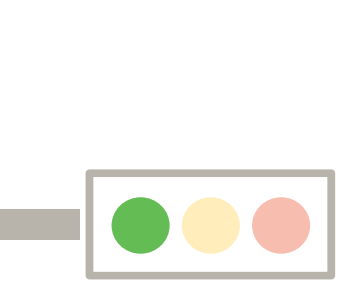
**Brenda Falk**  
**Email**

Gluten-Free Bay Area  
Meet-Up Group

**Website**

# Resources

# The Celiac “Traffic Light” Meal Plan



**GO!**

These foods are gluten-free and are safe to eat every day. You should choose foods from this list.



**SLOW!**

These foods may be safe to eat, but be careful because they can't be guaranteed to be gluten-free!



**STOP!**

These foods are not gluten-free and should be avoided! Eating them may cause you to experience mild to severe reactions due to gluten contamination.



## Breads, Cereals, Flours, and Other Grains

● **GO!**

- Amaranth
- Arrowroot
- Buckwheat
- Cornmeal
- Corn tortillas
- Cream of rice
- Flax
- Gluten-free cereals
- Hominy (grits)
- Millet
- Montina
- Nut flours (almond, hazelnut, pecan)
- Plain corn chips
- Plain popcorn
- Plain rice cakes
- Plain rice chips
- Plain tortilla chips
- Potato bread
- Potato flour
- Potato starch
- Quinoa
- Rice
- Rice flours
- Rice noodles
- Sorghum
- Soy
- Tapioca
- Taro
- Teff

● **SLOW!**

- Buckwheat flour (sometimes is mixed with wheat flour)
- Flavored rice mixes
- Flavored snacks (chips, popcorn, etc.)
- Oats
- Oatmeal
- Rice and corn cereals (may contain barley)

● **STOP!**

- Barley
- Bran
- Bulgar
- Cereals
- Couscous
- Crackers
- C routons
- Durum
- Einkorn
- Emmer
- Farina
- Farro
- Flour tortillas
- Graham
- Granola
- Hydrolyzed vegetable protein
- Hydrolyzed wheat protein
- Kamut
- Matzo
- Modified wheat starch
- Pastas
- Pizza
- Rye
- Semolina
- Spelt
- Stuffing
- Triticale
- Wheat and wheat bread
- Wheat germ
- White bread
- White flour

### Magazines

#### **Simply Gluten-Free**

#### **Gluten-Free Living**

#### **GFF Magazine**

#### **Living Without's Gluten-Free + More**

### Apps

#### **Find Me Gluten Free**

[www.findme glutenfree.com](http://www.findme glutenfree.com)

#### **Is That Gluten Free?**

#### **Dine Gluten Free**

### Books

#### **Gluten-Free Diet**

A comprehensive resource guide by Shelly Case, RD

#### **The Gluten-Free Gourmet**

Fast and healthy recipes by Bette Hagman

#### **Kids with Celiac Disease**

A family guide to raising happy, healthy gluten-free children by Danna Korn

#### **Incredible Edible Gluten-Free Food for Kids**

by Sheri L. Sanderson

#### **The Gluten-Free Kid: A Celiac Disease Survival Guide**

by Melisa London

### Websites

#### **www.celiac.org**

Comprehensive list(s) of safe/forbidden foods, gluten-free products, recipes, and relevant news

#### **www.glutenfreedrugs.com**

Provides accurate lists of the majority of medications both generic and non-generic which are gluten-free

#### **www.triumphdining.com**

Publisher of the most comprehensive gluten-free restaurant guide in North America, dining cards that help you order gluten-free at restaurants where language barriers, and popular gluten-free grocery guides

#### **www.celiaccentral.org/kids/**

Free resources for gluten-free kids and parents

### National Organizations

**Celiac Disease Foundation**  
(818) 716-1513  
[www.celiac.org](http://www.celiac.org)

**University of Chicago Celiac Disease Center**  
(773) 702-7593  
[www.cureceliacdisease.org](http://www.cureceliacdisease.org)

**Gluten Intolerance Group**  
(253) 833-6655  
[www.gluten.org](http://www.gluten.org)

**National Foundation for Celiac Awareness**  
(215) 325-1306  
[www.celiaccentral.org](http://www.celiaccentral.org)

**Celiac Support Association**  
(402) 558-0600  
[www.csaceliacs.org](http://www.csaceliacs.org)

### Bay Area Grocery Stores

**Whole Foods Markets**  
**Draeger's Market**  
**Trader Joe's**

**Mollie Stone's Markets**

**WalMart**

**Target (Grocery)**

**Safeway (limited items)**

**Amazon.com**

### **Gluten Free Grocery**

600 Illinois Street

San Francisco, CA 94107

(415) 626-3733

### **Country Sun**

440 S. California Avenue

Palo Alto, CA 94309

(650) 324-9190

### **Sprouts**

111 E. El Camino Real

Sunnyvale, CA 94087

(408) 702-1172

### Gluten-free Bakeries

**Mariposa Baking Company**  
5427 Telegraph Avenue  
Oakland, CA 94609

One Ferry Building, Suite 32  
San Francisco, CA 94111  
(510) 595-0955

### **Zest Bakery**

1224 Arroyo

San Carlos, CA 94070

(650) 241-9378

[www.zestbakery.com](http://www.zestbakery.com)

### **Miglet's Cupcake Shop**

480 San Ramon Valley Blvd., Ste. 2

Danville, CA 94526

(925) 831-9016

[www.migletsgf.com](http://www.migletsgf.com)



## Fruits and Vegetables

Be careful with dairy foods. Sometimes people who have celiac disease are also lactose intolerant. If you experience symptoms after eating dairy foods you may want to avoid them.

● **GO!**

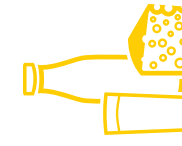
- All plain fresh, canned, or frozen fruits
- All plain, fresh, canned, or frozen vegetables
- Jams and jellies
- Legumes (beans, chickpeas, garbanzo)
- Dates (sometimes are tossed with flour)

● **SLOW!**

- Flavored potato dishes
- French fries (often cooked in same oil as breaded foods)
- Vegetables in sauces

● **STOP!**

- Baked beans
- Fruit pies



## Dairy

- Buttermilk
- Cheese
- Cottage cheese
- Cream cheese
- Plain milk
- Plain yogurt
- Sour cream

- Blended milk drinks
- Flavored cheeses
- Flavored yogurts
- Frozen yogurt
- Some ice creams may have gluten-containing ingredients

- Cheese sauces
- Cheese spreads
- Malted milk



## Meats and Other Proteins

● **GO!**

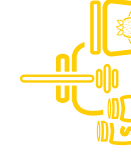
- Eggs
- Peanut butter
- Plain chicken
- Plain fish
- Plain meats
- Plain nuts
- Plain tofu
- All canned meats (check ingredients for gluten presence)

● **SLOW!**

- Deli meats
- Dry roasted nuts
- Hot dogs
- Marinated meats (check ingredients)

● **STOP!**

- Seasoned tofu products
- Breaded (fried) chicken or meats
- Imitation bacon bits
- Imitation seafood
- Sausages



## Other Foods

- Gluten-free specialty products
- Honey
- Italian ice
- Ketchup
- Pepper
- Popsicles
- Pure herbs and spices
- Salsa
- Salt
- Sorbet
- Sugar or sugar substitutes

- Baking powder (some brands have wheat starch)
- Mustards
- Pudding

- Broths
- Cakes/frostings
- Candies
- Cookies
- Gravies
- Marinades
- Medications
- Play dough
- Pies and pastries
- Sauces
- Seasonings
- Seasoned nuts
- Soups
- Soy sauce



## Fats and Oils

● **GO!**

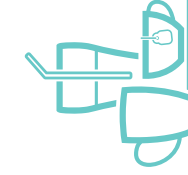
- Butter
- Margarine
- Mayonnaise
- Pure canola oil
- Pure olive oil

● **SLOW!**

- Cooking spray
- Salad dressings
- Sandwich spreads

● **STOP!**

- Malt vinegar



## Drinks

- Coffee
- Diet sodas
- Tea

- Drink mixes
- Flavored coffees and teas
- Soy or rice drinks (may contain barley malt or rice syrup)

- Ale
- Beer
- Lager
- Malt and malted milk

# Contact

**Nasha “Nasim” Sabery Khavari , MD, MPH**

Director of the Celiac Disease Program and Celiac Disease Care Team, Stanford Children’s Health



**The Celiac Disease Program, offered by our Pediatric Gastroenterology service, is located at:**

Mary L. Johnson Specialty Services  
730 Welch Road  
Palo Alto, CA 94304  
Tel (650) 723-5070  
Fax (650) 498-5608