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What You Need to Know - Beyond Celiac

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Getting Started: A Guide to Celiac Disease and the Gluten-Free Diet, is a comprehensive resource from Beyond Celiac. This new and improved version of the Getting Started Guide contains essential information and resources for both those newly diagnosed with celiac disease or non-celiac gluten sensitivity ('gluten sensitivity') and those looking to better manage their gluten-free diet.

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For individuals following a gluten-free (GF) diet, rice is commonly the major grain. People following a GF diet have a higher arsenic burden than the general population. We conducted a multielemental market basket study of GF and gluten containing ingredients and prepared foods (Mn, Fe, Ni, Cu, Zn, Cr, Co, Se, Cd, Sb, Pb, total As,

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