

Table 2

Key factors in the management of coeliac disease

- Gluten-free diet (no wheat, barley or rye)
- Gluten-free substitutes (ACBS prescriptions and alternate foods)
- Supplements for deficiencies (iron, folate, B₁₂, calcium, vitamin D, fibre)
- Specialist dietetic advice
- Medical advice regarding possible complications (persistent GI symptoms, other autoimmune disorders, bones etc.)
- Coeliac UK membership