What is coeliac disease?

About Easy Read

Easier words with pictures to help explain some ideas.

Coeliac disease



Cover of fact sheet with words Coeliac Disease Easy Read and an image of a young w

Coeliac disease is an autoimmune disease.

If someone with coeliac disease eats gluten they can get very sick.

It is common for people who have Down Syndrome to have coeliac disease.

This resource explains what coeliac disease is.

It says how to find out if you have coeliac disease.

It says what to do and not do if you have coeliac disease.

People who have coeliac disease should not eat foods with gluten in them.

This is some pasta, bread and cakes.

People with coeliac disease can find foods they like that are gluten free.

If you have coeliac disease you might have to change how you eat.

People who have Down Syndrome are more likely than other Australians to have coeliac disease.

This Easy Read resource explains what coeliac disease is. It says how to find out if you have coeliac disease. It says what to do and what not to do if you have coeliac disease.

People who have coeliac disease should not eat foods that have gluten in them. This means they should not eat:

- some pasta
- some bread
- some beers
- some kinds of cakes and pastries.

Eating gluten when you have coeliac disease might make you feel sick. Even if you do not feel sick, eating gluten can harm your body.

People with coeliac disease can often find foods they like that are gluten free. Gluten free means the food does not have gluten in it. For example, you can eat gluten free pasta.

Learning that you have coeliac disease might mean you have to change how you eat. But you will still be able to find foods that taste good to you.

We trust this resource

We trust this resource because it is:

- Made to help, not for profit
- Made by people who know a lot about the topic
- Made in Australia

We've checked this resource, and you can follow our guide to know if health information is true and right for you.

This resource was made by

Down Syndrome Australia

Down Syndrome Australia is made up of State and Territory associations. These groups provide support, information and resources to people with Down syndrome and their families across Australia.

- Visit website