

Nutritional Consults for Celiac Disease

Learn About Nutritional Consults

If you are diagnosed with celiac disease, it is strongly recommended to visit a dietitian skilled in celiac disease. A dietitian can teach you the details of the gluten-free diet, recommend supplements, help you manage your symptoms, share useful resources and much more. But not everyone is able to schedule a nutrition consult. While a website cannot replace medical information provided by a health care provider, we hope CeliacNow.org will teach you more about celiac disease and offer you some of the same information and resources that you would learn by visiting a skilled dietitian.

How Can I Manage Celiac Disease?

The only treatment for celiac disease is to follow a gluten-free diet. However, managing celiac disease is more difficult than just avoiding gluten because, for example:

- Food labels can be difficult to understand.
- Shopping takes much longer when you are just starting out.
- Dining out and traveling on the gluten-free diet require planning and attention.
- Some people gain unwanted weight gain on the diet.
- Others have trouble regaining their weight.

Why Visit a Dietitian Skilled in Celiac Disease?

A registered dietitian nutritionist (RDN) is a health professional trained in nutrition counseling for a variety of diseases and conditions. A dietitian skilled in celiac disease has a particular interest and skill in addressing the nutritional needs of patients on the gluten-free diet. An RDN can help you:

- Understand which foods are safe to eat.
- Learn which foods must be avoided.
- Plan your meals at home, in restaurants, and when traveling.
- Get to or maintain a healthy weight.
- Get all the nutrients you need in the required amounts.
- Learn cost-saving tips.
- Manage coexisting conditions like lactose intolerance.
- Follow a healthy, gluten-free diet.

The Academy of Nutrition and Dietetics strongly recommends that people with celiac disease see a registered dietitian who is skilled in celiac disease and Medical Nutrition Therapy.¹ In 2004, the National Institute of Health recommended that a visit with a dietitian skilled in celiac disease be part of the total medical management plan for people with celiac disease.²

What are the Key Elements for Managing Celiac Disease?

The National Institutes of Health recommend the following in the treatment of celiac disease:

- Consultation with a skilled dietitian
- Education about the disease
- Lifelong adherence to the gluten-free diet
- Identification and treatment of nutritional deficiencies
- Access to a support group
- Continuous long-term follow-up by a multidisciplinary team.²

Read the entire consensus [statement](#).

When Do I Visit a Dietitian?

When you are first diagnosed with celiac disease, you can ask for a referral to see a dietitian skilled in celiac disease. If this is not possible, then you can ask for a referral:

- When you have learned all you can from reputable sources
- If you have questions about your gluten-free diet or supplements
- If you are still having symptoms; it is important to see your gastroenterologist and a dietitian.

How Else Can a Dietitian Help Me?

A dietitian can also help with other possible health concerns, including but not limited to:

- Weight gain on the gluten-free diet
- High lipid levels (such as cholesterol, LDL, and triglycerides)
- Special diets for additional conditions, such as kidney disease and diabetes, or carbohydrate intolerance.

How Do I Find a Dietitian?

There is a lack of dietitians specializing in celiac disease but interest is steadily growing. Below are some of the resources that will help you to locate dietitians in the U.S. skilled in celiac disease. If you are unable to find a dietitian skilled in celiac disease, you can educate yourself through this website and other reputable resources. Share the information you learn with your own dietitian. Please note that online or printed educational materials do not replace a visit to a health care provider. Ask your doctor for a referral to visit with a dietitian.

Resources

- [Academy of Nutrition and Dietetics](#)
- [Beyond Celiac](#)
- [Celiac Disease Foundation](#)

- [Dietitians in Gluten Intolerance Diseases](#)
- [Gluten Free Dietitian](#)
- [Gluten Intolerance Group](#)

References

1. Academy of Nutrition and Dietetics Evidence Analysis Library. [Executive Summary of Recommendations](#). Accessed November 2025.
2. [NIH Consensus Statement on Celiac Disease](#). Accessed November 6,2025.

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Your Nutrition Visit

What to Expect at Your Nutrition Visit

At this time, the gluten-free diet is the only treatment for celiac disease. While there is a lot of information online about the gluten-free diet, appointments with a registered dietitian (RDN) skilled in celiac disease are a vital part of your health management plan.

Key Points

In your nutrition appointments, an experienced dietitian will^{1,2,3}:

- Review your diet, supplements, celiac blood tests* (examples: TTG-IgA, DPG-IgA, DGP-IgG, or EMA) and nutrition labs. Common nutritional tests that may be monitored in celiac disease include:
 - CBC (complete blood count that includes hemoglobin and hematocrit, etc.)
 - Iron
 - Ferritin
 - Folate
 - Vitamin D
 - Calcium
 - Magnesium
 - Zinc
 - B12
 - Other B vitamins, such as methyl malonic acid [a marker of B12 status], B1, B2, and B3, as needed
 - Other fat-soluble vitamins (vitamin A, E and K), as needed
 - PTH (parathyroid hormone), as needed
 - Copper, as needed
 - Others, as needed
- Teach you the gluten-free diet, including label reading, overlooked sources of gluten, grocery shopping, cross-contamination with gluten in the kitchen and when dining out, etc.
- Recommend dietary changes and/or supplements to help relieve symptoms, such as constipation, diarrhea, unwanted weight changes, and conditions such as lactose intolerance and carbohydrate intolerance
- Help you balance your gluten-free diet and select vitamin/mineral supplements, as needed
- Suggest useful resources, such as local and national support groups
- Support you in adjusting to this new way of eating

Follow-up visits will include a review of:

Recent blood tests* or procedures

- Any weight changes and your goal weight (if different from current weight)
- Any ongoing or new symptoms (gas, bloating, fatigue, nausea, loose stool, constipation, etc.)
- Activity level
- Your understanding of and willingness to follow the gluten-free diet
- Supplements and medications
- Your questions
- Plans for any future health goals^{1,2,3}

For your first visit, think about these questions in advance:

- How were you diagnosed with celiac disease?
- What symptoms/laboratory abnormalities did you have prior to diagnosis and now?
- Do you have your medical test results (such as small intestinal endoscopy with biopsy report, gene testing (HLA-DQ2 or HLA-DQ8) or celiac blood work*)?
- Have you started the gluten-free diet? If so, for how long?
- How are you feeling? Any symptoms?
- How do you feel about this new diagnosis and the gluten-free diet?
- What is your main reason for coming to a nutrition visit?

Here is a list of some items that are often requested before or during a nutrition appointment. Have them ready to make your visit run more smoothly.

- Detailed questions about your height and weight, food and nutrition history, your current diet (low lactose, heart-healthy, vegetarian, kosher, etc.?), any food allergies or food intolerances, and current medications and supplements you may be taking.
- A 3-day food record to show what you have been eating and drinking. See CeliacNow for an example of a food record.
- Copies of your celiac blood tests and medical tests results. Your primary care doctor may choose to run some of the blood tests listed above or your celiac healthcare team will order them. Examples of some tests that are recommended with a diagnosis of celiac disease or as needed (based on symptoms) include:
 - Small intestinal endoscopy with biopsy (recommended at diagnosis and if symptoms or lab abnormalities persist)
 - Bone density report (recommended ~12 months after starting the gluten-free diet)
 - Celiac blood tests* (examples: TTG-IgA, DPG-IgA, DGP-IgG, or EMA)
 - Fructose breath test or Small Intestinal Bacterial Overgrowth test (as needed)
- An updated list of medications and doses, and supplements (vitamins, minerals, and herbal products, etc.). Make a note if the products are gluten free if you have already researched this information. You can call your pharmacist or the manufacturer to check the gluten-free status of your medications. You can also check the gluten-free status of many medications at [Daily Med](#).

- Questions about your personal, professional and social life as it relates to your new diagnosis. **Common questions people ask are:**
 - How careful do I have to be to avoid gluten?
 - What will happen to me if I accidentally eat food that contains gluten?
 - Can I grow out of this disease, or is the gluten-free diet for life?
 - How soon can I expect to feel better?
 - Where do I learn how to cook and bake with these gluten-free grains and flours?
- You can bring a friend or family member for support.
- Make sure to check with your primary care doctor and/or your insurance company if a referral is needed.

Take Home Messages

1. It is very important to meet with a dietitian skilled in celiac disease after you have been diagnosed with celiac disease.
2. The dietitian will review the information you provide, assess your nutritional status, educate you on the gluten-free diet, and provide you with resources to manage your gluten-free lifestyle. Our knowledge of celiac disease and the gluten-free diet is always growing; be sure to stay connected so you can stay current.

References

1. Evidence Analysis Library. Executive Summary of Recommendations. [Academy of Nutrition and Dietetics](#). Accessed November 2025.
2. Schuppan D, Dennis M, Kelly CP. Celiac disease: epidemiology, pathogenesis, diagnosis, and nutritional management. *Nutr Clin Care*, 2005;8(2):54-69.
3. U.S. Department of Health and Human Services/National Institutes of Health. [NIH Consensus Development Conference on Celiac Disease](#). Accessed November 2025.

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