



Celiac Resources

For the
K-State Campus
&
Manhattan Area

PUBLIC MICROWAVES ON K-STATE CAMPUS:

Justin Hall	Basement
Hale Library	24-hour
Hale Library	Study Room
Union	Food Court
Union	Food Court
Cardwell	Basement

Restaurants & Grocery Stores

The following offer gluten-free choices:

- | | | |
|---|----------------------------------|--------------------|
| Early Edition | Radina's Coffeehouse & Bakery | Ray's Apple Market |
| Burger King | Harry's | Hy-Vee |
| Lemmy's Pizzeria | 4 Olives Wine Bar | |
| McDonalds | HuHot Mongolian Grill & Barbeque | |
| Wendy's | Manhattan International Foods | |
| Hibachi Hut | Dillons | |
| Grizzly's Grill | People's Grocery | |
| McAlister's Deli | | |
| Most Mexican
(except Carlos O'Kelly's) | | |



Tips for Eating out:

- Call the restaurant ahead of time to make sure they are able to accommodate your needs.
- Let your server know about your allergy and ask to talk to a manager to be sure your needs are clearly understood, (especially important in ethnic restaurants where English may be a second language.)
- Educate yourself on what you are able to eat and not able to eat.
- Remember not all dishes can be converted to gluten-free, so be flexible with your entrée choices.



Lafene Nutrition Counseling
(785) 532-6544
KSU Dining Services
(785) 532-6453

Searching for Support?

Contact Julia H. Griffith for information on how to get involved in the Manhattan area celiac support group.

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Celiac Sprue Association

"Celiacs Helping Celiacs"

[WWW.CSACELIACS.ORG](http://www.csaceliacs.org)

Many Helpful Resources and Local Support Group Available!

Reading Labels

Ingredients to Avoid:

- * Wheat
- * Oats
- * Semolina
- * Einkorn
- * Spelt
- * Farina
- * Breeding
- * Bulgur
- * Couscous
- * Malt (malt flavoring, malt syrup, malt vinegar)
- * Wheat germ
- * Wheat starch
- * Cracked Wheat
- * Graham flour/crackers
- * Wheat gluten (seitan)
- * Rye
- * Barley
- * Durham
- * Triticale
- * Kamut
- * Flour
- * Cereal
- * Orzo
- * Matzo

Check These Out!!!

Online Resources:

- * Gluten.net
- * AmericanCeliac.org
- * GlutenfreeDrugs.com
- * ClanThompson.com
(celiacsite.com)
- * Celiac.org

Non-Food Products May Contain Gluten!

Over the Counter Medications
Prescription Medications
Hair Spray
Chap Stick
Make-up
Beauty Products
Soaps
Toothpaste
Lotion
Sunscreen
Chewing Gum

Gluten sensitivity can vary from person to person. What one person is able to handle may make another person sick. Don't trust everything you find online to be factual. Talk to your doctor and/or a registered dietitian if you have any concerns about your individual tolerances.