

The Wm. K. Warren Medical Research Center for Celiac Disease is pleased to offer a two-part nutritional workshop

Basics of Celiac Disease & the Gluten-Free Diet and The Gluten-Free Diet on a Budget

Date: Saturday, May 8, 2010

Time: 9:00 am - 1:00 pm

Location: UCSD La Jolla Campus

Instructor: Shawna McNally, MPH, RD

Part 1: Basics of Celiac Disease and the Gluten-Free Diet

9:00-11:00am

For those newly diagnosed with celiac disease, new to the gluten-free diet or looking for a review of the gluten-free diet.

You will learn:

- What celiac disease is and how it affects your health
- Nutritional management of celiac disease
- Importance of following a gluten-free diet
- Step-by-step approach to following a gluten-free diet
- How to identify gluten-free foods, shop for gluten-free products, create a gluten-free environment at home, and prepare for gluten-free dining outside the home

Refreshment Break and Networking

11:00-11:30am

Light refreshments will be provided to participants of both workshop segments. You will have time to network with other members of the gluten-free community. Ask questions of experienced members who have followed the gluten-free diet for years or introduce yourself to a new member and share your experiences. Enjoy a comfortable atmosphere where all can learn tactics to create a healthy gluten-free lifestyle!

Part 2: The Gluten-Free diet on a Budget**

11:30 am-1:00pm

For those who follow a gluten-free diet and are looking for ways to save money on groceries.

You will learn:

- Why gluten-free foods are more expensive than their gluten-containing counterparts
- Strategies for saving money on your groceries and gluten-free purchases
- Where to shop for discounts and sales
- Cost-comparisons between gluten-free products and stores
- How to prepare healthy meals that will fill you up and save you money

**We will not be covering basics of celiac disease and the gluten-free diet in this session, so we recommend that you attend the earlier session first if you are new to celiac disease and the gluten-free diet.

~~\$20~~ ~~\$35~~
Cost: ~~\$25~~ for one session; ~~\$40~~ for both sessions

Limited space available. To reserve your space, do the following:

- ◆ E-mail or call Linda Nelson (lnelson@ucsd.edu, 858-822-1022) with the contact information (name, phone number, email address, mailing address) for each person to attend, and which session(s).
- ◆ Once you have been guaranteed space(s) in the class, send check for either \$20 or \$35 per person payable to "UC Regents" to: Wm. K. Warren Celiac Center

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For questions, contact Linda Nelson
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