

Coeliac Disease - Useful Links

Below are some web links to support you with managing coeliac disease. These should be accessed as well as watching the mini presentation video series annually to refresh your knowledge.

Healthy Lifestyle Information

- <https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>
- <https://www.livewelldorset.co.uk/>
- <https://www.livewelldorset.co.uk/healthcare-professionals/animation/>
- https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf

Unintentional weight loss

- <https://www.bapen.org.uk/79-media-centre/new-bapen-malnutrition-self-screening-tool>

Calcium and Vitamin D

- <https://www.coeliac.org.uk/information-and-support/your-gluten-free-hub/home-of-gluten-free-recipes/healthy-eating/calcium/>
- <https://www.bda.uk.com/resource/vitamin-d.html>

A Gluten-free Diet

- <https://www.coeliac.org.uk/document-library/6679-gluten-free-checklist-january-2020/?return=/information-and-support/living-gluten-free/the-gluten-free-diet/>

Prescriptions

- <https://www.coeliac.org.uk/information-and-support/coeliac-disease/once-diagnosed/prescriptions/national-prescribing-guidelines/>
- <https://services.nhsbsa.nhs.uk/buy-prescription-prepayment-certificate/start>