

Search

English

About Us

OUR STORY

OFFICERS & STAFF

MEDICAL & NUTRITIONAL ADVISORS

CONTACT NCA

Resources

LEARN MORE

- Facts
- Newly Diagnosed Webinar
- FAQs
- Glossary

SPECIALIZED RESOURCES

- Kids & Teens
- College Resources
- Senior Resources
- Feeding Gluten Free
- Webinars

STAY CONNECTED

- Support Networks
- Contact NCA
- Free E-News

NUTRITION

- Recipes
- Ingredients People Question
- Oats
- Alcohol
- Restaurants/Dining Out
- Product Alerts and Recalls
- Certified Gluten-Free Products

SEARCH TOOLS : FIND

Doctor or Dietitian

Support Resource

Restaurants

Food Bank/Pantry

SHOP

NCA Merchandise

Magazine

Cookbook

The Complete Guide

Membership

News & Events 

FREE E-NEWS

EVENTS

Get Involved 

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MEMBERSHIP

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Thriving with Celiac Disease

The NCA is a 501(c)3 non-profit organization dedicated to educating & advocating for individuals with celiac disease and non-celiac gluten sensitivities, their families, and communities throughout the country.



Our next Ask The Experts: Live! educational webinar event is happening on Wednesday, August 6th, at 12pm ET. Join NCA and our guests, disability discrimination attorneys, Andrew Rozynski and David John Hommel, for **“Beyond the 504 Plan: Problem-Solving Challenges Throughout K-12 and College”**. We will cover the various situations that some of you have faced throughout the K-12 and college school system and will outline steps to help overcome those challenges. If you are a parent, student, or educator, this event is a must attend before starting back to school. [Register TODAY](#) by clicking [HERE!](#)

The NCA actively supports & nurtures all those who are part of the gluten-free community.



Newly Diagnosed

Learn the facts about celiac disease.



Restaurants

Search restaurants with gluten-free menus.



Recipes

Search our gluten-free recipe index.



Ask the Experts

Search our FAQ, or ask a question.



Resources

Search our resource center.



GF Budget Guide

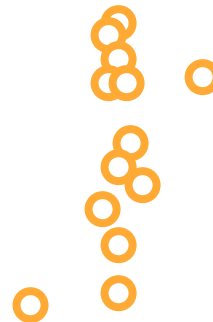
Tips and tricks to stretch your budget.

Signs and Symptoms + Related Conditions

There are over 200 symptoms of celiac disease and they vary so widely that there is no such thing as a typical case. **Many people do not experience any of the gastrointestinal symptoms that were previously thought to typify the condition.** These individuals often face a delay in diagnosis.

Hover over the different parts of the body to see *some* of the most common symptoms of *untreated/undiagnosed* celiac disease. Some symptoms may persist on a gluten-free diet, however, most will resolve.

This is not a complete list of symptoms.



Head/Nervous System

- Brain fog/inability to concentrate
- Headaches
- Balance problems
- Seizures
- Ataxia (uncoordinated movements)
- Learning disabilities
- Peripheral neuropathy (numbness/tingling in hands/feet)

Please note: This page is not intended to self-diagnose. Please see a healthcare provider for your personalized healthcare needs.

- ADHD-like symptoms

NCA's programs are designed to help you thrive at all ages and stages in life.

Kids & Teens

Raising Our Celiac Kids (ROCK) is a program for kids and teens as well as their parents/caregivers to help navigate the experiences unique to this age group.

Learn More →

College Resources

Moving away from home the first time is an exciting time in your life. Continuing to live a healthy gluten-free life at college is absolutely doable! It just requires a bit of advance planning, communication and a peek behind the scenes of university food services.

Learn More →

Senior Resources

Seniors with celiac disease or a gluten sensitivity can face situations that no other age group may encounter. Use these resources to empower you to live your best life!

Learn More →

Feeding Gluten Free

Feeding Gluten Free coordinates donations of GF food to where the known need is, pays for shipping of these donations, as well as purchases GF food when necessary. We also work with individuals to help identify local resources, how to prepare affordable GF meals and snacks and ways to maximize their grocery budget.

Learn More →

Webinars

The National Celiac Association and the Harvard Medical School Celiac Education & Research Program are co-hosting a series of 75-minute virtual meetings. Speakers present on selected topics for 60 minutes, followed by a 15-minute question-and-answer period.

Learn More →

News

View All News →

Celiac Disease and Gluten Free in the News July / Aug 2025

There are a lot of studies related to celiac disease; stay on top the latest news here!

Events Around the Nation July / Aug 2025

Sign up for our Ask the Experts Live! Beyond the 504 Plan webinar or our Gluten-Free Cook-a-Long. Join other virtual or in person events near you!

NCA Pickleball Tournament

Read about the NCA Pickleball Tournament that took place on July 19th.

This month, Christianna Moran, MS, RD, LDN answers questions about SIBO, magnesium supplements, and confusing gluten terms. Read the Q&A or ask your own!

Events

12:00 pm – 1:00 pm EDT

6
AUG

Beyond the 504 Plan: Problem-Solving Challenges Throughout K-12 and College

6:00 pm – 7:00 pm EDT

6
AUG

NCA Portland, ME Local Partner Virtual Meeting

7:00 pm – 8:00 pm EDT

7
AUG

NCA Glastonbury, CT Local Partner Virtual Meeting

2:30 pm – 5:30 pm MDT

9
AUG

Celiac Birthday Bash!

5:30 pm – 6:30 pm CDT

12
AUG

NCA Tennessee/Vanderbilt Celiac Center – Young Adults with Celiac Disease

[View All Events](#) →

NCA proudly endorses the Gluten-Free Food Program

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[Facts](#)

[Newly Diagnosed Webinar](#)

[FAQs](#)

[Glossary](#)

[Specialized Resources](#)

[Kids & Teens](#)

[College Resources](#)

[Senior Resources](#)

[Feeding Gluten Free](#)

[Webinars](#)

[Stay Connected](#)

[Support Networks](#)

[Contact NCA](#)

[Free E-News](#)

[Nutrition](#)

[Recipes](#)

[Ingredients People Question](#)

[Oats](#)

[Alcohol](#)

[Restaurants/Dining Out](#)

[Product Alerts and Recalls](#)

[Certified Gluten-Free Products](#)

[Search Tools : Find](#)

[Doctor or Dietitian](#)

[Support Resource](#)

[Restaurants](#)

[Food Bank/Pantry](#)

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