

Celiac Disease and Obtaining Low-Gluten Hosts

Celiac disease is an immune reaction to eating gluten, a protein found in wheat, barley, and rye. For those with the disease, eating gluten triggers an immune response in the small intestine. Over time, this immune reaction damages the small intestine's lining and hinders absorption of some nutrients. The intestinal damage often causes stomach pain, diarrhea, and weight loss, and can lead to serious complications.

Given the serious health risk for those suffering gluten intolerance, it is important for pastors and other Church leaders not only to be aware of this reality, but also to be prepared to address the situation of Catholics with celiac disease who come to parishes and seek to receive Holy Communion in a safe, sensitive, and compassionate manner.

In the dioceses of the United States, there are four approved distributors of low-gluten hosts. Please note the gluten content for each distributor:

1. Benedictine Sisters of Perpetual Adoration
Altar Breads Department
31970 State Highway P
Clyde, MO 64432-8100
Phone: (800) 223-2772
Web: www.BenedictineSisters.org
Gluten Content: 0.01%
2. Parish Crossroads
P.O. Box 64
Zionsville, IN 46077-0084
Phone: (800) 510-8842
Web: www.ParishCrossroads.com
Gluten Content: 0.0016%
3. GlutenFreeHosts.com Inc.
100 Buckley Road
Liverpool, NY 13088
Phone: (800) 668-7324 ext. 1
Web: www.GlutenFreeHosts.com
Gluten Content: 0.002%
4. Cavanagh Company
610 Putnam Pike
Greenville, RI 02828
Phone: (800) 635-0568
Web: www.CavanaghCo.com
Gluten Content: 0.00046%