



Supplementary Figure 1. Questionnaire administered to celiac patients

Part 1. Do(did) you follow these behavioural rules in order to prevent gluten ingestion and contamination?

NOT flour food with forbidden flours	<input type="checkbox"/> YES, never	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO
NOT add forbidden flours to sauce and gravy	<input type="checkbox"/> YES, never	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO
NOT use the same cooking water for gluten-free and gluten-containing pasta	<input type="checkbox"/> YES, never	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO
Avoid contamination of food with floury hands or kitchenware	<input type="checkbox"/> YES, always	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO
NOT put food on contaminated surfaces	<input type="checkbox"/> YES, never	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO
NOT use the same oil to fry gluten-containing and gluten-free food	<input type="checkbox"/> YES, never	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO
NOT make coffee and barley coffee with the same coffee machine	<input type="checkbox"/> YES, never	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO
NOT buy food with uncertain composition/ingredients	<input type="checkbox"/> YES, never	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO
Wash your hands and any contaminated surface accurately	<input type="checkbox"/> YES, always	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO
Wash kitchenware and crockery after gluten-containing food has been cooked or eaten	<input type="checkbox"/> YES, always	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO
When cooking on a contaminated surface, use a paper sheet or foil to cover it	<input type="checkbox"/> YES, always	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO
NOT stir food or liquids with the same utensils used for gluten-containing food.	<input type="checkbox"/> YES, never	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO
Wash carefully the colander after using it for gluten-containing pasta	<input type="checkbox"/> YES, always	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO
Carefully read food labels to check for gluten content/contamination	<input type="checkbox"/> YES, always	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO
Look for the crossed grain symbol on food packaging	<input type="checkbox"/> YES, always	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO
Inform restaurant owners/waiters of your condition when eating out	<input type="checkbox"/> YES, always	<input type="checkbox"/> YES, but since < 5 years	<input type="checkbox"/> In the past, but NOT anymore	<input type="checkbox"/> NO



Part 2. Are the following foods permitted or forbidden(or at risk of containing gluten) for a celiac patient?

Wheat	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Barley	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Rye	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Farro	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Kamut	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Oats	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Seitan	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Rice	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Corn	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Buckwheat	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Manioca	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Millet	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Quinoa	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Pre-made risotto	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Potato gnocchi	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Canned meat	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Eggs	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Raw ham	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Baked ham	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Breaded cutlet	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Parmigiano cheese	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Natural yogurt	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Fruit yogurt	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Malt yogurt	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Cream cheese	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Frozen chips	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Canned minestrone soup	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Fresh legumes	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Candied fruit	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Peanuts	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Raisins	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Instant coffee	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK
Soda	<input type="checkbox"/> PERMITTED	<input type="checkbox"/> FORBIDDEN	<input type="checkbox"/> AT RISK