



Tax Deductions for Celiac Disease

If you or one of your dependents has celiac disease and you itemize your deductions, the extra costs due to gluten-free dietary restrictions may be taken as a medical expense. In addition, you can deduct the cost of attending medical education conferences and travel expenses.

You must itemize

You can only claim your medical expenses if you itemize deductions on your federal tax return. You can't claim these expenses if you take the standard deduction.

Gluten-Free Food and Travel Expense

What can you deduct?

- You may deduct the cost of gluten-free (GF) food that is in EXCESS of the cost of the gluten containing food that you are replacing.
- The full cost of special items needed for a GF diet may be deducted.
- If you make a special trip to a store to purchase GF foods, the cost of transportation to and from the store is deductible. You may also include tolls and parking fees.
- The full cost of postage or other delivery expenses for GF foods made by mail order are deductible.

Medical Education Expense Deductions

You can include in medical expenses amounts paid for admission and transportation to a medical conference if the medical conference concerns the chronic illness of yourself, your spouse, or your dependent. The costs of the medical conference must be primarily for and necessary to the medical care of you, your spouse, or your dependent. However, you may not deduct the costs for meals and lodging while attending the medical conference.

Step by Step Guide:

Step One: Get an official, written diagnosis from your physician.

Step Two: Save your receipts for your gluten-free groceries.

Step Three: Based on the list above, figure out what you can deduct and then start your calculations! You will need to calculate the difference between gluten-free products and non-gluten free products from the grocery store.

Step Four: Report as medical deductions on form 1040, Schedule A.