



Celiac Disease and Gluten Free Diet

The gluten free diet is indicated for treatment of Celiac Disease, non-tropical sprue and dermatitis Herpetiformis, all of which are classified as gluten sensitive enteropathies.

WHAT IS CELIAC DISEASE? Celiac Disease (CD) {also called non-tropical sprue, celiac sprue, gluten sensitive enteropathy, gluten intolerance, or malabsorption syndrome} is a chronic multi-system, immune-mediated disorder affecting genetically susceptible individuals in which the surface of the small intestine is damaged by eating gluten-containing grains such as wheat, barley, rye and oats. Triticale, spelt, kamut, and malt contain gluten as well. Oats are generally contaminated with wheat. Prevalence of CD in the U.S. is now thought to be at least 1 in 133, up to 1%, from a 3-yr. study by the University of Maryland Center for Celiac Research. And 97% of those with CD are yet to be diagnosed. Celiac Disease affects twice as many people as Crohn's, Cystic Fibrosis and Ulcerative Colitis-combined! And so many people are unaware!

The symptoms of Celiac Disease are as varied as the nutritional deficiencies caused by the lack of absorption. However, the most common symptoms are chronic diarrhea, or constipation, pale and bulky stools, abdominal cramping, intestinal gas, distention and bloating, anemia, fatigue, weakness, lack of energy, weight loss, depression, and irritability. A lated skin condition known as Dermatitis Herpetiformis (DH) can also occur. DH causes intense itchy, blistering outbreaks usually on the elbows, knees and feet, and elsewhere. If you have DH, you automatically have CD, although with probably less bowel symptoms. The gluten cause and treatment is eliminating gluten. Because CD is a genetic autoimmune disorder, and 1st and 2nd degree relatives are at higher risk than the general population, it is important that the relatives be tested with the blood screening tests. Remember that these tests only reveal what is happening at that moment, not what may happen in the future.

DIAGNOSIS There is a special panel of antibody tests that may be done as screening tests before the endoscope procedure. Also it is important to have a Total Serum IgA test run to determine possible IgA deficiency, which condition could cause a false negative result. In addition, the Ttg and EMA should be run. The most definitive "gold standard" test to confirm CD is a small bowel biopsy. One must be eating gluten liberally for all of these tests to be as accurate as possible.

TREATMENT Unfortunately, there are no pills, shots or operations to cure celiac disease. The only known treatment is complete, lifelong avoidance of all products containing gluten. After beginning the gluten-free diet, you should notice improvement within about 2 to 6 weeks, depending on your degree of sensitivity and the severity of the damage.

SO ... WHAT CAN I EAT? Cheer up! You don't have to live on bananas and boiled rice. You can eat any food that doesn't contain wheat, barley, rye or oats in any form. Acceptable foods include fresh meats, fish, salads, vegetables and fruit. We recommend you acquire CSA's publication "*CSA Gluten-Free Product Listing*" that has detailed information about the disease and GF diet. Also visit their website at www.csaceliacs.org for further information.

Food Groups for Gluten Free Diets

Food Group	Foods Allowed	Foods Not Allowed
Meat & Meat Substitutes	Pure meat, poultry, eggs, fish, tofu, aged cheeses, nuts, peanut butter, dried peas, and beans. All meat (no fillers) hotdogs, sausage or lunch meats. Natural cheeses, Swiss, cottage cheese, Parmesan and cheddar. Processed cheeses made without wheat, rye, oats or barley.	Commercially prepared meats with cereal fillers such as hotdogs, sausage, lunch meats and canned meats. Commercially breaded meats, cheese foods and spreads, commercially made omelets, soufflés and fondues, canned pork and beans, poultry basted or injected with hydrolyzed texturized vegetable protein (HVP/TVP). Processed cheese made with barley, rye, oats, or wheat.
Potatoes & Potato Substitutes	Sweet, or white potatoes, corn pasta, rice, rice noodles, hominy, or yams.	Regular noodles, barley, spaghetti and pastas made with wheat, barley flour, rye or oats, commercial pasta or rice mixed creamed or scalloped potatoes.
Breads & Crackers	Those made form gluten free wheat starch, rice, cornmeal, arrowroot, corn, potato, tapioca, or gluten free what flour only; sago; rice stocks; corn tortillas. Cornmeal, rice flour (white or brown), potato starch flour, corn	All bread, crackers, mixes and other flour products made from wheat (buckwheat and durum), oats, barley, rye, kasha, graham or wheat germ. Commercially prepared stuffing mixes or stuffing made from commercial bread.



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	flour (finely milled, soy flour, tapioca flour, or arrowroot starch. Plain or unseasoned rice cakes, rice wafers.	Commercial mixes for biscuits, pancakes, muffins, waffles and pretzels. Communion wafers.
Cereals	Cereals made from corn and rice such as grits, cornmeal, puffed rice, rice flakes, hominy, rice; Read labels for all ingredients.	Cereals made with wheat, oats, barley or rye such as oatmeal, cream of wheat, shredded wheat; pabulum, or puffed wheat; bran or bran flakes, barley or wheat germ.
Soup	Homemade broth, vegetable or cream soups made with allowed ingredients.	Most prepared soups, liquid bouillon and cubes containing wheat; soups containing wheat, oats, barley or rye; soups thickened with wheat flour.
Vegetables	Pure fresh, frozen or canned vegetables or juice.	Commercial seasoned vegetables canned baked beans. Any sauces thickened with flour; creamed or breaded vegetables.
Fruits	All fresh, frozen, canned or dried fruits; all fruit juices.	Thickened or prepared fruits; pie fillings thickened with disallowed flour.
Beverages	Whole milk, low fat (2%) milk, skim milk and buttermilk, coffee, tea, carbonated beverages, potato vodka. Infant formulas. Yogurt without added wheat, rye, oats, and barley.	Cocoa mixes, commercial chocolate milk, malted milk, Ovaltine, Postum, beer, ale, stout, whiskey, coffee, food containing cereal additives. Any milk based products if there is a secondary lactose deficiency.
Fats	As tolerated: butter, margarine, bacon, cream, sour cream, pure mayonnaise and other dressings prepared without gluten stabilizer, salad oil.	All gravies and cream sauces made with wheat, barley, oat or rye flour or stabilizers; most commercial salad dressings containing the disallowed flour or stabilizers.
Desserts	Custard, junket, homemade cornstarch and rice tapioca puddings, gelatin desserts, fruit ices, ice cream and sherbet (homemade or commercial prepared without gluten stabilizers); cake, cookies and pastries prepared with allowed flours. Homemade candies made without prohibited ingredients; marshmallows.	All wheat flour products, all commercial dessert mixes; commercial ice cream frozen yogurt or sherbet with cereal additives; ice cream cones; all cakes, pastry, cookies, pie crust, fruit filling and pudding prepared with disallowed flour or stabilizers.
Miscellaneous	Honey, jam, jelly, syrup, sugar, molasses. Pure herbs and spices; food coloring; sauces or gravies thickened with allowed foods; cider, rice or wine vinegar; salt, pepper; cornstarch, baking powder, baking soda, cream or tartar; pure cocoa; coconut, nuts; dry mustard.	Condiments that contain wheat, oats, barley or rye such as catsup, chili sauce, soy sauce, mustard, bottled meat sauces, horseradish, seasonings containing fillers, stabilizers or HVP, TVP or HPP; distilled white vinegar; some chewing gum; chip dips. Olives and pickles in white vinegar.

Gluten Free Additives

Pay careful attention to label reading to avoid derivatives of gluten containing grains such as additive, cereal grains, colorings, emulsifiers, derivatives of gluten, flavorings, malt, hydrolyzed plant protein (HPP), hydrolyzed vegetable protein (HVP), monosodium glutamate (MSG), preservatives, modified food starches, vegetable gum, vinegar and caramel coloring.

Gums: Acacia, Arabic, Carob Cellulose Guar, Locust Bean Tragacanth, Xanthan
 Invert Sugar
 Lactose (may be a problem for newly diagnosed celiac)
 Lecithin
 Magnesium Hydroxide
 Malic Acid
 Microcrystalline Cellulose

Mono- & Di-glycerides
 MSG- Monosodium
 Glutamate (may be tolerated by some individuals and not others; MS made outside the United States may contain wheat)
 Niacin
 Polyglycerol
 Polysobate 60 and 80
 Potassium Citrate

Regional Digestive Consultants | Phone: 281-528-1511 | Fax: 281-419-8485 | Website: www.rdcctx.com | Email: Info@rgdctx.com



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| <p>BHA
 BHT
 Beta Carotene
 Biotin
 Calcium Phosphate
 Calcium Chloride
 Calcium Pantothenate
 Carboxymethyl Cellulose
 Carrageenan
 Citric Acid
 Corn Sweetener
 Corn Syrup Solids
 Demineralized Whey
 Dextrose-Dextrins
 Sodium
 Sulfosuccinate
 Extracts
 Folic Acid-Folacin
 Fructose
 Fumaric Acid
 Potassium Iodide
 Propylene Glycol Monosterate</p> | <p>Propylgallate
 Pyridoxine
 Hydrochloride
 Riboflavin
 Sodium Acid Pyrophosphate
 Sodium Ascorbate-Ascorbic Acid
 Sodium Benzoate
 Sodium Caseinate
 Sodium Citrate
 Sodium Hexametaphosphate
 Sodium Nitrate
 Sodium Silica Aluminate Dioctyl
 Sodium-Mannitol (may not be tolerated well by celiac; not a gluten problem)
 Sucrose
 Sulfosuccinate
 Tartaric Acid
 Thiamine Hydrochloride
 Tri-Calcium Phosphate
 Vitamins & Minerals
 Vitamin A (Paimitate)</p> |
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Sample Menu Plan

Suggested Meal Plan	Sample Menu	Your Menu
Breakfast Fruit or Juice Cereal Bread Margarine/Jelly Milk Beverage	Orange Juice (1/2 cup) Puffed Rice (1 cup) Toast (2 Slices) made with gluten free Margarine/Grape Jelly Milk Coffee	
Noon Meal Soup or Juice Meat/High Protein Food Bread Vegetable(s) Fruit/Dessert Milk Beverage	Homemade Vegetable Soup (1 cup) without barley or flour thickening or noodles Sliced Chicken Sandwich (2 oz) Gluten Free Bread (2 slices) Lettuce and Tomato and Carrot Sticks Homemade Strawberry Ice Cream (1/2 cup) Low Fat Milk (1 cup) Iced Tea	
Evening Meal Meat/High Protein Food Starch	Roast Beef (3 oz) Buttered Rice (1/2 cup) Green Peas (1/2 cup)	



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Vegetable(s) Bread Margarine Fruit/Dessert Milk Beverage	Tossed Salad with homemade French Dressing Corn Tortillas (2) Margarine Low Fat Milk (1 cup) Iced Tea	
Snack Bread Fruit or Juice	Rice Cakes (2) Fruit Juice (8 oz)	