



Gluten free diet

What is Celiac Disease?

Celiac Disease is a disease of the small intestine. Food empties from the stomach into the small intestine where it is digested and absorbed into the body. In celiac disease, there is an allergic reaction within the inner lining of the small intestine to proteins called gluten that are present in wheat, rye, barley and oats. The allergic reaction causes inflammation that destroys the lining of the small intestine. This reduces the absorption of nutrients and can lead to symptoms and signs of nutritional, vitamin, and mineral deficiencies. Other names for celiac disease include sprue, non-tropical sprue, gluten enteropathy, and adult celiac disease.

What is the treatment for Celiac Disease?

There is no cure for Celiac Disease. The treatment is a gluten free diet. Some patients with celiac disease can ingest small amounts of gluten without developing symptoms, while others experience massive diarrhea with small amounts of gluten.

Grains to avoid:

Wheat (including varieties such as spelt, kamut, einkorn, emmer), rye and barley.

Grains that are considered 'safe' to eat:

Amaranth, arrowroot, buckwheat, corn, flax, Job's tears, legumes (dry beans, peas, and lentils), millet, potato, quinoa, sago, soy, sorghum, tapioca, teff, wild rice, and rice.

Avoid oat containing products (unless they are uncontaminated and it has been discussed with your dietitian)

Avoid foods containing gliadin:

Wheat starch or wheat starch-containing products

How can I avoid these items in my diet?

It is very important to read food labels to find out what is in a particular food.

Look for other terms for wheat:

Bromated flour, bulgur, cracked wheat, durum flour, enriched flour, farina flour, gluten flour, graham flour, phosphated flour, plain flour, self-raising flour, semolina, and white flour.

Look for food products and ingredients made from harmful grains:

Dextrin, caramel color, hydrolyzed vegetable protein/hydrolyzed plant protein, malt, malt beverages, malt syrup, malt vinegar (non-malt vinegars, cider vinegar, wine vinegar, and distilled vinegar are safe), malted milk, modified food starch, natural flavor. You can also log onto www.fda.gov/ora/compliance_ref And www.fda.gov for more information.

Contact manufactures about ingredients if you have any questions regarding their products.

Identify processed foods that may contain harmful grains:

Bouillon cubes, brown rice syrup, candy, cold cuts, hotdogs, salami, sausage, communion wafers, French fries, gravies, imitation fish, seasoned rice, sauce mix, seasoned tortilla chips or potato chips, self-basting turkey, soups, soy sauce and vegetables in sauce.

Where can I find gluten free products?

Look for gluten-free products throughout your store or in the health foods section. Ask the store manager for a tour of the store to help locate gluten free products.

Where are the nutritional implications of a gluten-free diet?

Breads, cereals, rice and pasta provide the B vitamins, thiamin, riboflavin, niacin, and folate. These essential nutrients can be found in whole-grain and enriched products. Enriching a product means adding nutrients, such as vitamins and minerals that may have been lost in the milling process. Because many of the gluten free products are made from refined corn and/or rice flour that are not enriched, they may not provide adequate levels of essential nutrients.

Choose enriched gluten-free products over refined, un-enriched ones:

Look for products made from whole-grain corn, rice, sorghum, millet, and teff. Ingredients will be listed in order from highest to lowest in regards to ingredient content.

Increase intake of gluten-free products made from alternative plant foods:

Buckwheat, amaranth, quinoa and beans. All of which are good sources of fiber, iron and B vitamins.

Increase intake of non-cereal sources of nutrients:

Thiamin from pork, Brazil, pistachio and pine nuts, fish, legumes, and soy milk.

Riboflavin from dairy products, legumes, nuts, and green leafy vegetables.

Niacin from poultry, fish, lean cuts of pork, legumes, and seeds.

Folate from legumes, green leafy vegetables, and fruit juices.

Iron from lean cuts of beef, poultry, seafood, legumes, dried fruits, green leafy vegetables, nuts and seeds, prune juice, green peas, cooked mushrooms, potato, and pumpkin.

Fiber from fruits, vegetables, legumes, seeds, and nuts.

Consider taking gluten-free multivitamins

Resources

- **Authentic Foods**
1850 W. 169th St., Suite B
Gardena, CA 90247
800-806-4737
www.authenticfoods.com
Carries a variety of gluten-free flours and baking mixes.
- **Bob's Red Mill**
5209 SE International Way
Milwaukie, OR 97222
800-349-2173
www.bobsredmill.com
Carries a large variety of gluten-free flours, baking mixes, and hot cereals.

- **Ener-G foods, Inc.**
 P.O. Box 84487
 Seattle, WA 98124-5787
 800-331-5222
www.energ.com
 Carries a large variety of gluten-free flours, ready-made bread products and mixes, pastas, and breakfast cereals. Many of the ready-made bread products are enriched with B vitamins and iron.
- **Genisoy Products Company**
 2351 N. Watney Way, Suite C
 Fairfield, CA 94533
 888-436-4769
www.genisoy.com
- **Gluten-Free Pantry**
 P.O. Box 840
 Glastonbury, CT 06033
 800-291-8386
www.glutenfree.com
 Carries a wide variety of gluten-free flours, baking mixes, ready-to-eat bread products, pastas, and breakfast cereals.
- **Glutino**
 3750 Francis Hughes
 Laval, Quebec H7L 5A9
 Canada
 800-363-3438
www.glutino.com
 Carries a large variety of gluten-free flours, ready-to-eat bread products, baking mixes, pastas, and breakfast cereals. Carries gluten-free soy protein bars.
- **Nu-World Amaranth, Inc.**
 P.O. Box 2202
 Naperville, IL 60567
 630-369-6819
www.nuworldamaranth.com
- Carries a variety of gluten-free amaranth products, including breakfast cereals and flours.
- **Quinoa Corporation (Gabriele's and Ancient Harvest brands)**
 P.O. box 279
 222 E. Redondo Beach Blvd., Unit B
 Gardena, CA 90248-2302
 310-217-8125
 Carries a variety of gluten-free quinoa, amaranth, and corn products.
- **Eiren Religious Supplies, Ltd.**
 Concorde House
 Union Drive
 Sutton, Coldfield
 West Midlands B73 5TE
 United Kingdom
www.eiren.co.uk
 Carries low-gluten communion wafers made with Codex wheat starch.
- **Northern Quinoa Corporation**
 Box 519
 Kamsack, SK SOA ISO
 Canada
 306-542-3949
www.quinoa.com
 Carries gluten-free quinoa pasta and a variety of gluten-free flours, including quinoa and amaranth.
- **Gifts of Nature, Inc.**
 P.O. Box 309
 Corvallis, MT 59828
 406-961-1529
www.giftsofnature.net
 Carries a variety of gluten-free flours, baking mixes, breakfast cereals and pastas.

Manufacturer Information:

- **Eden Foods, Inc.**
701 Tecumseh Road
Clinton, MI 49236
517-456-7424
www.edenfoods.com
Manufactures a variety of gluten-free flours and pastas, including those made from buckwheat and beans.
- **Epicurean International, Inc. (importers of Thai Kitchen brand)**
P.O. Box 13242
Berkley, CA 94712-4242
800-967-8424
www.thaikitchen.com
Manufactures gluten-free rice noodle soup.
- **Food Directions, Inc. (distributors of Tinkyada pasta)**
120 Melford Drive, Unit 8
Sacramento, ON MIB sX5
Canada
416-609-0016
www.tinkyada.com
Manufactures gluten-free rice pastas.
- **Food for Life Baking Company, Inc.**
2991 E. Doherty
Corona, CA 92879
800-797-5091
www.food-for-life.com
Manufactures gluten-free sandwich breads and brown rice pasta.
- **Freeda Vitamins, Inc.**
36 E 41st Street
New York, NY 10017
800-777-3737
www.freedaviamins.com
Manufactures gluten-free vitamins. Provides an on-line store locator service.
- **Health Valley**
16100 Foothill Blvd.
Irwindale, CA 91706
800-423-4846
www.hain-celestial.com
Manufactures a few gluten-free products, including breakfast cereals.
- **Nature's Bounty, Inc.**
90 Orville Drive
Bohemia, NY 11716
631-244-2055
www.naturesbounty.com
Manufactures gluten-free vitamins. Provides an on-line store locator service.
- **Nature's Path Foods, Inc. (Lifestream, Nature's Path, and Envirokidz brands)**
2220 Nature's Path Way
Blaine, WA 98230
360-332-1111
www.naturespath.com
Manufactures gluten-free waffles and ready-to-eat breakfast cereals. Provides an on-line store locator service.
- **Rice Innovations (Pastariso and Pastato brands)**
8175 Winston Churchill Blvd
Norval, ON LOP 1KO Canada
905-451-7423
www.riceinnovations.com
Manufactures gluten-free rice and potato pastas. One of them, Pastariso fortified spaghetti, is enriched with B vitamins and Iron. Provides an on-line store locator service.
- **U.S. Mills, Inc. (Erewhon and New Morning brands)**
200 Reservoir Street
Needham, MA 02494-3146
781-444-0040

www.usrniUsinc.com

Manufactures gluten-free, ready-to-eat breakfast cereals. Provides an on-line store locator service.

National Support Groups:

- **Celiac Disease Foundation (CDF)**
13251 Ventura Blvd., Suite 1
Studio City, CA 91604
Phone: 818-990-2354
Fax: 818-990-2379
Website: www.celiac.org
E-mail: cdf@celiac.org
- **Celiac Sprue Association/ United States of America (CSA/USA)**
P.O. Box 31700
Omaha, NE 68131
Phone: 402-558-0600
Fax: 402-558-1347
Web site: www.csaceliacs.org
E-mail: celiacs@csaceliacs.org
- **The Gluten Intolerance Group of North America (GIG)**
15110 10th Ave. SW, Suite A
Seattle, WA 98166
Phone: 206-246-6652
Fax: 206-246-6531
Web site: www.gluten.net
E-mail: info@gluten.net

Magazines:

- **Gluten-Free Living**
Bi-monthly magazine for people with celiac disease and dermatitis herpetiformis. Ann Whelan Editor/Publisher
P.O. Box 105
Hastings-on-Hudson, NY 10706
E-mail: gfliving@aol.com

- **Quarterly magazine for people with food allergies, intolerances, and sensitivities, including celiac disease.**

P.O. box 2126

Northbrook, IL 60065

Phone: 847-480-8810

Web site: www.livingwithout.com

E-mail: subscriptions@livingwithout.com

Useful Websites:

- www.eatright.org
American Dietetic Association
This web site contains a searchable database for nutrition-related topics.
- www.fda.gov
Food and Drug Administration for additional information on food and ingredients, the Code of Federal Regulations and the Compliance Policy Guide can be accessed from this web site.
- www.nal.usda.gov/fnic
USDA Nutrient Database for Standard Reference. This web site contains a searchable nutrient database for a large variety of food products.
- www.niddk.nih.gov/health/digest/pubs/celiac/index.htm
National Digestive Diseases Information Center
Clearinghouse
This web site contains general information about celiac disease.
- <http://wheat.pw.usda.gov/ggpages/topics>
Grains in Relation to Celiac Disease
This posting by Donald D. Kasarda contains summary information on grains and plant foods as they relate to celiac disease.

- www.celiac.com
Celiac Disease and Gluten Free Diet Support Page
This web site contains information on a variety of issues pertaining to celiac disease, dermatitis herpetiformis, and the gluten-free diet. It is updated.
- www.celiaccenter.org
University of Maryland Center for Celiac Research
This web site contains information about research currently being conducted at the Center.
- Hagman, Bette. *The Gluten-free Gourmet Cooks Fast & Healthy: Wheat-Free Recipes with Less Fuss and Less Fat*. New York: Henry Holt & Company; 2000.
- Hagman, Bette. *The Gluten-free Gourmet: Living Well Without Wheat*. Rev. ed. New York: Henry Holt & Company; 2000.
- Hagman, Bette. *The Gluten-free Gourmet Makes Dessert*. New York: Henry Holt & Company; 2002.

Cookbooks

- Fenster, Carol. *Special Diet Celebrations: No Wheat, Gluten, Dairy, or Eggs*. Rev. ed. Centennial, Col: Savory Palate. Inc.; 1999.
- Fenster, Carol. *Special Diet Solutions: Healthy Cooking Without Wheat, Gluten, Dairy, Eggs, Yeast, or Refined Sugar*. 3rd ed. Centennial, Col: Savory Palate, Inc.; 2001.
- Fenster, Carol. *Wheat-Free Recipes & Menus: Delicious Dining Without Wheat or Gluten*. Rev. ed. Centennial, Col: Savory Palate, Inc.; 2000
- Hagman, Bette. *The Gluten-free Gourmet Bakes Bread: More than 200 Wheat-Free Recipes*. New York: Henry Holt & Company; 1999.
- Ryberg, Roben. *The Gluten-free Kitchen: Over 135 Delicious Recipes for People with Gluten Intolerance or Wheat Allergy*. Rocklin, Calif: Prima Publishing; 2000.
- Hagman, Bette. *The Gluten-free Gourmet: Delicious Dining Without Wheat*. New York: Henry Holt & Company; 2000.
- Lowell, Jax Peters. *Against the Grain: The Slightly Eccentric Guide to Living Well Without Gluten or Wheat*. New York: Henry Holt & Company; 1996.