



Celiac Disease

GLUTEN-FREE DIET

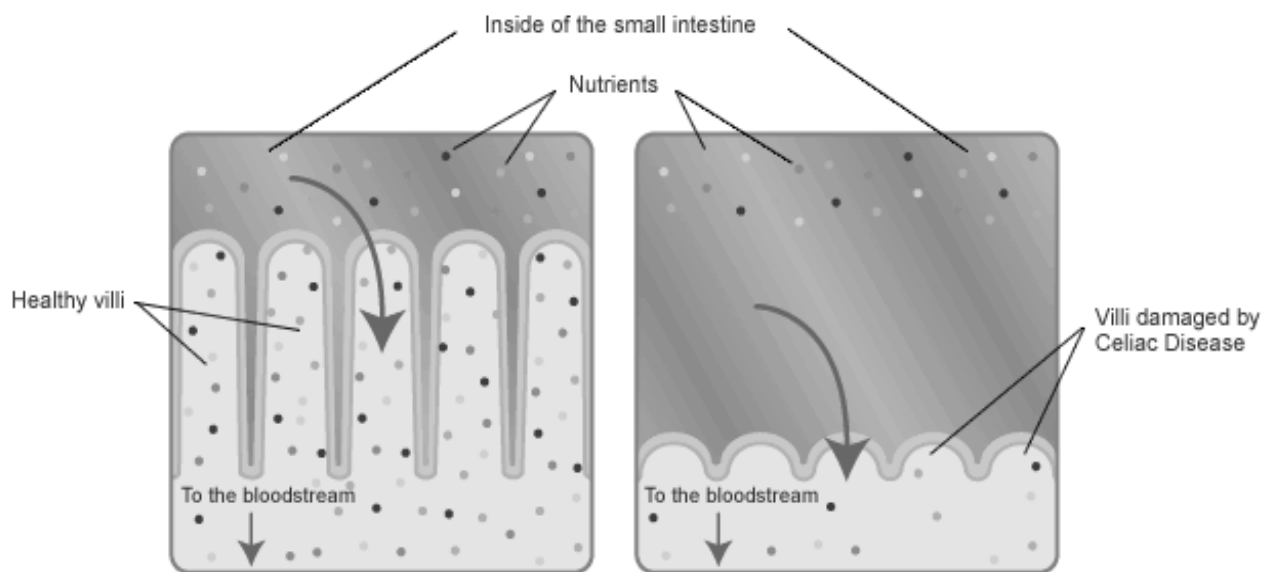
Celiac Disease

GOING GLUTEN FREE

What is Celiac Disease?

- Also known as gluten-sensitive enteropathy or celiac sprue
- Chronic autoimmune intestinal disorder
- Occurs in genetically susceptible individuals
- Protein in wheat, rye and barley (gluten) damages the absorptive surface of the small intestine (villi)
- Affects more than 2 million people (one in 133) in the United States

Damaged Villi



A. In a healthy person, nutrients get absorbed by villi in the small intestine and go into the bloodstream.

B. In a person with Celiac Disease, the villi have been damaged by inflammation, so fewer nutrients pass into the bloodstream.

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Celiac Disease

SYMPTOMS OF CELIAC DISEASE

Symptoms of Celiac Disease

- Iron, folate and/or B12 deficiency
- Vitamin A, D, E, K or calcium deficiency
- Chronic fatigue or weakness
- Abdominal pain, bloating and gas
- Indigestion/reflux (heartburn)
- Nausea and vomiting
- Diarrhea, constipation
- Lactose Intolerance
- Weight loss
- Bone/joint pain
- Easy bruising of the skin
- Swelling of hands and feet
- Migraine headaches
- Depression
- Mouth ulcers (canker sores)
- Menstrual irregularities
- Infertility (both men and women)
- Recurrent miscarriages
- Elevated liver enzymes

Additional Symptoms in Children

- Irritability and behavioral changes
- Concentration and learning difficulties
- Failure to thrive (delayed growth and short stature)
- Delayed puberty
- Dental enamel abnormalities

Dermatitis Herpetiformis

- Another form of Celiac Disease
- Chronic skin condition causing intense burning, itchy and blistering rash
- Most with DH will also have some small intestinal damage
- Often, but not always, no bowel problems

Associated conditions

Celiac disease occurs more frequently in a variety of other disorders

- Type 1 diabetes
- Other autoimmune disorders (autoimmune thyroid or liver disease, Addison's disease, alopecia)
- Osteoporosis
- Down syndrome
- Turner Syndrome
- Selective IgA deficiency

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Gluten-Free Diet

- ALL forms of wheat, rye and barley must be restricted
- Read food labels every time as manufacturers can change ingredients at any time
- As of 2006 wheat used in products must be identified on the label

Oats

- Pure, uncontaminated oats in moderate amounts (1/2 cup dry/day) are usually tolerated
- Be sure to look for gluten-free oats
- Can be contaminated with wheat if grown, stored, transported or processed in a facility that also processes wheat.

Gluten containing food/ingredients to be avoided

- Kamut
- Matzoh
- Malt
- Malt Extract
- Malt Flavoring
- Malt Syrup
- Orzo
- Rye
- Seitan
- Semolina
- Spelt (Dinkel)
- Tabouli
- Triticale Wheat
- Wheat
- Filler
- Fu
- Graham Flour
- Atta (chapatti)
- Barley
- Bran
- Bulgur
- Cereal Binding
- Couscous
- Durum
- Einkorn
- Emmer
- Farro

Foods/ingredients to question

- Brown rice syrup (can be made from barley)
- Flour or cereal products
- Hydrolyzed vegetable protein, hydrolyzed plant protein, or textured vegetable protein from a gluten-containing source
- Malt vinegar
- Modified food starch from forbidden source
- Rice malt
- Seasonings
- Soy sauce or soy sauce solids (many soy sauces contain wheat)

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Introduction to Gluten Free Eating

Start with foods already present in your diet while you are healing. Read labels, call manufacturers or check gluten-free food lists before eating foods into the *Beware* column.

Type of Food	Start With	Beware/Read Labels
Breads	Commercial gluten-free breads and mixes with easy to digest base ingredients such as rice flours (white or brown), arrowroot, potato, tapioca.	Breads labeled “wheat-free” that may contain other gluten grains.
Cereals	Gluten-free cereal grains already present in one’s diet: Hot cereals made from corn meal (grits); cream of rice; hominy; Cold cereals from rice, corn or mixtures of gluten free grains	Cereals with malt or barley malt or wheat starch
Flours, Grains and Grain Substitutes	Gluten-free flours and grains in diet prior to diagnosis: arrowroot, corn, potatoes, rice (any type), sweet potatoes, yams, tapioca, or <u>pure</u> flours or starches from any of these. After healing, try others: amaranth, bean flours, buckwheat, flax, millet, Montina, quinoa, nut flours, sorghum, soy flour, teff, wild rice	Mixes containing gluten grains (Do not buy flours from bulk food containers due to possibility of cross-contamination)
Pasta, Potatoes, or Starches	Pastas or noodles made from gluten-free grains (rice, corn, quinoa, bean, wild rice, buckwheat, potato, soy); fresh potatoes, sweet potatoes, rice (any kind), corn, corn tacos or tortillas, polenta	Pastas made with a mixture of grains (some buckwheat, quinoa pastas); frozen potato products (French fries, hash browns); potatoes in sauces; rice pilafs
Eggs	Fresh Eggs	Egg Substitutes

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Type of Food	Start With	Beware/Read Labels
Snacks & Crackers	Plain rice cakes or crackers, plain, pure potato or corn chips and tortillas; popcorn; plain nuts, seeds (sunflower, pumpkin, etc.)	Flavored chips; flavored rice cakes; dry roasted & flavored nuts & seeds; trail mixes
Desserts	Gelatin desserts; pure ice creams; sherbets, sorbets; gluten-free baked goods	Puddings, custards, frozen desserts with additives; cheesecake, pie fillings
Meats, Poultry, Fish and Meat Substitutes	Plain fresh or frozen meats (any kind: beef, pork, chicken, turkey, fish, shellfish, venison, buffalo, duck, ostrich, etc.); plain tofu; plain peanut butter, nut butters	All processed meats: cold cuts, luncheon meats, sausages; poultry or fish which have added broth; imitation crab; “vegetarian”, soy or imitation meat products
Dairy-Milk, Cheeses, Etc.	Plain fresh, canned or powdered milks; cream, butter; plain natural cheeses such as all aged hard cheeses (cheddar, Swiss, Edam, Mozzarella, Parmesan, etc.); plain yogurt; cottage cheese; plain cream cheese; most ice cream	Malted or flavored milks; non-dairy creamers; cheese sauces, spreads; processed cheeses & cream cheeses; Blue cheese; cottage cheeses with additions; sour creams; flavored yogurts; ice cream with additions; soy, rice or nut beverages
Fruits & Juices	All plain fresh, frozen, or canned fruits and juices	Pie fillings, some dried fruits, i.e. dates may be dusted with flour to prevent sticking
Vegetables	Plain fresh frozen or canned vegetables; dried or canned beans, lentils	Vegetables with sauces, thickening agents, baked beans
Soups	Homemade soups and stocks made from gluten-free ingredients	Most canned soups; dried soup mixes; broths; bouillons
Fats and Oils	Plain oils (canola, corn, nut oils, olive, safflower, soy, sunflower); butter, margarine, shortening, lard	Mayonnaises and salad dressings
Sugars & Sweets	Sugar, honey, molasses, maple syrup, non-buttered syrup, jelly, jam, plain hard candy; gum drops	Many commercial candies, malted chocolates, specialty chocolates; licorice; brown rice syrup

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Type of Food	Start With	Beware/Read Labels
Condiments	Pure individual herbs, spices, salt, pepper; most vinegars (balsamic, cider, wine vinegars, plain rice vinegar); plain pickles, olives, ketchup, mustards, salsa	Spice or seasoning mixes; soy or teriyaki sauces; Worcestershire sauces; white vinegar, flavored vinegars, malt vinegar; salad dressings
Miscellaneous	Coconut, chocolate, pure cocoa, carob, baking soda, yeast	Flavorings; baking powder; sauces, gravies
Beverages	Fresh brewed coffee, tea; chocolate made with cocoa; fruit juices; carbonated drinks; plain milk	Instant, flavored or herbal teas or coffees, decaf coffee, coffee substitutes (cereal beverages); chocolate drinks, malted drinks; fruit-flavored drinks; root beer; soy, rice or nut beverages
Alcoholic Beverages	Wine and brandies without preservatives and added dyes; potato vodka; most rums and tequilla	All beer, malted beverages

Reading Food Labels – A must!

- There are over 3000 ingredients in the FDA database
- If a label has a questionable ingredient, *avoid it*
- Gluten is often a “hidden ingredient” in many items such as sauces, seasonings, salad dressings, soups and candy.
- Wheat is currently identified on labels, but barley and rye are not
- When in doubt, call the manufacturer

Cross Contamination

- Occurs when a gluten-free product comes in contact with something that is not gluten-free
- Store all gluten-free products in separate labeled containers
- Use squeeze bottles of condiments such as mustard
- Use a separate butter dish and cutting board
- Have your own toaster
- Be sure all surfaces and pots are thoroughly scrubbed
- Avoid buying from bulk bins as scoops can be contaminated
- Be careful at buffets
- French fries are often prepared in the same oil as breaded chicken or fish

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Gluten-free cooking

- Gluten is the protein that gives structure to baked goods
- Experiment with gluten-free flours and combinations of gluten-free flours
- Best to start with simple recipes such as pancakes, muffins and cookies
- Look for gluten-free mixes in the grocery store
- Recommended cookbooks
 - Nearly Normal Cooking for Gluten-free Eating, Jules Shepard
 - Wheat-Free, Gluten-Free Cookbook for Kids and Busy Adults, Connie Sarros

Tips for Gluten-Free Baking

- **Flour** – use about 1/8 less of gluten free flours than regular flour. Experiment with different gluten-free flours and mixes to see what works best for your product. Rice flours bake well, but are a bit gritty; potato starch helps make lighter baked goods; and tapioca flour helps make baked goods chewier, crisper and browner.
- **Sugar** – use the same amount. For a bit more flavor, try honey, brown sugar or molasses. Honey or molasses may yield a softer and moister product.
- **Milk** – gluten-free soy, rice or nut milks can be substituted, if desired. Sweet rice flour or almond meal can be substituted for dry milk powder.
- **Flavorings** – try increasing (1 ½ - 2 times the original amount)
- **Leavening** – increase baking soda or (gluten-free) baking powder by about 25%. Beating one of the egg whites separately until very stiff and then folding it in right before baking will also help keep the product light.
- **Xanthan Gum or Unflavored Gelatin** – will improve texture, make it less crumbly (*available in the baking section of most grocery stores*) Add 1 teaspoon per cup of flour for cakes and breads; add ¼ - ½ teaspoon per cup of flour for cookies (don't overdo!)
- **Fiber** – many gluten-free flours are low in fiber. Try using part brown rice flour, bean flours or Montina to increase the fiber in your recipe. Adding fresh fruit (chopped apples or pears, berries, bananas), dried fruit, vegetables (pumpkin, grated carrots or zucchini), or nuts or seeds will also add more fiber to the recipe.
- **Pans** – round pans are better for even baking. Smaller pans are better. Non-stick pans make for better browning.
- **Temperature** – bake at a lower temperature (about 25 degrees less) for a longer time. Be sure oven is pre-heated. Have all ingredients ready before starting so the product can go into the oven immediately.
- **Evaluation** – try the recipe (*Note: toasting gluten-free bread improves the taste and texture.*) Make note on the taste and quality, along with suggested changes for the next time. If it works, write it down! A good recipe is always worth repeating.

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RECIPES

Basic Pancakes

½ cup Rice Flour (White or Brown)	¾ tsp Cinnamon (optional)
¼ cup Potato Starch	1 whole egg + 1 egg white
¼ cup Cornstarch	¾ - 1 cup Milk or Soy milk
2 tsp Baking Powder (GF)	1 Tbsp. Oil
1 Tbsp Sugar (optional)	2 Tbsp. Applesauce

*Alternative: Cut potato starch and corn starch to 2 Tbsp. each, and add ¼ cup Soy Flour. (Tapioca or Arrowroot Flour can be substituted for either starch).

Optional: add chopped apples, pears, nuts, berries, GF chocolate chips, etc.

1. Beat liquid ingredients together.
2. Add dry ingredients and mix well.
3. Optional: mix in berries, chopped fruit or nuts or chocolate chips if desired.
4. Fry in greased pan.
5. Serve with favorite toppings.

Banana Muffins

1 cup White Rice Flour	½-1 cup Sugar
1/3 cup Brown Rice Flour	½ cup Margarine
½ cup Potato Starch	2 Eggs, beaten
¼ cup Tapioca Flour	2-3 ripe Bananas
1 tsp. Baking Soda	3 Tbsp. Sour Milk
½ tsp. Salt	(¾ Tbsp. Milk + ¾ tsp Lemon Juice)
½ tsp. Xanthan gum	

Optional: Add ½ cup Raisins, chopped nuts, strawberries, blueberries or other fruit.

1. Preheat oven to 350°
2. Cream sugar and margarine. Add eggs, mashed bananas and sour milk.
3. Sift all dry ingredients together.
4. Mix in fruit or nuts if desired.
5. Spoon into lined muffin tins.
6. Bake about 20 minutes or until browned.
7. Makes about 24 muffins.

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RECIPES

Quick Oven Fried Chicken

Coating:

1 cup Cornmeal (for more crunch use coarse ground)	¼ tsp. ground Red Pepper
2 tsp. Chili Powder	2 tsp. Basil
½ tsp. Oregano	¼ tsp. Garlic Powder
¼ tsp. Black Pepper	Optional: ¼ tsp. salt

Chicken:

For nuggets, cube about 1 ½ - 2 lbs. boneless skinless chicken breasts; for “fried” chicken use 4-8 whole pieces.

1. Mix all coating ingredients in a plastic bag or a large bowl.
2. Dip chicken into milk, soy milk, egg or egg white, or just rinse in water. Place in bag or bowl, shaking or stirring well to coat.
3. Spray baking sheet with non-stick spray. Bake at 350° (10 – 20 minutes for nuggets; 40-45 minutes for whole pieces).
4. May be dipped into barbeque sauce, ketchup or honey mustard.

Quick Rice Pizza Crust

3 cups cooked Rice	Optional:
1 Tbsp. Olive Oil	1 cup Mozzarella or ¼ cup grated
1 Whole Egg + 1 Egg white	Parmesan Cheese

1. Preheat oven to 425°
2. Lightly beat eggs.
3. Add all ingredients. Mix well.
4. Coat a 12” pizza pan or 9x13” casserole with cooking spray. Press rice mixture into pan. Bake for 10-15 minutes until slightly browned.
5. Add gluten-free sauce, more cheese and your favorite GF pizza toppings.
6. Bake an additional 10-20 minutes until cheese is bubbly.

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Breakfast Ideas

- Omelet with vegetables GF cheese and fried potatoes
- GF cold cereal, sliced fruit, milk
- Cream of rice with raisins, cinnamon, brown sugar and milk
- Yogurt or cottage cheese with fruit and GF toast
- Fruit smoothie (skim milk, frozen fruit, honey and a pinch of cinnamon)
- GF pancakes or waffles, fruit or juice
- Huevos rancheros with corn tortilla

Lunch Ideas

- Homemade GF soups or chowders with GF corn muffin
- Cheese and diced tomato quesadilla on corn tortilla
- Chef salad or Chicken Caesar salad with GF dressing
- Homemade chicken or vegetable fried rice
- Stuffed baked potato (cheese and vegetable or GF chili)
- GF pizza with side salad
- Spring Rolls (with rice paper); GF peanut sauce
- Tuna or chicken salad with mayo and chopped vegetables, Rice crackers and fruit

Dinner Ideas

- Baked chicken with rice and steamed vegetables
- Grilled fish with quinoa salad and sliced melon
- Lean steak, baked potato, broccoli and salad
- Asian pad Thai (rice noodles) and steamed vegetables
- Lentil stew with corn tortillas
- Kebobs served over rice
- Chili with GF cornbread and raw vegetables
- GF Gnocchi or pasta with olive oil, parmesan and zucchini and spinach salad
- GF tuna rice casserole with asparagus and tomato salad

Snack Ideas

- Fruit
- Nuts (plain)
- Popcorn (plain)
- Celery sticks with peanut butter and raisins
- Plain tortilla chips and GF salsa
- Rice cakes
- Raw vegetables with hummus
- Rice crackers with GF cheese
- Fruit
- String cheese
- GF puddings
- Hard-boiled egg
- Sushi
- Plain potato chips
- Vegetable juice or pure fruit juice
- Trail mix made from fruit and nuts
- Soy nuts
- GF ice cream
- Yogurt

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Shopping and budgeting tips

- Shop the perimeter of the store first for fresh fruits and vegetables, fish, poultry, meats and dairy.
- Check out the Kosher section for potato flour and potato starch
- Many Ethnic foods are naturally gluten free, such as rice noodles, cornmeal and quinoa
- Check out ethnic markets for bulk packages
- Many health food stores stock a variety of GF foods
- Ask your grocery store if they have a list of GF foods that they sell
- READ FOOD LABELS!!!

Dining Out Gluten Free

- Allow extra time to discuss specific needs for a gluten-free meal
- Explain dietary restrictions briefly, ask the server and/or chef if they could help you with selection of safe menu items
- Ask specific questions about ingredients, food preparation methods and possible cross contamination
- Triumph Dining cards and restaurant guide are available at triumphdining.com
- An up-to-date list of restaurants that offer gluten-free options can be found at denverceliacs.org or through Denver chapter of Celiac Sprue Association.

Cosmetics and Hair Products

- Gluten molecules are too large to be absorbed through the skin. If you're having a reaction to a personal care product (for example, a moisturizer or a sunscreen lotion) that contains gluten, you may be allergic to one or more of the ingredients
- Use gluten free lipsticks or gloss as these products can be ingested
- Be sure toothpaste is gluten-free
- Vitamins, supplements and medicines must be gluten- free

Resources

- KP Registered Dietitian appointments (303-338-4545) telephone or one-on-one visit
- KP.org/members/ceciac
- KPhealthyme.com
- Gluten Intolerance Group (www.gluten.net)
- Celiac Sprue Association (www.denverceliacs.org)
- Celiac Disease Foundation (www.celiac.org)
- *Gluten-Free Diet*, Shelly Case (www.glutenfreediet.ca)
- American Dietetic Association's *Celiac Disease Nutrition Guide*
- *Living Gluten-Free for Dummies*

Celiac Sprue Association

MEMBERSHIP APPLICATION FORM

Denver Metro Chapter #17 of CSA/USA, Inc.

(a non-profit organization)

Your best local resource for celiac information, support and gluten-free socializing.

Please join us.

NAME: PHONE:

ADDRESS:

CITY, STATE, ZIP CODE:

E-MAIL:

_____ New Member

_____ Renewal _____ There is no change in my address/phone

_____ This is a gift membership

Gift giver's name (for

acknowledgment): _____

Have you received a Celiac Disease Information Packet? _____ Yes _____ No

Please send my Newsletter by Email _____ I am interested in volunteering

_____ *Denver CSA keeps all information confidential and never shares or sells to any outside individual or organization!*

I authorize Denver CSA to share my contact information for official chapter business only. _____

(please initial)

Dues are \$15.00/year. Make check payable to "Denver Metro Chapter #17, CSA/USA"
Mail check and membership form to: Donna DeVisser, 2675 Van Gordon Drive,
Lakewood CO 80215

**For information on the national CSA/USA, call 1-877-272-4272 or go to
www.csaceliacs.org**

ORDER FORM

DENVER METRO CHAPTER CSA/USA GLUTEN-FREE PRODUCTS LIST - 2011

Mail to: Don Smith, 3379 Mill Vista Rd., #4116, Highlands Ranch CO
80129

Quantity: _____ X \$10.00 = \$

(includes postage) Total : _____

NAME: PHONE:

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CITY, STATE, ZIP CODE:

Make check payable to "Denver Metro Chapter #17, CSA/USA"