

## Gluten-Free Diet

A gluten free diet is a diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley, rye, and a cross between wheat and rye called triticale.

A gluten free diet is primarily used to treat celiac disease. Gluten causes inflammation in the small intestines of people with celiac disease. Eating a gluten free diet helps people with celiac disease control their signs and symptoms and prevent complications.

Initially, following a gluten free diet may be frustrating. But with time, patience and creativity, you'll find there are many foods that you already eat that are gluten free and you will find substitutes for gluten containing foods that you can enjoy.

### **Purpose:**

The gluten free diet is a treatment for celiac disease. Some people who don't have celiac disease also may have symptoms when they eat gluten, however. This is called non celiac gluten sensitivity.

People with non-celiac gluten sensitivity may benefit from gluten free diet. But people with celiac disease must be gluten free to prevent symptoms and disease related complications.

### **Diet Details:**

Switching to a gluten free diet is a big change, and like anything new, it takes getting used to. You may initially feel deprived by the diet's restrictions, especially if you weren't having trouble symptoms before your diagnosis.

It may help to try to focus on all the foods you can eat instead, however. You may be pleasantly surprised to realize how many gluten free products, such as bread and pasta are now available. Many specialty grocery stores sell gluten free foods. If you can't find them in your area, check with a celiac support group or search online.

If you're just starting a gluten free diet, it's a good idea to consult a dietitian who can answer your questions and offer advice about how to avoid gluten while still eating a healthy balanced diet. You may call our office to schedule an appointment with a dietitian at (337) 232-6697.

### **Key Vitamins:**

Ask your dietitian to see that you're getting enough of these key nutrients:

|         |            |
|---------|------------|
| Iron    | Riboflavin |
| Calcium | Niacin     |
| Fiber   | Folate     |
| Folate  |            |

### **Cross Contamination:**

Using a common toaster for gluten-free bread and regular bread is a major source of contamination. Be careful at restaurants and ask questions to the staff.

**ALLOWED FOODS:** Many healthy and delicious foods are naturally gluten-free

Beans, seeds and nuts in their natural, unprocessed form  
Fresh eggs  
Fresh meats, fish and poultry (not breaded, batter-coated or marinated)  
Fruits and vegetables  
Most dairy products  
Amaranth  
Arrowroot  
Buckwheat  
Corn and cornmeal  
Flax  
Gluten-free flours (rice, soy, corn, potato, bean\_

**ALWAYS AVOID:** It's important to make sure that they are not processed or mixed with gluten-containing grains, additives or preservatives. Many grains and starches can be part of a gluten-free diet.

Barley (malt, malt flavoring and malt vinegar are usually made from barley)  
Rye  
Triticale ( a cross between wheat and rye)  
Wheat including durum flour, karina graham flour kamut, semolina and spelt

**AVOID UNLESS LABELED 'GLUTEN-FREE':**

|                           |                                     |
|---------------------------|-------------------------------------|
| Beer                      |                                     |
| Breads                    | Matzo                               |
| Cakes and pies            | Pastas                              |
| Candies                   | Processed luncheon meats            |
| Cereals                   | Salad dressings                     |
| Communion wafers          | Sauces, including soy sauce         |
| Cookies and crackers      | Seasoned rice mixed                 |
| Croutons                  | Seasoned snack foods (potato chips) |
| French fries              | Self-basting poultry                |
| Gravies                   | Soups and soup bases                |
| Imitation meat or seafood | Vegetables in sauces                |

- You still need to check the actual ingredient list. If you're not sure, don't buy it.
- Be aware that products labeled "gluten-free" or "wheat-free" may still contain gluten. The FDA requires the product contains less than 20 parts per million of gluten.

**NOT STICKING TO THE DIET:** If you accidentally eat a product that contains glute, you may experience abdominal pain and diarrhea. Even small traces of gluten may damage the small intestines. Over time, not following the diet, celiac disease can lead to serious complications including small intestinal cancer.

