

Gluten-Free Diet (GFD) Therapy

The gluten-free diet is the only known treatment for people with celiac disease. There are currently no medications or therapies available, therefore patients must adhere to a strict 100% GFD for life. Celiac disease can lead to serious health problems, including cancer and other autoimmune disorders, if left untreated or patients are not compliant with the dietary therapy.



What Is Gluten?

Gluten is a generic name for certain proteins found in wheat, barley, rye, and their derivatives. When people with celiac disease consume gluten, an immune response occurs which leads to the destruction of the villi in the small intestine. Even very small amounts of gluten can trigger the immune response. Therefore people with celiac disease must be very diligent in the management of their gluten-free diet.

Grains/Ingredients to ELIMINATE

- Wheat
- Barley, barley malt
- Rye
- Brewer's Yeast
- Bulgur
- Couscous
- Durum
- Einkorn
- Emmer
- Farro
- Kamut
- Malt, malt vinegar
- Oats (not specifically labelled GF)
- Semolina
- Spelt
- Tabbouleh
- Triticale
- Wheat Protein, hydrolyzed wheat protein
- Flour (i.e., cake flour, pastry flour, self-rising flour, whole wheat, enriched flour)

SAFE Grains, Starches, Flours, Ingredients

- Amaranth
- Arrowroot starch/flour
- Beans, bean flours (i.e., garbanzo/chickpea/besan, garfava, lentil)
- Buckwheat, kasha
- Coconut, coconut flour
- Corn, cornmeal, cornstarch, grits, hominy, polenta
- Maltodextrin (it is not barley but a sugar)
- Millet
- Modified food starch
- Nuts, nut flours (i.e., almond, hazelnut, coconut)
- Potato, potato starch/flour, sweet potato
- Quinoa
- Rice, wild rice
- Seeds (i.e., chia, flax, pumpkin, sesame, sunflower)
- Sorghum, milo
- Soy, soybean, edamame
- Starch (if the source is not labeled, by law in the US it must be cornstarch)
- Tapioca starch/flour, cassava, manioc
- Teff
- Whey (it is a milk by-product)
- Yuca/yucca

Foods/Ingredients to Question

- Breading, breadcrumbs, Panko
- Brown rice syrup
- Bouillon, broth, soup bases
- Candy (i.e., licorice, some chocolates)
- Communion wafers
- Imitation bacon and seafood (i.e., crab)
- Gravies and any sauces made from a roux
- Lunchmeat, sausages, hot dogs, and self-basting poultry
- Malt, malt extract, malt vinegar
- Marinades (often contain soy sauce)
- Miso (sometimes made from barley)
- Nutritional Yeast
- Play-doh
- Salad dressings (may contain soy sauce)
- Sauces, especially soy, tamari, teriyaki, hoisin, oyster, and bean sauce. (Some tamari contains wheat - read the label!)
- Seasoned rice mixes and rice pilaf
- Soba noodles (sometimes made from wheat)
- Vegetarian meat substitutes (seitan, some tempeh, veggie burgers/dogs)



What About Oats?

Oats are naturally gluten-free (GF). Unfortunately oats are typically contaminated with gluten in the growing, transport, and storage process. And for unknown reasons, a small percentage of people with celiac disease react to the protein (avenin) in uncontaminated oats. Be sure to purchase certified gluten-free oats and oat products. Most celiac disease specialists recommend patients with celiac limit their oat intake, regardless of whether they react, to no more than ½ cup (uncooked) per day. *It is recommended that people newly diagnosed with celiac disease avoid ALL oats and oat-containing products for the first year.*

What About Alcoholic Beverages?

Distilled alcohol is always gluten-free, even if derived from wheat, as the distillation process removes the gluten proteins from the final product. But some flavored alcohols may have wheat- or barley-containing ingredients added back. Be sure to check with the manufacturer.

Beer is made from a different process, fermentation, which does not remove the gluten proteins from the barley mash. Be sure to choose only gluten-free beers made from gluten-free grains.

“Gluten-removed” beers are not safe for people with celiac disease as they are produced from barley using an unproven, proprietary process that manufacturers claim to be gluten-free “enough”. They are not appropriate for people with celiac disease. Wine is also fermented but it starts with grapes and no gluten containing grains.



<u>Gluten-Free</u>	<u>Gluten-Free</u>	<u>Typically Gluten-free (but always double-check!)</u>	<u>Not Gluten-Free</u>
Gin	Bourbon		Beer, unless produced to be GF from GF grains
Vodka	Scotch		
Rum	Whisky	Flavored liquors and	
Tequila	Wine	liqueurs	
	Hard cider		

Additional Resources

Registered Dietitian

The GFD can be difficult to implement as the learning curve is initially quite steep. While there is a lot of information on the internet, it can be difficult to determine what information is accurate. It is helpful to build a relationship with a Registered Dietitian to assist with this process. Like many professionals, dietitians often specialize in certain areas. It is recommended to find a dietitian that specializes in the GFD for celiac disease. A list may be found here:

<https://www.glutenfreedietitian.com/dietitians-specializing-in-celiac-disease/>

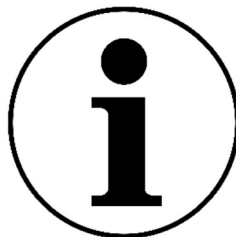
Organizations

National Celiac Association
<https://www.nationalceliac.org/>

Celiac Disease Foundation
<https://celiac.org/>

The University of Chicago Celiac Disease Center
<https://www.cureceliacdisease.org/>

Celiac Disease Center at Columbia University
<http://celiacdiseasecenter.columbia.edu/>



Books/Magazines/Other

Gluten Free: The Definitive Resource Guide by Shelley Case (book) – in bookstores or on Amazon.com

Gluten Free Living (magazine)
<https://www.glutenfreeliving.com/>

Essentials of Celiac Disease and the Gluten Free Diet (free e-book) <http://www.cureceliacdisease.org/ebook/>

POWER-C (Free, 8-week online program)
https://www.cureceliacdisease.org/wp-content/uploads/power_c.pdf