



All About Celiac Disease



What is Celiac Disease?

- Celiac disease is a digestive problem that is caused by eating gluten (say: **gloo-tin**), which is found in bread, pasta, cookies, pizza crust and many other foods.
- When a person with celiac disease eats foods that have gluten, it can really bother their small intestine. This can actually injure the small intestine and can cause the person not to get all the nutrients they need from the foods they eat.
- In time, this can cause someone with celiac disease to not get certain vitamins, which are important for good health. This can really be a problem for children, who need good nutrition to grow at a normal speed.
- Although there is no treatment that can cure Celiac disease, it can be managed well by changing your diet!

Signs and Symptoms

- There are no usual signs or symptoms of celiac disease. However, most people do have common complaints, such as: sudden diarrhea, stomach cramps, and a decreased desire for food. Some people with celiac disease may not have any signs or symptoms at all.
- Some signals of not getting enough nutrients, that may come from celiac disease include:
 - Weight loss
 - Diarrhea
 - Stomach cramps, gas and bloating
 - General weakness
 - Very little growth in children
 - Osteoporosis



So, what is the treatment for Celiac Disease?

- Celiac disease is treated by not eating gluten! It is as simple, and sorry to say, as tricky as that, because gluten is found in many of the foods we eat. Cutting out gluten allows the small intestine to heal, but that does not mean you can start eating gluten again once you are better. For someone with celiac disease, gluten will always bother their intestines, and if this happens, the symptoms will come back. Look at the table below for some help on which foods are allowed on a gluten-free diet, as well as those which to stay away from.

Food Groups	Foods Allowed	Foods To Avoid
<i>Breads/Grains</i>	<ul style="list-style-type: none"> - Cornflakes, cornmeal, hominy, rice - Made from rice, corn, soybean flour or gluten free wheat starch, arrowroot, and tapioca - Homemade broths, vegetable or cream soups made with allowed ingredients 	<ul style="list-style-type: none"> - Wheat, rye, oatmeal, barley, wheat germ, Kasha, macaroni, noodles, spaghetti, chips, crackers, cereals containing malt flavorings, buckwheat, bran or bulgur - Prepared cake, bread, pancake or waffle mixes, and any made with wheat, rye, barley or oats - Commercially prepared soups made with rye, Wheat, oats, or barley products; broth, bouillon and soup mixes
<i>Fruits/Vegetables</i>	<ul style="list-style-type: none"> - All, except items listed to avoid 	<ul style="list-style-type: none"> - Any thickened/prepared (i.e., pie fillings). - Any creamed or breaded vegetables
<i>Milk/Dairy</i>	<ul style="list-style-type: none"> - All, except items listed to avoid 	<ul style="list-style-type: none"> - Commercial chocolate milk w/ cereal addition - Malted milk, instant milk drinks, hot cocoa - Nondairy cream substitutes - Processed cheeses, cheese foods and spreads containing a gluten source - Cheese containing oat gum
<i>Meat/Meat Substitutes</i>	<ul style="list-style-type: none"> - Any plain products including eggs 	<ul style="list-style-type: none"> - Any prepared with stabilizers/fillers, such as frankfurters, lunch meats, sandwich spreads, sausages and canned meats - Breaded fish or meats - Poultry prepared with hydrolyzed or textured vegetable protein (HVP,TVP). READ LABELS!
<i>Desserts/Sweets</i>	<ul style="list-style-type: none"> - Gelatin desserts & ices, homemade ice cream, custard, junket, rice pudding - Cakes, cookies and pastries prepared with gluten free wheat starch - Syrup, jelly, jam, hard candies, molasses and marshmallows 	<ul style="list-style-type: none"> - All others, unless labeled gluten-free. READ LABELS!

<i>Drinks</i>	- Carbonated beverages, fruit juices, tea, coffee, and decaffeinated coffee to which no wheat flour has been added	-Postum, Ovaltine, ale, beer, root beer
<i>Other</i>	- Herbs, spices, pickles, vinegar, syrups, sugar, popcorn, molasses, potato chips, jelly, jam, honey, corn syrup - Butter or fortified margarine	- Commercial salad dressings except pure mayonnaise (READ LABELS!) - Any foods prepared with wheat, rye, oats, barley, buckwheat, some ketchup, chili sauce, soy sauce, mustard, horseradish - Some dry seasoning mixes, pickles, distilled white vinegar, steak sauces, and stabilizers, sauces, and gravies made with gluten sources - Some chewing gums, chip dips, malt or malt flavoring unless derived from corn or baking powder

Sources:

1. Thompson, Tricia MS, RD. *Celiac Disease Nutrition Guide, 2nd ed. ADA 2006*
2. *Celiac Disease*. (2006). Retrieved June 4, 2008, from, The Mayo Clinic: <http://www.mayoclinic.com/health/celiac-disease>