

# CELIAC DISEASE AND GLUTEN FREE DIET RESOURCES

Resources are available from a variety of sources such as celiac support groups, the internet, food companies, registered dietitians that have specific training in CD. The following are a few recommended resources to get you started:

1. [www.celiac.com](http://www.celiac.com)
2. [www.livingwithout.com](http://www.livingwithout.com)
3. [www.glutenfreeliving.com](http://www.glutenfreeliving.com)
4. [www.clanthompson.com](http://www.clanthompson.com)
5. [www.ceceliasmarketplace.com](http://www.ceceliasmarketplace.com)
6. [www.harpercollins.com](http://www.harpercollins.com)  
A 352-page book by Dr. Peter Green, director of the Celiac Disease Center at Columbia University in New York
7. [www.glutenfreeda.com](http://www.glutenfreeda.com)
8. [www.savorypalate.com](http://www.savorypalate.com)  
Books by Carol Fenster, PhD
9. [www.glutenfreediet.ca](http://www.glutenfreediet.ca)  
Books by Shelley Case, RD
10. [www.glutenfree.com](http://www.glutenfree.com)

## REASOR'S GLUTEN FREE BRANDS

Allergaroo	Lundberg
Amy's	Kind
Ancient Harvest	Kinnikinnick
Annie's	Kitchen Basics
Blue Diamond	Maple Grove Farms
Bob's Red Mill	Midel
Brown Cow	Mrs. Leeper
Cedarlane	Namaste
Eden	Nature's Path
Edward and Son's	Nu-World
Erewhon	Pamela's
Food For Life	Polaner
Free From	Schar
Glutino	Seeds of Change
Hodgson Mill	Spectrum
Ian's	Stoneyfield
Lifeway	Tinkyada
Lisanatti	Van's

[WWW.REASORS.COM](http://WWW.REASORS.COM)

## REASOR'S GUIDE TO ALL THINGS GLUTEN FREE



LOOK FOR THIS LOGO WHEN SHOPPING TO IDENTIFY GLUTEN FREE PRODUCTS



written by  
**REASOR'S**  
REGISTERED  
DIETICIAN

# THE GLUTEN FREE DIET

Celiac disease (CD) is an autoimmune disorder in which the villi of the small intestine are damaged by specific peptides from wheat, rye and barley (collectively called gluten). It is the most common inherited disorder, with an estimated worldwide prevalence rate of 1:200 and in the US a prevalence of 1:133. This translates into 3 million Americans with the disease, although it is estimated that 97% remain undiagnosed. People with Type 1 diabetes, thyroid disease, Down syndrome and other disorders are especially susceptible.

Symptoms of CD are highly variable, can occur at any age, and involve not only the gastrointestinal system but many other organ systems. Common symptoms include: bloating, gas, diarrhea or constipation (or both), weight loss, poor growth, irritability, anemia, osteoporosis, mouth ulcers, extreme fatigue, bone and joint pain, easy bruising of the skin, menstrual irregularities, migraines and depression. Another presentation of CD is the skin condition called dermatitis herpetiformis (DH) that is characterized by an intense burning, itchy rash that is symmetrically distributed. Areas affected are elbows, knees, back of neck and scalp, upper back and buttocks.

The only treatment for CD is a strict gluten-free diet (GFD) for life. If untreated, CD can result in nutritional deficiencies, osteoporosis, cancer, reproductive complications, neurological disorders and the development of other autoimmune diseases. Gluten-Free foods are defined by these characteristics: a food cannot contain a prohibitive grain (wheat, rye, barley, and hybrids of these grains, ie malt flavoring), if a food contains a prohibitive grain, it must show that the grain has been altered to remove the protein, and the finished product cannot contain more than 20 ppm of gluten. A company can prove this by testing for gluten in their products. Other tests can prove the lack of protein in a food. When there is no protein, there is no gluten.

If you think you may have this disorder, see your doctor. There are specific blood tests including a DNA screen available. A small intestinal biopsy may be recommended. *A gluten-free diet should never be started before blood tests and biopsy are done as this can interfere with making an accurate diagnosis.*

## SOURCES OF GLUTEN

Gluten is found in a variety of foods such as soy sauce, some prepared meats, sauces, soups, cereals, pastas, some salad dressings, imitation seafood, beer, flavored coffees and teas, some candies and chocolate bars, as well as some medications and supplements. Ask the **Reasor's Registered Dietitian** for specific help. This person has specific training with these restrictions.



## FOODS ALLOWED ON A GLUTEN FREE DIET

A wide variety of foods that are naturally gluten-free include plain meat, poultry, fish, eggs, legumes, nuts, seeds, milk, yogurt (some), cheese, fruits, vegetables, vinegars (except malt), as well as many gluten-free flours, cereals and starches. These are all available at Reasor's to make your gluten-free choices easier.



## GLUTEN FREE FLOURS, CEREALS AND STARCHES

Amaranth	Millet	Sorghum
Arrowroot	Nut Flours	Soy
Buckwheat	Potato Flours	Sweet Potato Flour
Corn	Potato Starch	Tapioca
Flax	Quinoa	Teff
Legume Flours	Rice	



## GLUTEN CONTAINING FOODS AND INGREDIENTS TO AVOID

Ale	Malt Flavoring
Barley	Malt Vinegar
Beer	Malted Milk
Brewer's Yeast	Matzoh
Bulger	Matzoh Meal
Couscous	Modified Wheat Starch
Durum	Rye
Farina	Spelt
Graham Flour	Semolina
Hydrolyzed Wheat	Triticale
Protein	Wheat
Kamut	Wheat Bran
Malt	Wheat Flour
Malt Extract	Wheat Germ
Malt Syrup	Wheat Starch

## AVOID CROSS-CONTAMINATION OF GLUTEN FREE FOODS

**Key points to remember when keeping gluten-free foods, gluten-free:**

- Store all GF products in separate, labeled covered containers
- Buy separate containers of items such as peanut butter, jam, margarine or mayonnaise for the exclusive use of the person with CD
- Use squeeze bottles of condiments such as ketchup, mustard, relish
- Have a separate cutting board and toaster for CD person
- Avoid buying products in bulk bins

Based on new research, uncontaminated oat products are now considered safe on a GFD. Unfortunately, the majority of commercial oats products on the market are cross contaminated with wheat, barley or rye. The good news is that there are companies that are now producing pure, uncontaminated oat products.