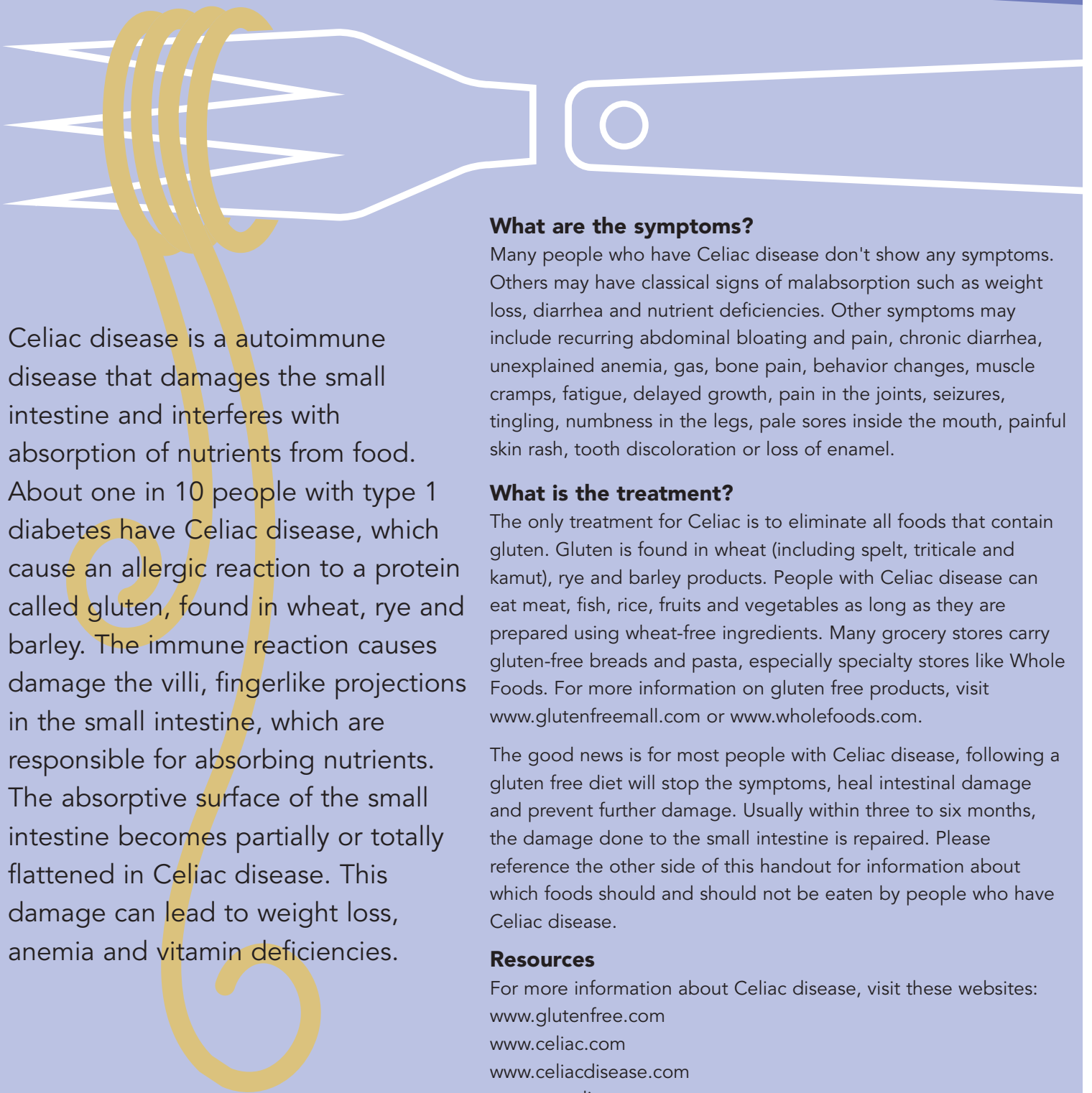


Celiac Disease



Celiac disease is a autoimmune disease that damages the small intestine and interferes with absorption of nutrients from food. About one in 10 people with type 1 diabetes have Celiac disease, which cause an allergic reaction to a protein called gluten, found in wheat, rye and barley. The immune reaction causes damage the villi, fingerlike projections in the small intestine, which are responsible for absorbing nutrients. The absorptive surface of the small intestine becomes partially or totally flattened in Celiac disease. This damage can lead to weight loss, anemia and vitamin deficiencies.

What are the symptoms?

Many people who have Celiac disease don't show any symptoms. Others may have classical signs of malabsorption such as weight loss, diarrhea and nutrient deficiencies. Other symptoms may include recurring abdominal bloating and pain, chronic diarrhea, unexplained anemia, gas, bone pain, behavior changes, muscle cramps, fatigue, delayed growth, pain in the joints, seizures, tingling, numbness in the legs, pale sores inside the mouth, painful skin rash, tooth discoloration or loss of enamel.

What is the treatment?

The only treatment for Celiac is to eliminate all foods that contain gluten. Gluten is found in wheat (including spelt, triticale and kamut), rye and barley products. People with Celiac disease can eat meat, fish, rice, fruits and vegetables as long as they are prepared using wheat-free ingredients. Many grocery stores carry gluten-free breads and pasta, especially specialty stores like Whole Foods. For more information on gluten free products, visit www.glutenfreemall.com or www.wholefoods.com.

The good news is for most people with Celiac disease, following a gluten free diet will stop the symptoms, heal intestinal damage and prevent further damage. Usually within three to six months, the damage done to the small intestine is repaired. Please reference the other side of this handout for information about which foods should and should not be eaten by people who have Celiac disease.

Resources

For more information about Celiac disease, visit these websites:

www.glutenfree.com
www.celiac.com
www.celiacdisease.com
www.csaceliacs.org
www.celiachealth.org
www.glutenfreeliving.com
www.americanceeliac.org
www.celiaccentral.org

foods to eat and foods to avoid

Gluten is found in the following grains and should be avoided:

- Barley
- Barley malt/extract
- Bran
- Bulgur
- Couscous
- Durum
- Einkorn
- Emmer
- Farina
- Faro
- Graham flour
- Kamut
- Matzo flour/meal
- Orzo
- Panko
- Rye
- Seitan
- Semolina
- Spelt
- Triticale
- Udon
- Wheat
- Wheat bran
- Wheat germ
- Wheat starch

Be cautious with grains not listed. While the grain may not contain gluten, it may be processed in a facility with wheat and, as a result, contains gluten.

Grains you can consume

- Amaranth
- Arrowroot
- Buckwheat
- Corn
- Flax
- Flours made from nuts, beans and seeds
- Millet
- Montina
- Potato starch/flour
- Quinoa
- Rice
- Rice bran
- Sago
- Sorghum
- Soy/soa
- Tapioca
- Teff

Other foods that are ok to consume

- Produce (fresh fruits and vegetables)
- Meat
- Fish and poultry (fresh beef, pork, poultry, fish, seafood and eggs *caution self basting)
- Beverages (100% fruit juice, tea, cocoa, soda)
- Fats and oils (canola and olive oil)
- Dairy (unflavored milk, cream, aged cheese – not processed)
- Most yogurts, butter, margarine, cream cheese, cottage cheese, sour cream
- Frozen foods (plain fruits and vegetables, most ice cream and sherbet)
- Snacks (plain potato chips – use caution with flavored chips – corn chips, popcorn, rice crackers/cakes, plain nuts and seeds, jell-o and pudding)
- Packaged and canned foods (plain fruits and veggies, tuna or chicken, dried beans, lentils, peas and most baked beans)
- Cereals and grains (cream of rice, grits, puffed rice, plain brown or white rice and corn tacos/tortillas)
- Condiments (jam, jelly, marmalade, honey, peanut butter, corn or potato starch, corn syrup, maple syrup, molasses, brown sugar, white sugar, confectioners sugar, spices, herbs, salt, pepper, relish, pickles, olives, ketchup, mustard, distilled vinegars and most salad dressings)