

8 Tips for Starting the Gluten-Free Diet:



for more information about Celiac Disease and the Gluten-Free Diet, visit www.GLUTENFREEINWNY.com.

1. Start Simply / Keep a Diary

Start with unprocessed foods such as fresh fruits, vegetables, meat, rice, and potatoes that don't have any labels to decipher. Use olive oil, salt, pepper, and lemon juice for seasoning. This may be a bit boring, but will help your intestines heal rapidly. Some people diagnosed with celiac disease find that foods containing lactose and/or high fat content can be difficult to digest at first, but later may be well tolerated as the intestines begin to repair themselves.

Keep a record of the foods you eat and how they make you feel. Add new foods as they are tolerated. You may also want to keep track of the gluten-free specialty products and recipes you try, writing down which ones you liked and which you did not.

2. Find Support

Gluten Free In WNY is a very good resource for learning about Celiac Disease and the Gluten Free Diet. Invest in your health and attend one of our new patient meetings. Consider becoming a member of the Gluten Intolerance Group of North America. A national support organization working with others to improve the lives of people with Celiac and other Gluten Intolerance Diseases. GIG is a proud member of the American Celiac Task Force.

You will also want the support of family and friends as you adjust to this change in lifestyle. Let the people who care about you know how they can help. Encourage your family and friends to help with cooking, shopping etc. Ask for help with other responsibilities so you can have more time for cooking, shopping and learning the Gluten Free diet?

3. Learn About Your Diet

Read the Quick Start Diet Guide included at the end of this document. More detailed information can be obtained from the Gluten Intolerance Group of North America. [The Gluten Free Diet, a Comprehensive Resource Guide, revised edition](#) by Shelley Case is also highly recommended. For gluten-free recipes, visit www.gfutah.org/recipes.htm. Be careful about anything you put in your mouth. Some medications and even stamp/envelope glue may contain gluten.

4. Organize Your Pantry

Keep track of which foods in your home are gluten-free and which are not. Clear a special shelf or area just for gluten-free foods. Or make the whole kitchen gluten-free, and have a separate shelf for other members of the household to keep their gluten containing food.

If there are both gluten-containing and gluten-free foods in your kitchen, mark the packaging of the gluten-free foods with a black permanent marker. Gluten-free condiments (such as butter and mayonnaise) must be kept free of contamination from gluten containing foods such as bread crumbs. **You will need a dedicated gluten-free toaster.** Any cookware or utensils that cannot be thoroughly cleaned (i.e. in a dishwasher) will need to be kept gluten-free as well.

5. Find Gluten-Free Food

Grocery Stores contact Wegmans Markets consumer affairs at 1-800-wegmans (934-6267) ext.4760 and request a copy of their Gluten Free Food List. It has hundreds of Wegmans Foods that are Gluten Free.

Health Food Stores and Wegmans Natures Market can be a good source for gluten-free bread, pasta, cereal, cookies, baking mixes, flours, and xanthan gum, etc. More listed at <http://www.glutenfreeinwny.com/LocalResources.php>

Oriental Markets can be a great source for finely ground rice flour, potato flour, and tapioca flour at a very low price.

Mail-Order Vendors can be good sources for hard to find gluten-free baked goods and mixes.

Label reading is the key to selecting gluten-free products. When you are looking for processed or convenience foods, grocery product guides such as the one found at <http://forums.delphiforums.com/celiac> can help point you towards gluten-free products. If you use a shopping guide, labels will still need to be read because product formulas change from time to time.

6. Take Food With You

When leaving home it is a good idea to take along some gluten-free food:

- Gluten-free cookies, bars, crackers, and fruit snacks may travel well in a purse, bag or car to have on hand for emergencies.
- Gluten-free sandwiches can be packed for lunches at school.
- Left-over dinner meals make good lunches for the office.
- Have your doctor write a note if you would like to bring something to eat at ball games and sporting events where outside food may be restricted.
- Consider bringing a main dish and a side dish to pot luck socials if you want to have plenty of food to eat.
- When attending a special event, contact the caterer or event coordinator ahead of time to ensure a proper gluten-free meal is prepared.
- When possible, eat well before social gatherings so you can simply enjoy the company.
- Sacraments and communion services generally use wheat based bread or wafers that are not appropriate for a celiac diet. Speak with your church leaders to see what they recommend for communion services.

7. Eat Gluten-Free when Dining Out

When dining at a restaurant, look for menu items that can easily be made gluten-free:

- Grilled meat, fish and poultry, baked potatoes, and steamed vegetables are examples of dishes that often can be prepared without gluten.
- If it is your first time eating a gluten-free meal at the restaurant, you may want to speak with the chef. Also, you may want to share a restaurant card with the server or chef. Restaurant cards that briefly explain the gluten-free diet are available from the Gluten Intolerance Group.
- Ask your server for help in choosing a menu selection and let your server know that your meal must be prepared gluten-free. For example, the server needs to know that when you order a salad without croutons, that it is not okay to remove the croutons from a prepared salad. The salad must be made fresh without contacting gluten containing ingredients.
- If your steak is being cooked on a grill that is also used for breaded items, then your selection should be prepared on a piece of aluminum foil or in a clean pan.
- Check the ingredients in any marinades and seasonings or ask to have your meat and vegetables prepared without seasonings.
- French fries prepared in the same oil that was used for frying breaded foods, such onion rings or chicken nuggets, will not be gluten-free.

Some restaurants have gluten-free menus. Visit <http://www.glutenfreeinwny.com/LocalResources.php> for a list of local restaurants that provide gluten-free menus. Even when ordering at a restaurant with a gluten-free menu, let your server know that you need a gluten-free meal and that your food should not come in contact with other gluten-containing foods.

Initial Assessment and Follow-up Care of Celiac Patients by Peter Green, M.D. Gastroenterologist and Director of the GI Endoscopy Unit Columbia-Presbyterian Medical Center, New York City

<http://www.enabling.org/ia/ceciac/medcare.html>

8.

View and print the complete article from the internet and give it to your physician. Celiac Disease is a lifelong illness with serious potential implications. In addition, sensitivity to gluten doesn't go away, and a radical lifestyle change is involved. You also need to be certain of the diagnosis because Celiac patients' families should be screened. The initial biopsy is also needed to serve as a baseline because one doesn't know what the future may involve.

Basic blood work is also included in the initial assessment. Such things as anemia and liver function need to be looked for. But it's very important to go further than that, and knowledge of the physiology of the small intestine should lead a physician to measure those nutrients that could be malabsorbed. **Celiac Disease involves the small intestine, where iron, folic acid, calcium, fat soluble vitamins (Vitamins K, A, D, and E) and zinc are absorbed. These nutrients should be measured in the initial assessment and also during the course of the illness.** Physicians will see patients who present with malabsorption of just one of these nutrients. free diet. Cholesterol concentrations may rise and patients may gain excess weight with reversal of the malabsorption."

Here is a quick and simple view of the Gluten-free (GF) diet. Not all areas of the diet are as clear-cut as portrayed by this Guide. This is intended to be used as a safe and temporary survival tool until the newly diagnosed celiac can gather additional information. Understanding these dietary requirements will enable you to read labels of food products and determine if a product is GF, not GF, or questionable. Questionable ingredients are those that do not give enough information to determine whether or not it is gluten free. Examples of these are modified food starch (the type of starch needs to be identified).

Celiac Disease (CD) is a chronic digestive disorder found in individuals who are genetically susceptible. Damage to the small intestine is caused by a immunologically toxic reaction to the ingestion of gluten. This does not allow food to be properly absorbed. Even small amounts of gluten in foods may affect those with celiac disease and cause health problems. Damage can occur to the small bowel even in the absence of symptoms.

Gluten is the generic name for certain types of proteins contained in the common cereal grains wheat, barley, rye and their common derivatives. Currently, oats are not recommended because of the potential unacceptable levels of contamination.

Allowed:

Rice, corn, soy, potato, tapioca, beans, garfava, sorghum, quinoa, millet, buckwheat, arrowroot, amaranth, tef, Montina®, and nut flours.

The following grains contain gluten and are

Not Allowed in any form:

Wheat (durum, semolina, kamut, spelt), rye, barley, and triticale.

Labels

The key to understanding the GF diet is to become a good ingredient label reader. Food labels containing the following ingredients are **questionable** and **should not** be consumed unless you can **verify** they do not contain or are derived from prohibited grains:

- ◆ Brown rice syrup (frequently made from barley)
- ◆ Caramel color (infrequently made from barley)
- ◆ Dextrin (usually corn, but may be derived from wheat)
- ◆ Flour or cereal products
- ◆ Malt or malt flavoring (usually made from barley. Okay if made from corn.)
- ◆ Malt vinegar
- ◆ Modified food starch or modified starch (from unspecified or forbidden source)
- ◆ Soy sauce or soy sauce solids (many soy sauces contain wheat)

Frequently overlooked foods that often contain gluten:

- ◆ Breading
- ◆ Broth
- ◆ Coating mixes
- ◆ Communion wafers
- ◆ Croutons
- ◆ Imitation bacon
- ◆ Imitation seafood
- ◆ Marinades
- ◆ Pastas
- ◆ Processed meats
- ◆ Roux
- ◆ Sauces
- ◆ Self-basting poultry
- ◆ Soup bases
- ◆ Stuffings
- ◆ Thickeners

Distilled alcoholic beverages and vinegars are gluten-free. Distilled products do not contain any harmful gluten peptides. Research indicates that the gluten peptide is too large to carry over in the distillation process. This leaves the resultant liquid gluten-free. Wines are gluten-free. Beer, ale, and malt vinegar are made from gluten-containing grains and are **not** distilled, therefore they are **not** gluten-free.

Clear Labels are Safest

A clear label has no gluten-containing ingredients or questionable ingredients. If it has questionable ingredients, avoid it or find a comparable product that is gluten free. **Labels must be read every time you purchase food.** Manufacturers can change ingredients at any time. Some products remain GF for years while others do not. You may verify ingredients by calling or writing a food manufacturer and specifying the ingredient and lot number of the food in question. State your needs clearly – be patient, persistent and polite.

If In Doubt Go Without!

If unable to verify ingredients or the ingredient list is unavailable – **DO NOT EAT IT.** Regardless of the amount eaten, it is not worth triggering your immune system and the damage to the small intestine that occurs every time gluten is consumed, whether symptoms are present or not. Watch for any adverse reactions when adding new foods to your diet. Individuals may have sensitivity reactions to foods other than gluten.

Wheat-Free Is Not Gluten-Free.

Products labeled Wheat-Free are not necessarily gluten-free. They may still contain rye, barley or other ingredients that are not GF.

Contamination

Food Preparation: Gluten free foods being prepared must not come into contact with food containing gluten in any manner. Contamination may come from foods touching each other, being prepared on common surfaces, or with utensils that are not thoroughly cleaned after preparing gluten-containing foods. Using a common toaster for gluten-free bread and regular bread is a major source of contamination. Flour sifters should not be shared with gluten-containing flours. Deep fried foods cooked in oil shared with breaded products should not be consumed. Condiments in containers shared by others may also provide contamination. When a person dips into a condiment a second time, with the knife (used for spreading), the condiment becomes contaminated with crumbs (i.e. mustard, mayonnaise, jam, peanut butter, butter, and margarine).

Food Manufacturing: Foods **not** produced in a gluten-free environment have the potential to be contaminated with gluten. This may occur when machinery or equipment is inadequately cleaned after producing gluten-containing foods. For example the machinery used to mill flour is hard to clean and gluten-containing residue may remain. Wheat flour can stay airborne for many hours in a bakery (or home) and contaminate preparation surfaces/utensils or gluten-free products left out.

Attitude is Everything

Like anything new, the GF diet takes time to adjust to. It is natural to mourn old favorite gluten-containing foods for a short time. Stay focused on all the foods you can eat. Fresh fruits and vegetables are both delicious and healthy. Fresh poultry, fish and meat provide protein and are naturally GF. Most dairy foods can also still be enjoyed (providing you are not lactose intolerant.) GF substitutes for foods commonly made with wheat are available at many health food stores and from GF food manufacturers. Try rice flour waffles for breakfast; a sandwich on bread made from GF flours for lunch; and rice, corn, or quinoa pasta for dinner. Your new way of eating will be very satisfying!

Not All Adverse Reactions Are Due To Celiac Disease: Lactose intolerance; food sensitivities or allergies to soy, corn, or other foods; or the stomach flu, are common causes of symptoms similar to Celiac Disease. Newly diagnosed celiacs may have trouble digesting certain foods, especially fatty foods, until their small intestine has had a chance to heal and start working normally. If necessary, keep a diary of foods eaten. Read labels, remember what you ate, and listen to your body.

The GF diet is a life long commitment and should not be started before being properly diagnosed with CD/DH. Starting the diet without complete testing is not recommended and makes diagnosis difficult. Tests to confirm CD could be negative if a person were on the diet for very long. A valid test would require reintroducing gluten (gluten challenge) before testing. Celiac disease is an inherited autoimmune disease and confirmation of CD will help future generations be aware of the risk of CD within the family.

This Guide was developed by nutrition experts and published by the Celiac Disease Foundation (CDF) and the Gluten Intolerance Group (GIG), to assist persons newly diagnosed with celiac disease and/or dermatitis herpetiformis, with preliminary gluten-free food choices. Both organizations offer patient support and educational activities and materials. CDF and GIG are 501(c)(3) not-for-profit corporations. Contact us for further information.

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