

# A Gluten-free Diet

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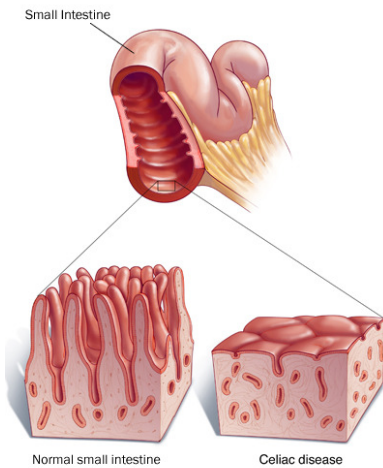


## Who needs a Gluten-free Diet?

- Wheat Allergy
- Celiac Disease
- Others interested in health benefits



## What is Celiac Disease?



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- Autoimmune disorder affecting the small intestine
- Destruction of the cilia in the small intestine leads to malabsorption and “leaky gut”
- Damage can be done with ONE molecule of gluten protein



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## Long Term Affects of Celiac

- Untreated celiac disease can lead to
  - Toxicity
  - Malabsorption and malnutrition
  - Bone loss & osteoporosis
  - Iron-deficiency anemia
  - Liver disease
  - Malignant lymphomas
  - Permanent damage to other organs



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Treatment is a sustained  
100% gluten-free diet



## What is Gluten?

- Protein that provides elasticity to bread dough and other wheat based products
- Found in Wheat, Barley, Rye and products made from these and related grains



## Hidden Gluten

- Processed foods
  - Sauces
  - Toppings
  - Salad dressings
  - Ready-to-eat foods
  - Processed meats
  - Caramel coloring
  - Soy sauce
- Cross-contamination



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## The Dairy Connection

- First enzyme lost from gluten damage
- May need to also eat Lactose-free
- Need to avoid dairy may change over time



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## Other Common Issues

- Other allergies
- Other food allergies, sensitivity and intolerance, e.g. corn, oats
- New nutritional needs
  - Fiber
  - Fats & sugars
  - Proteins, vitamins & minerals
  - Variety in the diet using whole foods



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## Gluten-Free Recipes & Tips

- Cliffs County Market, Caldwell (on Facebook)
- Gluten Free Boise [www.glutenfreeboise.com](http://www.glutenfreeboise.com)
- Jake's Gluten Free Market [www.jakesglutenfreestore.com](http://www.jakesglutenfreestore.com)
- The well-stocked kitchen [http://gluten-dairy-sugarfree.com/?page\\_id=114](http://gluten-dairy-sugarfree.com/?page_id=114)
- Cookbooks & tips <http://robenryberg.com/>
- How to identify g-f foods <http://www.gicare.com/diets/gluten-free.aspx>
- <http://www.livingwithout.com/> online magazine
- Blogs with free recipes online
  - <http://www.glutenfreecookingschool.com/>
  - <http://www.glutenfree-diet.org/>
  - <http://glutenfreegoddess.blogspot.com/2009/04/gluten-free-cheat-sheet-how-to-go-g.html> (e-cookbook for sale @ \$7)



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## Resources

- Mayo Clinic  
<http://www.mayoclinic.com/health/medical/IM04515>
- Columbia University  
[http://www.celiacdiseasecenter.columbia.edu/A\\_Patients/A03-WhatAre.htm](http://www.celiacdiseasecenter.columbia.edu/A_Patients/A03-WhatAre.htm)
- **Celiac Disease.** Peter H.R. Green, M.D., and Christophe Cellier, M.D., Ph.D. *N Engl J Med* 2007; 357:1731-1743 [October 25, 2007](#)



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## Questions?

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