



## GLUTEN FREE DIET



Celiac disease and Gluten allergies are based on a genetic inability to tolerate Gliaden, a protein found in gluten. Gluten is the protein in wheat, barley, rye and oats that combines with water and creates the doughy consistency of breads and baked goods.

Although there may be no symptoms of the immune reaction to gluten, quite often symptoms develop when the reaction begins to damage the intestines. Digestive symptoms, resulting from malabsorption or improper digestion of dietary nutrients, include abdominal bloating or pain, diarrhea, constipation, gaseousness, or nausea with or without vomiting. Acid reflux in the esophagus, or heartburn, is also a common symptom, but there are other causes of heartburn as well. Other symptoms include fatigue, joint pains, mouth ulcers, bone pain, abnormal menses in women, and infertility.

When people with Celiac and Gluten allergies eat foods or use products containing gluten, their immune system responds by infiltrating the small intestinal lining with lymphocytes. In response to Gliaden, lymphocytes release cytokines, or, molecular messenger molecules that create local inflammation. This intestinal inflammation can damage and eventually destroy the villi, which are tiny, fingerlike protrusions lining the small intestine, much like a shag carpet. Villi normally allow nutrients from food to be absorbed through the walls of the small intestine into the bloodstream. Without healthy villi, a person becomes malnourished, no matter how much food one eats, often leading to widespread nutrient deficiency and subsequent disease (i.e. iron deficiency anemia, decreased bone density, unintentional weight loss, folate and vitamin B12 deficiency).

The small intestinal inflammation due to Gliaden intolerance can contribute to inflammation in other parts of the body as well, eventually contributing to osteoporosis, muscle and joint pain, neuropathy, anxiety, depression, attention deficit disorder, cardiac rhythm disturbances, seizure disorder and more. Celiac disease and Gluten allergies also increase the risk for autoimmune disorders, thyroid disease, and diabetes.

### **Treatment for Celiac disease and Gluten Allergy**

A life-long diet free of Gluten is the standard treatment for Celiac disease and Gluten Allergies. To manage the disease and prevent complications, it is essential to avoid all foods that contain Gluten.

#### **Gluten containing grains to avoid:**

Barley	Emmer	Panko	Wheat
Barley malt/extract	Farina	Rye	Wheat barn
Bran	Faro	Seitan	Wheat germ
Bulgur	Graham Flour	Seminola	Wheat starch
Couscous	Kamut	Spelt	Spouted wheat bread
Durum	Matzo Flour/meal	Triticale	Einkorn
Orzo	Udon		

Examples of products that commonly contain these include breads, breading, batter, cereals, cooking and baking mixes, pasta, crackers, cookies, pies and gravies, among others.



**Avoid these commonly overlooked sources of Gluten/Giaden:**

Ales	Canned soup	Pastas	Imitation bacon/seafood
Beers and lagers	Canned meat	Roux	Soy sauce
Breading	Ketchup	Sauces	Marinades, thickeners
Brown rice syrup	Ice Cream	Energy bars	Prescription medications
Costing mix	Instant coffee	Play dough	Over the counter Medicines
Communion wafers	Luncheon meat	Soup base	Vitamin and mineral supplements
Croutons	Mustard	Stuffing	Herbal supplements
Candy bars	Self-basting poultry	Broth	Self-basting poultry
Lipstick, gloss and balms			

Capsules for medications and nutritional supplements may contain wheat starch, which is used as a binding agent in their production. Gluten is commonly found in many vitamins and cosmetics, such as lipstick. Read labels on all medications, vitamins, minerals and herbal products.

Read all labels carefully. If a product has questionable ingredients, avoid it until the manufacturer confirms that the product is Gluten-free. Labels must be read every time you purchase a product because ingredients can change at any time.

**The following Gluten-Free Grains and Starches MAY be used**

Amaranth	Millet	Rice bran
Arrowroot	Montina	Sago
Corn	Potato starch	Sorghum
Flax	Potato flour	Soy (soya)
Quinoa	Tapioca	Rice
Teff	Flours made from nuts, beans and seeds	

**What about Oats?**

Oats do not contain gluten, but they are often contaminated with gluten during the milling and processing phase of preparation before they reach your table. They are transported in trucks and processed in mills that also process wheat and therefore there is contamination with gluten.

Some oat manufacturing companies do process their oats without Gluten contamination and they tell you on the label. If the label says “gluten free” then you can eat them safe



## HEALTHY GLUTEN-FREE SHOPPING LIST

### Proteins

Fish	Wild game	Lentils	Brazil nuts
Organic chicken	Eggs	Soy, Organic	Pine nuts
Organic turkey	Black beans	Almonds	Walnuts
Lamb	Adzuki beans	Cashews	Seeds, e.g. Flax, Sunflower

### Vegetables

All vegetables	Allium vegetables e.g. garlic and onion
Green leafy vegetables	Cruciferous vegetables, e.g. broccoli & cabbage
Root vegetables	Sea vegetables
Yellow, green and red vegetables	

### Grains

Brown rice	Rice cereal	Quinoa
Brown rice cakes	Rice milk	Teff
Rice pasta	Amaranth	Buckwheat/Kasha
Rice bread	Millet	Tapioca

### Fruits

All Fresh Fruit

### Sweeteners

Stevia	Molasses	Truvia
Brown rice syrup	Fruit sweeteners	

### Spice and condiments

Anise	Coriander	Oregano
Baking Powder	Cumin	Parsley
Baking Soda	Dill	Rosemary
Basil	Dry mustard	Savory
Bay leaf	Egg substitute	Tarragon
Cardamom	Fennel	Thyme
Celery seed	Garlic	Turmeric
Cinnamon	Ginger	Vinegar, all types, except grain vinegar

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