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Section 1
Introduction To Gluten, Celiac Disease & Common Medical Conditions
Overview of Gluten, Celiac Disease and Diagnosis

What is Celiac Disease?
Celiac disease is an inherited autoimmune disorder caused by exposure to gluten. If you have celiac disease and eat gluten, it causes damage to your small intestine. This damage normally occurs in the beginning of the small intestine in the area called the duodenum. Celiac disease primarily damages the lining of the small intestine, called villi. Villi are small finger-like protrusions that digest and absorb foods. When the villi are damaged, your body may not be able to absorb important nutrients. This may cause you to become malnourished or develop nutrient deficiencies and limits your health and wellbeing. Celiac disease can also impact other parts of the body and is associated with as many as 200-300 different symptoms.

What is Gluten?
Gluten is a general name for the different storage proteins found in wheat, rye, and barley (malt). To be gluten-free, you must avoid eating these foods and avoid eating food products that contain them.

Gut Check:
✓ What are the three main gluten-containing ingredients to avoid on a gluten-free diet?
✓ Why do people with celiac disease need to avoid gluten?

Gluten is the word used to describe the proteins in wheat, rye, barley and other grains like malt.
How Is Celiac Disease Diagnosed?

It is important for you to continue eating gluten until your gastroenterology (GI) doctor has officially diagnosed you with celiac disease. The testing to diagnose celiac disease should include bloodwork and an upper endoscopy (EGD) with biopsies of the small intestine (taking a small piece of tissue to examine). Starting yourself on a gluten-free diet before testing is complete can make the diagnosis of celiac disease difficult.

What Bloodwork is Ordered?

Your immune system makes antibodies, which are proteins in the blood that help to fight off harmful intruders like viruses or bacteria. When you have celiac disease, your body thinks gluten is a harmful intruder and activates your immune system to make certain antibodies. To diagnose or monitor celiac disease your doctor will order bloodwork to see if you have these antibodies in your blood. The three antibodies related to celiac disease are:

- tissue transglutaminase (TTG)
- endomysial antibody (EMA)
- deaminated gliadin peptides (DGP)

Your doctor may order one or more of the antibody tests noted above. If your bloodwork is positive for antibodies, you may have celiac disease but it’s not a guarantee. Most of the time you also need to have an EGD with small intestinal biopsy.

What is an Upper Endoscopy (EGD)?

An EGD is a safe procedure where a small flexible tube with a camera and a light is passed through the mouth, esophagus (E), stomach/gastric (G), and small intestine/duodenum (D). The gastroenterologist will take 6-8 small biopsies in your small intestine where celiac disease damage can be found. These are sent to another doctor, a pathologist, who will look at them under a microscope to find signs of active celiac disease. It may take one week to get the biopsy results back after your EGD.

How Should I Prepare for an EGD?

You cannot eat after 12 a.m. the day of your procedure and will need a driver to take you home after the EGD. If you take blood thinners, please discuss this with your doctor before the procedure.

Are There Risks of an EGD?

The risks of this procedure are very low but include reaction to anesthesia, perforation (a hole in the stomach), and bleeding. Your GI doctor will talk with you about the risks before the EGD.
How Often Do I Need an EGD?

You normally need an EGD at diagnosis and then about 1-2 years after diagnosis to look for small intestine healing. If you are not responding to the gluten-free diet, you have ongoing nutritional deficiencies, unexplained weight loss, or do not produce celiac antibodies in your blood, you may require additional EGDs. If you develop any new symptoms such as swallowing problems, severe pain or black stools your doctor may recommend another EGD.

<table>
<thead>
<tr>
<th>Common Tests For Celiac Disease</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tissue Transglutaminase (TTG)</strong></td>
</tr>
<tr>
<td><strong>Deaminated Gliadin Peptide (DGP)</strong></td>
</tr>
<tr>
<td><strong>Endomysial Antibody (EMA)</strong></td>
</tr>
<tr>
<td><strong>Human Leukocyte Antigen (HLA Gene Testing)</strong></td>
</tr>
<tr>
<td><strong>Small Intestinal Biopsy (Endoscopy)</strong></td>
</tr>
<tr>
<td><strong>Gluten Challenge</strong></td>
</tr>
<tr>
<td><strong>Antigliadin Antibody (AGA)</strong></td>
</tr>
</tbody>
</table>
What Other Tests are Done at Diagnosis?

While your doctor is in the process of diagnosing you with celiac disease, they may order bloodwork to check for vitamin and mineral deficiencies. Tests that may be done include:

<table>
<thead>
<tr>
<th>Complete blood cell count</th>
<th>Liver enzymes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Iron studies</td>
<td>Calcium</td>
</tr>
<tr>
<td>Vitamin B studies (B12, Folate, B6)</td>
<td>Vitamin D</td>
</tr>
<tr>
<td>Thyroid function tests</td>
<td>Magnesium</td>
</tr>
<tr>
<td>Zinc</td>
<td>Copper</td>
</tr>
</tbody>
</table>

What Should I Talk with my Doctor About After Diagnosis?

- risks of eating foods that contain gluten
- required follow-up visits and tests
- testing of family members
- other diseases I may have
- any issues concerning my mental health

What Should I Expect At Follow-Up Doctor Visits?

At your follow-up visit, your doctor will check to see how you have been doing with the gluten-free diet. Normally, your doctor will order blood tests to see if your celiac disease is well controlled or not. It’s also normal for the doctor to order bloodwork to check on your vitamin and mineral levels. You may meet with a registered dietitian to review your diet. If you have any non-GI symptoms of celiac disease, your doctor may refer you to other specialists that can help to manage the many symptoms of celiac disease.

How Often Should I Follow-Up With My Doctor?

How often you need to see your doctor will depend on how severe your celiac disease is. Even if you are feeling great, you should meet with your doctor once a year to have celiac bloodwork and check for nutrition deficiencies. When you are first diagnosed, you will likely see the doctor or dietitian every 3-6 months until you are feeling well and the small intestine has healed.

Gut Check:

✓ Why is it important to continue eating foods with gluten until all celiac disease testing has been completed?
What Are Some of the Long-Term Effects of Uncontrolled Celiac Disease?
*rare

- vitamin and mineral deficiencies
- osteoporosis (thin bones)
- anemia
- neuropathy (numbness)
- joint pains
- rash
- headaches
- anxiety and depression
- cancer of the small intestine*
- lymphoma*

How Can the Long-Term Effects of Uncontrolled Celiac Disease Be Prevented?

If you have celiac disease, avoiding gluten is the only way to heal your small intestine and prevent long-term effects. It may take a year or more on a gluten-free diet for your intestines to heal completely.

While complete healing may take a long time, many people with celiac disease feel better within weeks of starting the diet. A lifelong gluten-free diet is the only way of treating celiac disease at this time. There are currently drugs under investigation that may help people with celiac disease who have troubles with the gluten-free diet.

When you have celiac disease, gluten causes damage to your body. Avoiding gluten allows your body to heal and can improve other symptoms. Avoiding gluten is the lifelong way to manage celiac disease.

**Gut Check:**
✓ Name a specific reason you want to manage your celiac disease by avoiding gluten?
Section 2

The Gluten-Free Diet

Understanding the Details of the Gluten-Free Diet

These are general recommendations. They may change depending on your individual needs.

What Foods Are Gluten-Free?

There are many naturally gluten-free foods including unprocessed fruits, vegetables, dairy products, eggs, fish, shellfish, meats and certain gluten-free grains. There are also many gluten-free substitute products that replace gluten containing grains and baked goods.

Looking at the ingredient list is very important since not all gluten-containing foods are obvious.

Gluten-free substitute products are not automatically healthy. In fact, they are normally higher in calories, fat, sugar, and sodium. You should eat a wide variety of naturally gluten-free foods to have a healthy diet.

What Foods Are Avoided on a Gluten-Free Diet?

You should not eat gluten-containing grains like wheat, barley, malt and rye. Unfortunately, not all gluten-containing foods are obvious. Many processed foods contain gluten (or are contaminated with gluten). Foods with flavorings, sauces, or added ingredients may also contain gluten.

### Foods to Avoid

<table>
<thead>
<tr>
<th>Barley</th>
<th>Bran</th>
<th>Bulgur</th>
<th>Brewer’s yeast</th>
<th>Couscous</th>
<th>Durum</th>
</tr>
</thead>
<tbody>
<tr>
<td>Einkorn</td>
<td>Emmer</td>
<td>Farina</td>
<td>Graham flour</td>
<td>Farro</td>
<td>Kamut</td>
</tr>
<tr>
<td>Malt</td>
<td>Orzo</td>
<td>Rye</td>
<td>Semolina</td>
<td>Spelt</td>
<td>Tritical</td>
</tr>
<tr>
<td>Wheat</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

8
What are Some **Gluten-Free** Foods?

<table>
<thead>
<tr>
<th>Acorn</th>
<th>Cottonseed</th>
<th>Quinoa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almond</td>
<td>Dal</td>
<td>Rice, rice flour</td>
</tr>
<tr>
<td>Amaranth</td>
<td>Dasheen flour</td>
<td>Sago</td>
</tr>
<tr>
<td>Arrowroot</td>
<td>Fava bean</td>
<td>Sesame</td>
</tr>
<tr>
<td>Buckwheat/Kasha</td>
<td>Flax, flax seed</td>
<td>Sorghum</td>
</tr>
<tr>
<td>Calrose</td>
<td>Homyny</td>
<td>Soy, soybean, tofu</td>
</tr>
<tr>
<td>Canola</td>
<td>Job’s tears</td>
<td>Sunflower seed</td>
</tr>
<tr>
<td>Cassava</td>
<td>Millet</td>
<td>Tapioca</td>
</tr>
<tr>
<td>Channa</td>
<td>Modified corn starch</td>
<td></td>
</tr>
<tr>
<td>Chesnut</td>
<td>Modified tapioca starch</td>
<td></td>
</tr>
<tr>
<td>Chia seed</td>
<td>Montina</td>
<td>Taro flour</td>
</tr>
<tr>
<td>Chickpea/Garbonzo</td>
<td>Peanut flour</td>
<td>Teff</td>
</tr>
<tr>
<td>Corn (corn flour, cornmeal, cornstarch)</td>
<td>Potato, potato starch</td>
<td></td>
</tr>
</tbody>
</table>
Section 3
Finding and Avoiding Gluten
Reviewing Food Labels & Cross Contamination

The FDA requires food manufacturers to label foods that contain a major food allergen. This only applies to foods that contain milk, egg, soy, peanut/tree nut, fish/shellfish, and wheat. The allergens will be listed in parenthesis or in a “contains” statement. The FDA doesn’t include barley, malt, or rye as major food allergens so it’s important to read every food label!

Look at the serving size first. All of the information on the label is for 1 serving. If you eat more than 1 serving, you get more calories and nutrients.

Choose foods that are low in saturated and trans fat because these fats are not healthy for your heart.

Each day try to eat less than 2,400mg of sodium (or less than the limit set by your doctor).

If you have diabetes it’s important to pay attention to the total number of carbohydrates not the sugar (sugar is included in the total carbohydrate number). Ask your dietitian for more details on carbohydrate counting.

The general recommendation is to consume 25-30 grams of fiber each day. To help meet this goal, choose gluten-free foods with at least 3-5 grams of fiber per serving.

Look at the “contains” statement for wheat and any other allergens you may have. Read the ingredient list closely for barley, malt, rye or other gluten-containing ingredients.
Foods regulated by the FDA must be less than 20 parts per million (ppm) if they claim to be “gluten-free.” Studies show there is no damage to the intestine when eating foods containing gluten if they contain less than 20 ppm.

Foods that say “made with no gluten-containing ingredients” or “not made with gluten-containing ingredients” are not required to follow the gluten-free labeling rules. This means these foods are probably not gluten-free.

The FDA regulates the majority of our foods but the U.S. Department of Agriculture also regulates foods. The USDA regulates egg products, poultry products, and meat products including hot dogs, deli meats, bacon, processed sausage, and mixed foods like stew or chunky soup. Allergen labeling is voluntary for the USDA but around 80-90% of USDA products are labeled for the top 8 allergens.

<table>
<thead>
<tr>
<th>Hidden Sources of Gluten</th>
<th>Hidden Sources of Gluten</th>
</tr>
</thead>
<tbody>
<tr>
<td>Batter, breading</td>
<td>Flour (if not gluten-free)</td>
</tr>
<tr>
<td>Broth, bouillon</td>
<td>French Fries</td>
</tr>
<tr>
<td>Candy</td>
<td>Gravy</td>
</tr>
<tr>
<td>Cereal products (if not gluten-free)</td>
<td>Imitation bacon</td>
</tr>
<tr>
<td>Coating mixes</td>
<td>Imitation seafood</td>
</tr>
<tr>
<td>Communion wafers</td>
<td>Lipstick, lip balm</td>
</tr>
<tr>
<td>Croutons</td>
<td>Matzo</td>
</tr>
<tr>
<td>Dressing</td>
<td>Marinades</td>
</tr>
<tr>
<td>Oats (if not gluten-free)</td>
<td>Toothpaste</td>
</tr>
</tbody>
</table>

**Organizations Certifying Gluten-Free Foods**

There are many different organizations that certify gluten-free foods. Here are some common examples you may see on food labels. To learn more about privately certified gluten-free foods, ask your dietitian.

- **The Gluten-Free Certification Organization (GFCO):** products with this logo contain 10 ppm or less of gluten
- **The Gluten-Free Certification Program (GFCP):** products with this logo contain 20 ppm or less of gluten
- **SCS Global Services Gluten-Free Standard:** products with this logo contain 10 ppm or less of gluten
- **The National Celiac Association Gluten-Free Recognition Seal Program:** products with this logo contain less than 5 ppm of gluten
- **NSF International Gluten-Free Certification:** products with this mark contain less than 20 ppm of gluten and are manufactured in a facility that prevents cross-contamination.
Common **Gluten-Free** Ingredients/Additives

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Ingredient</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acacia gum</td>
<td>Acetic acid</td>
<td>Adipic acid</td>
</tr>
<tr>
<td>Agar (agar-agar)</td>
<td>Ascorbic acid</td>
<td>Annatto</td>
</tr>
<tr>
<td>Algin (alginic acid)</td>
<td>Benzoic acid</td>
<td>Beta carotene</td>
</tr>
<tr>
<td>Biotin</td>
<td>Brown sugar</td>
<td>Calcium chloride</td>
</tr>
<tr>
<td>Calcium disodium EDTA</td>
<td>Calcium pantothenate</td>
<td>Calcium phosphate</td>
</tr>
<tr>
<td>Carboxymethylcellulose</td>
<td>Carob bean gum</td>
<td>Carrageenan</td>
</tr>
<tr>
<td>Cellulose</td>
<td>Cellulose gum</td>
<td>Corn sweetener</td>
</tr>
<tr>
<td>Corn syrup solids</td>
<td>Cream of tartar</td>
<td>Demineralized whey</td>
</tr>
<tr>
<td>Dextrine</td>
<td>Dioctyl sodium</td>
<td>Sulphosuccinate</td>
</tr>
<tr>
<td>Folacin, folic acid</td>
<td>Fumaric acid</td>
<td>Fructose</td>
</tr>
<tr>
<td>Gelatin</td>
<td>Glucose</td>
<td>Guar gum</td>
</tr>
<tr>
<td>Gum arabic</td>
<td>Invert sugar</td>
<td>Karaya gum</td>
</tr>
<tr>
<td>Lactic acid</td>
<td>Lecithin</td>
<td>Locus bean gum</td>
</tr>
<tr>
<td>Lactose</td>
<td>Lactos</td>
<td>Maltoitol</td>
</tr>
<tr>
<td>Magnesium hydroxide</td>
<td>Malic acid</td>
<td>Maltitol</td>
</tr>
<tr>
<td>Methylcellulose</td>
<td>Microcrystallin cellulose</td>
<td>Molasses</td>
</tr>
<tr>
<td>Monosodium Glutamate (MSG)</td>
<td>Monosodium Glutamate</td>
<td>Niacin, niacinamide</td>
</tr>
<tr>
<td>Papain</td>
<td>Pectin</td>
<td>Pectin</td>
</tr>
<tr>
<td>Polyglycerol</td>
<td>Polysorbate</td>
<td>Potassium citrate</td>
</tr>
<tr>
<td>Protassium iodine</td>
<td>Propylene glycol</td>
<td>Psyllium monostearate</td>
</tr>
<tr>
<td>Propylgallate</td>
<td>Pyridoxine</td>
<td>Riboflavin</td>
</tr>
<tr>
<td>Sodium acid</td>
<td>Sodium ascorbate</td>
<td>Sodium benzoate</td>
</tr>
<tr>
<td>Sodium citrate</td>
<td>Sodium caseinate</td>
<td>Sodium citrate</td>
</tr>
<tr>
<td>Sodium hexametaphosphate</td>
<td>Sodium metabisulphite</td>
<td>Sodium nitrate</td>
</tr>
<tr>
<td>Sodium silica aluminate</td>
<td>Sorbitol</td>
<td>Spices (pure)</td>
</tr>
<tr>
<td>Sucralose</td>
<td>Sucrose</td>
<td>Tartaric acid</td>
</tr>
<tr>
<td>Sulfosuccinate</td>
<td>Tragacanth gum</td>
<td>Thiamine hydrochloride</td>
</tr>
<tr>
<td>Titanium dioxide</td>
<td>Tri-calcium phosphate</td>
<td>Vanilla extract, vanilla</td>
</tr>
<tr>
<td>Whey</td>
<td>White sugar</td>
<td>Xanthan gum</td>
</tr>
<tr>
<td>Xylitol</td>
<td></td>
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</tr>
</tbody>
</table>

**Gut Check:**

✓ Why shouldn’t you choose foods that say “made with no gluten-containing ingredients”?

✓ If wheat isn’t listed in the “ingredients” statement, is the product gluten-free?
## Finding and Avoiding Gluten: Foods to Allow, Avoid and Question

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Allowed</th>
<th>Avoid</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breads/ Cereals/ Starches</strong></td>
<td>Products made from gluten-free grains and labeled gluten-free</td>
<td>Grain products made from wheat, barley or rye</td>
<td>Tortillas&lt;br&gt;Rice pilaf&lt;br&gt;Flavored mochi&lt;br&gt;Packaged rice mixes&lt;br&gt;Seasoned potato and tortilla chips</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Panko made from wheat flour</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Oats (unless labeled gluten-free)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Regular pizza crust</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Flour tacos or tortillas</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cereals that contain barley or malt flavoring</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Tortillas</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Rice pilaf</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Flavored mochi</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Packaged rice mixes</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Seasoned potato and tortilla chips</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Pasta</strong></td>
<td>Products labeled gluten-free and made from gluten-free grains</td>
<td>All regular pasta</td>
<td>Buckwheat pasta (soba) may have wheat flour</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Udon noodles</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Crackers/ Snack Foods</strong></td>
<td>Plain nuts and seeds&lt;br&gt;Homemade popcorn, some microwave popcorn&lt;br&gt;Plain potato and corn chips&lt;br&gt;Gluten-free pretzels and rice cakes</td>
<td>Regular pretzels, snack crackers, snack mixes, rice cakes&lt;br&gt;Crackers made with oats unless labeled gluten-free&lt;br&gt;Nuts and seeds with wheat starch coating unless labeled gluten free&lt;br&gt;Seasoned or flavored snack foods made with gluten-containing ingredients</td>
<td>Seasoned or flavored potato chips, multi-grain chips, corn chips&lt;br&gt;Rice crackers may contain soy sauce&lt;br&gt;Flavored and multi-grain rice and corn cakes and wafers&lt;br&gt;Dry roasted, coated, flavored/seasoned nuts and seeds</td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td>Plain, fresh, frozen, or canned fruit&lt;br&gt;Pure fruit juices</td>
<td>Dried fruits from bulk bins</td>
<td>Fruit pie fillings&lt;br&gt;Thickened fruits&lt;br&gt;Dried fruit may be dusted with flour or starch to stop sticking</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>Fresh potatoes&lt;br&gt;Prue vegetables juices&lt;br&gt;Plain, fresh, frozen or canned vegetables&lt;br&gt;Plain tomato sauce and paste&lt;br&gt;Gluten-free french fries in dedicated fryer</td>
<td>Breaded or batter-dipped vegetables or tempura&lt;br&gt;Frozen potato products with wheat starch or flour&lt;br&gt;Fried onion or potatoes in non-dedicated fryer</td>
<td>Vegetables in sauces&lt;br&gt;Scalloped vegetables&lt;br&gt;Flavored tomato sauces&lt;br&gt;Packaged vegetable mixes</td>
</tr>
<tr>
<td>Food Group</td>
<td>Allowed</td>
<td>Avoid</td>
<td>Question</td>
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</tr>
</tbody>
</table>
| **Milk and milk products** | Buttermilk  
Plain yogurt  
Regular sour cream  
Cream, half & half, non-dairy creamer  
Unflavored milk: whole, low fat, skim, evaporated or condensed | Malted milk  
Yogurt or ice cream with gluten-based mix-ins (cookie crumbs, granola, etc.) | Hot chocolate  
Chocolate milk  
Flavored yogurt  
Instant milk products  
Soy/hemp/almond/coconut/rice based milk substitutes |
| **Cheese**         | Aged cheeses  
Soft cheeses: cottage cheese, cream cheese  
Most processed cheeses | Roquefort cheese or blue cheese if wheat, barley, rye, oats, or malt are listed on the label or if the company states their product isn’t gluten-free | Nacho cheese  
Cheese sauces  
Cheese spreads  
Processed cheese food  
Pre-packaged shredded cheese |
| **Meat and Other Protein Foods** | Plain tofu  
Peanut butter  
Plain nuts and seeds  
Dried beans and peas  
Fresh, unprocessed meat, eggs, poultry and fish without added unidentified natural flavorings or seasoning  
*recommended to select nuts, seeds and nut/seed better labeled gluten-free | Seitan  
Imitation crab  
Imitation bacon  
Roast beef or prime rib with au jus  
Unidentified natural flavorings or seasonings  
Poultry, meat or canned fish with hydrolyzed wheat protein | Marinades  
Flavored tofu  
Breaded meat/fish  
Ready to cook ham  
Hot dog, sausages, cold cuts  
Pork and beans/baked beans  
Texturized vegetable protein  
Reduced fat and flavored peanut butter |
| **Soups**          | Soy Miso, Rice Miso  
Homemade gluten-free broths and soups  
Gluten-free bouillon cubes  
or gluten-free broth  
Canned, powdered or boxed soups labeled gluten-free | Roux  
Barley Miso  
Package soup starters  
Soups containing noodles or barley | Restaurant soups (most contain gluten)  
Meats in broths (Chinese food)  
Question all canned soups  
*recommended to select soups labeled gluten-free |
| **Fats and Oils**  | All vegetable oils  
Butter, margarine, shortening  
Salad dressing made without gluten | Packaged suet  
Wheat germ oil  
Fats/oils used to cook gluten containing foods | Nonstick baking spray containing flour  
Commercial salad dressings with gluten stabilizers |
<table>
<thead>
<tr>
<th>Food Group</th>
<th>Allowed</th>
<th>Avoid</th>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>Desserts/Sweets</td>
<td>Coconut, Marshmallows, Whipped cream, Pure maple syrup, Sugar, honey, jam/jelly, Plain chocolate and cocoa, Italian ice, popsicles, sorbet, sherbet, Gluten-free cookie and cake mixes labeled gluten-free</td>
<td>Commercial bakery products, Ice cream or frozen yogurt with gluten containing mix-ins, Licorice candy unless labeled gluten-free, Candies, candy bars and chewing gum with malt flavoring or gluten-containing ingredients</td>
<td>Candy, Cake frosting, Chocolate bars, Confectioner's sugar, Butterscotch morsels, Chocolate with crisp rice, Pudding, custard, flan, lemon curd, Flourless cakes may be baked in flour dusted pan</td>
</tr>
<tr>
<td>Condiments</td>
<td>Olives, Salt, monosodium glutamate (MSG), Most vinegar (not malt), Salsa or Tobasco sauce, All pure spices and herbs, Ketchup, mayonnaise, most prepared mustards, and pickle relish, Soy sauce and marinades made without gluten</td>
<td>Malt vinegar, Teriyaki sauce, Tamari or shoyu made from wheat, Soy sauce made from wheat, Sauces, gravies or marinades made with wheat flour</td>
<td>Marmite, Sauces (barbecue, Worcestershire sauce, marinades, steak sauce), Prepared mustard (some are made with wheat flour), Spice blends (taco seasoning mixes)</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>Gelatin, Fruit pectin, Pure or artificial vanilla extract, baking soda, cream of tartar, food coloring, most baking powder, Corn starch, corn gluten, or corn malt, Gluten-free communion wafers, Gums: xanthin, guar, carob bean, cellulose, locust bean, acacia</td>
<td>Matzo, Play-doh, Brewer's yeast, Regular communion wafers, Autolyzed yeast and autolyzed yeast extract unless labeled gluten-free</td>
<td>Restaurant sauces, gravies, Dental treatments (pastes, flouride, mouthwash, whitening treatment)</td>
</tr>
<tr>
<td>Beverages</td>
<td>Water, Pure cocoa powder, Wine or champagne, Fruit juice, soda, sports drinks, some cider, tea, Unflavored coffee, Gluten-free beer made from gluten-free grains, Distilled alcohol without added gluten</td>
<td>Malt flavored milk, Gluten removed beers, Herb tea with roasted barley or barley malt, Beer, ale, lager, liquor or malted beverages, Gluten-free beer or cider from taps at bar or restaurant</td>
<td>Flavored coffee or tea, Some instant drinks (teas, ciders, hot cocoa), Chocolate drinks and mixes, coffee mixes, Alcoholic drinks with unknown flavorings added after distillation; Soy beverages may contain barley flavoring</td>
</tr>
</tbody>
</table>
How to Choose & Prepare Foods Without Cross Contamination?

At The Grocery:

Choose the right foods:

- Buy pre-sliced deli meats (the deli slicer may be contaminated by marinades and seasonings on different meats that contain wheat).
- Avoid bulk bins of flour, dried beans, and cereals (proper cleaning is limited and serving utensils may be switched).
- Buy grains labeled gluten-free (grains are at a high risk for cross contamination, choose products labeled gluten-free).

Ask your registered dietitian for more information on grocery shopping while gluten-free.

At Home:

Clean often and well:

- cutting boards (plastic or glass) and counter tops
- microwave walls, door, plate and ceiling
- use dishwasher to clean shared utensils, dishes, pots, pans, etc.
- measuring cups and spoons
- potholders
- baking pans

Use Separate:

- dish rags, towels, sponges
- strainers and colanders
- cooking utensils (don’t share wooden cutting boards or wooden utensils)
- toaster oven and bread machine
- condiments (peanut butter, jelly, jam, mayonnaise, margarine/butter, etc.)
- storage space (store gluten-free foods above or separately)
Are There Any Nutritional Pitfalls of a Gluten-Free Diet?

The gluten-free diet is essential if you have celiac disease. But it’s not automatically healthy. Many gluten-free products have more calories, fat, sodium, and sugar than the original. Most gluten-free grains and grain products are not fortified with additional vitamins and minerals. This means you may miss out on these nutrients while living gluten-free.

How to Replace What is Missing in a Typical Gluten-Free Diet?

Many gluten-free foods are low in iron, calcium, vitamin D, B-vitamins, and fiber. It’s important to learn other foods that have these nutrients. You need to eat a wide variety of foods to make sure your body gets what it needs to be healthy.

Iron:
Iron helps bring oxygen to the tissues in your body. Too little iron can make you tired and lower your immunity. If you have low iron, ask your dietitian for a list of iron-rich foods and tips for making sure your body absorbs the iron.

- Iron is absorbed most easily from red meat, fish, and poultry.
- Iron can also be absorbed from some fruit, vegetables, dried beans, nuts, and whole or fortified gluten-free grains.
- Adding foods high in vitamin C (citrus fruits, strawberries, dark leafy greens, and potatoes, etc.) to meals can help your body absorb iron more easily.

Calcium and Vitamin D:
In general an adult with celiac disease should consume about 1,200 mg calcium from food and supplements combined and around 1,000 International Units (IU) of vitamin D per day. If you have low vitamin D, your doctor may ask you to take more.

- Primary sources of calcium include milk, lactose-free milk, cheese, and yogurt. Milk is normally fortified with vitamin D.
- Non-dairy sources of calcium include gluten-free almond, rice, and soy milk.
- If you have problems with bone loss (osteopenia, osteoporosis) or think you’re not getting enough calcium or vitamin D, ask your dietitian for a detailed food list.
**B-vitamins:**

- B-vitamins are important for brain, muscle, heart, and digestive health.
- Most gluten-free products are refined. The refining process removes B-vitamins, minerals and fiber. Some of the refined gluten-free products are enriched or fortified which means the B-vitamins and minerals are replaced. **Choose whole grain or enriched /fortified gluten-free products as often as possible.**

<table>
<thead>
<tr>
<th>B-vitamins</th>
<th>Food Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thiamin (B1)</td>
<td>Lean pork&lt;br&gt;Legumes (garbanzo beans, lentils, pinto beans, soy beans, black beans)&lt;br&gt;Flax seeds&lt;br&gt;Nuts</td>
</tr>
<tr>
<td>Riboflavin (B2)</td>
<td>Dairy products&lt;br&gt;Legumes (garbanzo beans, lentils, pinto beans, soy beans, black beans)&lt;br&gt;Nuts&lt;br&gt;Green leafy vegetables (spinach, kale, collard/mustard greens, asparagus, cabbage)&lt;br&gt;Mushrooms</td>
</tr>
<tr>
<td>Niacin (B3)</td>
<td>Lean pork&lt;br&gt;Poultry&lt;br&gt;Fish&lt;br&gt;Legumes (garbanzo beans, lentils, pinto beans, soy beans, black beans)&lt;br&gt;Seeds (sunflower, pumpkin, sesame)</td>
</tr>
<tr>
<td>Pyridoxine Hydrochloride (B6)</td>
<td>Meat&lt;br&gt;Fish&lt;br&gt;Poultry&lt;br&gt;Bananas&lt;br&gt;Avocado&lt;br&gt;Potatoes&lt;br&gt;Seeds (sunflower seeds, flax seed)</td>
</tr>
<tr>
<td>Folate (B9)</td>
<td>Legumes (garbanzo beans, lentils, pinto beans, soy beans, black beans)&lt;br&gt;Green leafy vegetables (spinach, kale, collard/mustard greens, asparagus, cabbage)</td>
</tr>
<tr>
<td>Cobalamin (B12)</td>
<td>Fish, Shellfish&lt;br&gt;Meat&lt;br&gt;Poultry&lt;br&gt;Eggs&lt;br&gt;Dairy products</td>
</tr>
</tbody>
</table>
**Fiber**

If you have celiac disease and are on a gluten-free diet, you may be constipated. This is because many gluten-free foods are low in fiber. You should eat between 25-30 gm of fiber each day.

- Increase your fiber intake slowly to prevent gas, bloating, or abdominal pain. Add 1-2 higher fiber foods each day to let your body slowly get used to digesting more fiber.
- Choose gluten-free foods with at least 3-5 g of fiber per serving.
- Drinking water is important when increasing fiber in your diet. If you don’t drink enough water you can become constipated.

Fruits, vegetables, legumes (peas, beans, lentils), flax seeds, chia seeds, and certain gluten-free whole grains are good sources of fiber.

### Gluten-Free Whole Grains

*These six grains are great sources of protein, B-vitamins, iron and fiber*

- **Amaranth:** seed of an amaranth plant
- **Buckwheat:** seed of a flowering fruit
- **Millet:** seed from cereal grass
- **Sorgham:** cereal grain
- **Teff:** grain from cereal grass
- **Quinoa:** seed of a goosefoot plant

You can buy most of these grains as seeds, flakes, flour, puffs, or pastas. Most can be eaten as a hot cereal, added to casseroles, pilafs, stuffings, and soups or as a stand-alone side dish. They can be found in your local grocery store, usually in the specialty foods section.

**Gut Check:**

✓ Which gluten-free whole grain would you be most willing to try?

✓ What nutrients are gluten-free foods normally low in?
Section 5

Socializing While Gluten-Free

Avoiding Gluten When Eating Outside the Home

What are Tips for Eating At Restaurants with Celiac Disease?

Find your voice! While many restaurants have gluten-free options, it’s important the staff know you’re avoiding gluten due to a medical condition. That way they can take the steps necessary to prevent cross contamination.

◆ Check the menu online.
◆ Call ahead.
◆ Speak with the manager upon arrival.
◆ Remind your waitress.
◆ Bring a restaurant card outlining the foods you can and cannot eat.

What are Tips for Eating At Social Events with Celiac Disease?

Social events involving food can be stressful if you have a food allergy, intolerance, or special diet. You can work to create a more inclusive food environment for everyone.

◆ Call ahead to see what foods are being served, offer to bring similar gluten-free items.
◆ Encourage people to place small signs next to each food that identify the ingredients (or have people bring a copy of the recipe to place next to the dish).
◆ Position yourself to go through the line first if it is buffet style to reduce chances of gluten cross contamination from serving utensils.
What About Drinking Alcohol with Celiac Disease?

Some alcoholic beverages contain gluten, so it’s important that you choose gluten-free options if you are choosing to consume alcohol.

Gluten-Free:

❖ Fermented Alcohols:
  • wine
  • true hard cider
  • gluten-free beer (made without malted barley)

❖ Distilled Spirits:
  • pure distilled spirits including vodka, gin, whiskies, rum, brandy, tequila
  • liqueurs and cordials

Not Gluten-Free:

• beer and other malt beverages
• flavored hard lemonade, hard cider, and wine coolers containing malt
Section 6
Finding Support for Celiac Disease
Reviewing Available Resources

National Support Groups/Celiac Advocacy Organizations
National Celiac Association: https://nationalceliac.org
Celiac Disease Foundation: www.celiac.org
Canadian Celiac Association: www.celiac.ca
Beyond Celiac: www.beyondceliac.org

Is There A Local Support Group?
Yes. NCA-Tennessee, a chapter of the National Celiac Association, meets four or five
times a year in the Nashville area, to provide helpful gluten-free living
information. To find out more about future meetings, fun events, and membership
you may visit their website at: http://www.nashvilleceliacs.org

Websites/Blogs with General Information & Recipe Ideas
Gluten-Free Watch Dog: www.glutenfreewatchdog.org
The Gluten-Free Dietitian: www.glutenfreedietitian.com
Gluten-Free Travel: www.celiactravel.com
Gluten-Free Globetrotter: http://www.glutenfreeglobetrotter.com
Celiac Now: www.CeliacNow.org
Carol Fenster Cooks: www.carolfenstercooks.com
Gluten-Free Medication List: www.glutenfreedrugs.com
Gluten-Free Girl: www.glutenfreegirl.com
Celiac Chicks: www.celiacchicks.com
Gluten-Free Goddess: www.glutenfreegoddess.blogspot.com
Be Free For Me: www.befreeforme.com
Popular and Informative Books
Many of these authors have a variety of books. Feel free to check out their other titles as well. These books can be found in your local bookstore or online.

- A Clinical Guide to Gluten-Related Disorders by Dr. Alessio Fasano MD
- Acceptability of Foods and Food Ingredients for the Gluten-Free Pocket Dictionary by the Canadian Celiac Association
- Celiac Disease: A Guide to Living with Gluten Intolerance by Sylvia Bower, RN
- Celiac Disease: A Hidden Epidemic by Peter Green, MD and Rory Jones, MS
- Celiac Disease for Dummies by Ian Blumer, MD and Sheila Crowe, MD
- Gluten Exposed: The Science Behind the Hype and How to Navigate to a Healthy, Symptom-Free Life by Peter Green, MD and Rory Jones, MS
- Gluten-Free Hassle Free: A Simple, Sane, Dietitian-Approved Program for Eating Your Way Back to Health by Marlisa Brown, MS, RD, CDE, CDN
- Mayo Clinic Going Gluten-Free: Essential Guide to Managing Celiac Disease and Related Conditions by Joseph Murray MD
- The Essential Gluten-Free Grocery and Restaurant Guide by Triumph Dining
- The Gluten-Free Nutrition Guide by Tricia Thompson, MS, RD
- The Ultimate Guide to Gluten-Free Living by the Celiac Disease Center at Columbia University
- Real Life With Celiac Disease: Troubleshooting and Thriving Gluten-Free by Melinda Dennis, MS, RD, LDN and Daniel Leffler, MD, MS

Available Apps for Smart Phones
Find Me Gluten-Free: www.findmeglutenfree.com/
AllergyFree Passport Apps: www.allergyfreepassport.com/apps/
Check The Academy of Nutrition and Dietetics App Reviews: http://www.eatright-pro.org/resources/media/trends-and-reviews/app-reviews
Cookbooks to Provide Support in the Kitchen
Many of these authors have a variety of books. Feel free to check out their other titles as well. These cookbooks can be found in your local bookstore or online.

- Artisanal Gluten-Free Cooking by Kelli and Peter Bronski
- Complete Gluten-Free Cookbook by Donna Washburn and Heather Butt
- Complete Gluten-Free Diet and Nutrition Guide by Alexandra Anca
- Cooking Free by Carol Fenster
- Gluten-Free Baking by Rebecca Reilly
- Gluten-Free Cooking for Dummies by Danna Korn and Connie Sarros
- Gluten-Free on a Shoestring by Nicole Hunn
- Gluten-Free Quick and Easy by Carol Fenster
- Easy Gluten-Free by Marlisa Brown and Tricia Thompson
- The Everything Gluten-Free Slow Cooker by Carrie S. Forbes
- The Gluten-Free Cookbook for Families by Pamela Ellgen
- The Gluten-Free Gourmet Cookbook Series by Bette Hagman
- The How Can It Be Gluten-Free Cookbook by America’s Test Kitchen
- Weeknight Gluten-Free by Kristine Kidd (Williams-Sonoma)
- Wheat-Free, Gluten-Free Cookbook Series by Connie Sarros

Magazines with Relevant Articles and Recipes
Delight Gluten Free: http://delightglutenfree.com
Simply Gluten-Free: https://simplygluten-free.com
Allergic Living: http://allergicliving.com
Gluten Free and More: http://www.glutenfreeandmore.com
Gluten-Free Living: https://www.glutenfreeliving.com
Frequently Asked Questions
Reviewing Common Questions about Celiac Disease

Why does mental health come up when talking about celiac disease?

Managing celiac disease can be stressful and lead to increased anxiety and depression. If needed, seek advice from a counselor or psychiatrist. Talk to your doctor about ways to manage celiac disease and look into local support groups. Always be wary of online communities that may not be making accurate recommendations or giving safe advice.

Am I going to get cancer?

People with celiac disease who have ongoing inflammation in the small intestine, are at greater risk of developing lymphoma (cancer of lymph nodes). This ongoing inflammation is usually caused by not following a strict gluten-free diet. People with celiac disease who have intestinal healing have a much lower risk of lymphoma, close to that of the general population. The overall risk of lymphoma in a celiac disease patient is low, around 7 in 1000. Still, it’s important to follow up with your doctor after your diagnosis.

Should I take any over-the-counter gluten enzymes?

There are no medicines approved to treat celiac disease. Diet is the only way to control celiac disease at this time.

Should I take a multivitamin?

Not everyone needs a multivitamin, but many people following a gluten-free diet are not meeting their nutrition needs with diet alone. If you are not eating a balanced, gluten-free diet you may need to take a daily multivitamin with minerals. Talk with your doctor or registered dietitian before starting supplements to see if they are appropriate for you. Check all your medicines including supplements to make sure they are gluten-free. When investigating medicines to see if they are gluten-free or not, follow these tips:

1) Read the label or package insert to learn the ingredients. If the medicine contains “starch,” you must identify the source. You can call the 1-800 number and speak with a customer service representative. Ask “what is the source of starch?” Corn, rice, potato and tapioca starch are safe. Also ask “Is the medicine coated with any wheat,
rye or barley ingredients?” If the product isn’t coated with wheat, rye, or barley ingredients and if the product doesn’t contain wheat starch then it is most likely safe.

2) Ask your pharmacist to figure out if the medicine is gluten-free.

3) If your medicine doesn’t contain ingredients derived from starch, then it’s not likely your medicine is contaminated with gluten.

4) Internet resources are helpful but be cautious. A helpful website is www.glutenfreedrugs.com.

What research is going on?

There are several clinical trials looking at medicines (taken by mouth or through a shot) to help manage celiac disease. These medicines will likely assist the gluten-free diet and not replace it. The gluten-free diet will remain the safest and best treatment for celiac disease. Feel free to ask your doctor if you may qualify for any clinical trials or check out national trials at https://clinicaltrials.gov.

Is there anything I can do to prevent my kids from getting celiac disease?

Research finds that genetically at-risk babies are no more likely to develop Celiac disease if they are introduced to gluten earlier vs. later. Families should follow the American Academy of Pediatrics (AAP) recommendations for the timing of introduction of cereals and foods to babies.

We recommend talking to your doctor about screening your family members. Screening can be done through testing the blood and/or genetic testing. If you are interested in having siblings or children screened for celiac disease, please bring it up with your doctor.

Am I allowed to touch bread?

Gluten cannot pass through the skin so simply touching bread will not harm you. But if you touch bread and then touch your mouth without washing your hands in between, you could accidentally “get glutened.” As long as you wash your hands well between touching bread and touching your mouth, there shouldn’t be any problem. Be sure to wash your hands after touching any foods that aren’t gluten-free!

What about oats?

Most people with celiac disease can eat around 50 grams per day or 1/2 cup each day of dry oats with no bad results. Some people with celiac disease will have problems digesting oats so most doctors ask patients not to eat oats or oat products until their celiac disease is well controlled. Once their celiac disease is well controlled they can start eating oats again while they keep track of their symptoms and have their doctor
perform lab tests to monitor celiac disease activity. It’s important to talk to your doctor and dietitian before eating oats.

Oats that you buy in stores are often contaminated with wheat or barley. Don’t choose any oat products that aren’t labeled gluten-free. It is best to choose pure, uncontaminated oats available from several companies in the U.S. and Canada. The uncontaminated oats are processed in dedicated facilities and tested for purity. Ask your dietitian for additional information including common brands of purity protocol oats.

How to Contact the Vanderbilt Celiac Disease Clinic

The Vanderbilt Celiac Disease Clinic is a part of the Center for Human Nutrition Clinic in the Department of Digestive Diseases. The clinic address is 1211 21st Avenue South, Medical Arts Building, Suite 514, Nashville, TN 37212

To Make An Appointment: 615-936-1288

To Contact Your Nurse: 615-322-0128

To Send A Fax: 615-936-0006

To Check Your Lab Results or Message Your Clinical Team: 
https://www.myhealthatvanderbilt.com/

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