

Treatment of Celiac Disease

The ONLY treatment for Celiac Disease is adhering to a life-long gluten-free diet. All forms of wheat, rye and barley must be eliminated from your diet. Research is ongoing to find treatments for the disease, but there are currently no surgeries or medications to cure the disease.

What Happens if You Eat Gluten?

Gluten is essentially toxic to people with Celiac Disease. Unlike an allergic reaction, someone with Celiac will not go into anaphylactic shock if they eat gluten, instead experiencing physical symptoms such as: diarrhea, severe abdominal pain, skin rashes or headaches. Continuing to consume gluten puts you at risk for long-term damage to the small intestines. There is no medical treatment to prevent the body from attacking the gut once gluten has been ingested.

The Gluten-Free Diet

Gluten is a protein found in all forms of wheat, rye and barley. It's most commonly found in food, but also can hide in medicine, vitamins and make-up. After being diagnosed, you should schedule a meeting with a skilled dietitian or nutritionist as soon as possible to help you learn the basics of a gluten-free diet and find ways to adapt it your lifestyle.

How Quickly Does the Gluten-Free Diet Work?

Patients who strictly follow the gluten-free diet can begin to experience relief of symptoms within a few days, although it can take up to 6 months for the small intestine to heal in children and potentially 2 years to repair fully in adults. Don't expect immediate results, just keep following the gluten-free diet and you'll feel better soon enough!

UNSAFE FOODS

Here is a basic list of items containing gluten. Always be on the lookout for these keywords: *(especially in prepared foods!)*

Barley	Bulgur Wheat	Graham	Malt Syrup	Sprouted Wheat	Wheat Oil
Barley Enzymes	Croutons	Hordeum vulgare	Malt Vinegar	Tabbouleh	Wheat Berries
Barley Extract	Couscous	Hydrolyzed Wheat	Matzo	Triticale	Wheat Protein
Barley Grass	Dextrin	Protein	Mir	Udon	Wheat Starch
Barley Malt	Durum	Rye	Rice Malt	Wheat	Wheat Flour
Barley Pearls	Einkorn	Kamut	Rice Syrup	Wheat Berry	
Bran	Emmer	Macha	Seitan	Wheat Bran	
Bleached Flour	Farina	Malt	Spelt	Wheat Bread	
Bulgar	Fu	Malt Flavoring	Semolina	Wheat Germ	



QUESTIONABLE FOODS

Despite the growing awareness of gluten-free diets, many items may contain "hidden" gluten. It is VERY important to check all food labels. The following are some items that *must* be double-checked for gluten-containing ingredients:

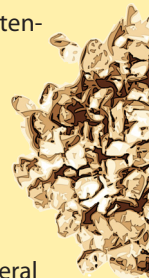
Beef/Chicken/Fish/Vegetable Stocks or Boullions (may contain wheat)	Miso (may contain barley)
Beer (all forms unsafe except those labeled gluten-free)	Mustard Powder (may contain wheat)
Chocolates & Candies (may contain fillers, wheat flour or barley malt)	Oats (may be cross-contaminated)
Communion wafers (may contain wheat)	Play dough (if hands are put in the mouth while using or not washed thoroughly after)
Fillers (could be wheat or corn, potato starch)	Soy Sauce (may contain wheat)
Imitation bacon/seafood (may contain wheat)	Spices (blended spices may contain wheat)
Lipstick/Lipgloss (may contain gluten fillers)	Toothpaste (dental products)
Marinades/Dressings (may contain malt/fillers)	Yellow Mustard (may contain wheat)
Medications/Vitamins/Herbal Supplements (may contain wheat/gluten-fillers)	Yogurt (flavored)
	Wine Coolers (may contain malt)



What About Oats?

Oats are naturally gluten-free. But, most mills that produce oats manufacture wheat too, which results in almost certain cross-contamination.

The good news is several manufacturers have refined their planting, packaging & milling processes to be 100% gluten-free to provide safe oats for people with Celiac Disease.



SAFE FOODS

There are hundreds of grains and other food items that are safe and gluten-free; there is actually much more you *can* eat than you cannot. This is just a short list of some of the many gluten-free items that are safe:

Acorn	Canola	Cottonseed	Millet	Rice Flour	Tapioca Flour
Almond Flour	Cassava	Dal	Modified Corn	Risotto	Taro Flour
Amaranth	Channa	Dasheen Flour	Starch	Sago	Teff
Arborio Rice	Chestnut	Enriched Rice	Modified Tapioca	Sesame	White Rice
Arrowroot	Chickpea Flour	Fava bean	Montina	Sorghum	Xanthan Gum
Basmati Rice	Coconut Flour	Flax seeds	Peanut Flour	Soy	Yucca
Brown Rice	Corn	Garbanzo beans	Potato Flour	Soybeans	Yeast
Brown Rice Flour	Corn Flour	Glutinous Rice	Potato Starch	Tofu	
Bean Flours	Corn Meal	Guar Gum	Quinoa	Sunflower Seeds	
Buckwheat	Corn Gluten	Hominy	Red Rice	Sweet Rice Flour	
Calrose	Cornstarch	Lentils	Rice Bran	Tapioca	



And, don't forget about the staples...fresh fruits and vegetables, meats, poultry, seafood and dairy. All of these items in their natural forms are gluten-free and can be cooked into delicious meals.

SAFE GLUTEN-FREE FOOD ADDITIVES

When purchasing packaged foods some ingredients added to food to preserve flavor or enhance taste and appearance may sound unfamiliar. Below is a list of additives that are safe for a gluten-free diet.

Acacia Gum	Brown Sugar	Ethyl Maltol	Maltodextrin	Sodium Benzoate	Tartaric Acid
Adipic Acid	Calcium Disodium	Fructose	Maltol	Sodium Metabisulphite	Tartrazine
Algin	Carrageenan	Fumaric Acid	Mannitol	Sodium Nitrate	Titanium Dioxide
Annatto	Caramel Coloring	Gelatin	Methylcellulose	Sodium Sulphite	Vanilla Bean
Aspartame	Carboxymethyl	Glucose	MSG (monosodium glutamate)	Sorbitol	Vanilla Extract
Baking Yeast	Carob Bean Gum	Invert Sugar	Papain	Spices (100% pure)	Xylitol
Benzoic Acid	Cellulose	Karaya Gum	Pectin	Stearic Acid	Yam
Beta Carotene	Corn Syrup	Lactic Acid	Polysorbate	Sucralose	Yeast
BHA	Cream of Tartar	Lactose	Propylene glycol	Sucrose	
BHT	Dextrose	Lecithin	Psyllium	Sugar	
Brewer's Yeast	Distilled Vinegar	Malic Acid			

