

Going Gluten Free: Off to a Fresh Start



The National Celiac Association does not endorse any of the products mentioned in this presentation. Last Modified May 4, 2018

Disclosures

- None

Presentation Outline

- Celiac Disease (CD)
 - Symptoms, complications, diagnosis, treatment
- The Gluten-Free Diet (GFD)
 - Foods allowed/not allowed, oats, hidden sources of gluten, reading labels and product research
- Lifestyle Changes
 - Eating out, traveling
- Information & Support
 - Resources and Organizations

You are not alone...

Prevalence of Celiac Disease in USA

- CD affects nearly 3 million in the U.S.
 - But 75% are undiagnosed**
- General population: 1 in 100*
- Related symptoms: 1 in 56*
- 1st degree relative with celiac disease: 1 in 22*
- 2nd degree relative with celiac disease: 1 in 39*



*Fasano, et al. *Arch Intern Med.* 2003;163:286-292.
**Green, et al. *American Journal of Gastroenterology.* 2001

What is Celiac Disease?

- Celiac disease is a genetic, autoimmune disorder that targets the small intestine.
- When gluten is ingested, the body responds by attacking the villi (fingerlike projections in the small intestinal mucosa), which can lead to malabsorption
- Also known as Coeliac disease

Other types of celiac disease: classical CD, non classical CD, subclinical CD, symptomatic CD, potential CD, and a complication of CD is refractory CD

CD is one of many gluten-related disorders.

Celiac Disease vs. Non-Celiac Gluten Sensitivity vs. Wheat Allergy

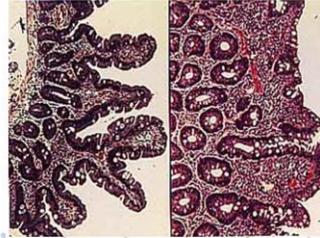
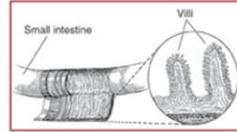
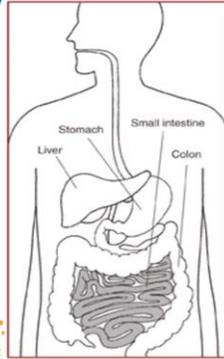
- Celiac Disease
 - Permanent autoimmune disorder where body's immune system attacks normal tissue triggered by gluten ingestion; occurs in genetically susceptible people
- Non-Celiac Gluten Sensitivity
 - Intolerance to gluten ingestion; may show some immune response but little to no villi damage; symptoms may be similar to celiac disease; celiac disease must be excluded
- Wheat Allergy
 - Immune reaction (involves different branch of immune system than celiac disease) to wheat ingestion. Includes reaction in skin, mouth, lungs, and/or GI system.

What is Dermatitis Herpetiformis (DH)?

- Is an itchy blistering rash and/or scabbed lesions
- A positive diagnosis of (DH) indicates celiac disease, even though the intestine may appear "normal"
- DH is diagnosed through a positive skin biopsy, and
- DH is treated with a gluten-free diet; steroid drugs (Dapsone) may be used to relieve itching



Anatomy of Celiac Disease



Normal Villi

Damaged Villi

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Symptoms Associated with Celiac Disease

Gastrointestinal

- Diarrhea
- Fatty stools
- Constipation
- Cramps
- Bloating
- Flatulence
- Lactose intolerance
- Acid reflux
- Nausea
- Vomiting

Malabsorption

- Anemia
- Vitamin deficiencies

- Iron deficiency
- Calcium malabsorption leading to osteopenia, osteoporosis
- Protein and calorie malnutrition
- Weight loss or muscle atrophy
- Poor growth in children

Non-Gastrointestinal

- Fatigue
- Depression
- Joint pain
- Muscle aches, cramps
- Peripheral neuropathies
- Infertility
- Menstrual irregularities
- Dental abnormalities

Some Associated Conditions & Complications

- Other Autoimmune Diseases

- Hashimoto's thyroiditis
- Type 1 diabetes
- Sjogren's syndrome
- Rheumatoid arthritis
- Addison's disease
- Autoimmune liver disease
- Lupus
- Vitiligo (loss of skin pigment)

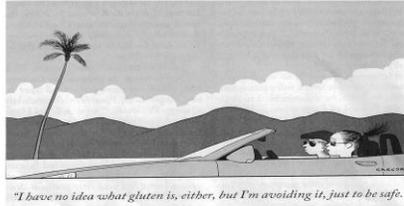
- Refractory Celiac Disease

- Malignancies (cancers)

- Risks normalize to general population's risk within 5 years on a strict gluten free diet

What Is Gluten?

- Gluten is a protein that can be found in:
 - wheat (gliadin)
 - barley (hordein)
 - rye (secalin)
- Gluten lends structure and elasticity to baked goods



"I have no idea what gluten is, either, but I'm avoiding it, just to be safe."

Diagnosis

- Serological (blood) testing for antibodies associated with celiac disease
 - EMA (anti-endomysial antibody)
 - 95% specificity/sensitivity
 - tTG IgA (anti-tissue transglutaminase antibody)
 - 95% specificity/sensitivity
 - Total IgA (if deficient may need alternate testing)
 - Anti-DGP (deamidated gliadin peptide)
 - used for patients with total IgA deficiency
 - Endoscopy of small intestine – is the “gold standard” for diagnosing celiac disease



NOTE: a gluten-free diet should not be started before diagnosis 12

Another useful test -Genetic testing for presence of celiac associated gene – HLA-DQ2 or HLA-DQ8

Should my family members get tested?

- Children and first-degree relatives should get tested
 - Genetic testing for celiac associated genes, but genetic testing will ONLY rule out celiac disease, can not be used as a diagnostic test
 - Serological testing for presence of celiac specific antibodies



Recommendations vary a bit but in general, in first degree relatives test children routinely and test adults based on any clinical concern (and at least once is appropriate even without clinical concern)

Also children of parents with CD or with siblings with CD should consider the genetic test. If negative, CD can essentially be ruled out for life, while the standard blood tests could turn positive in the future and so require repeated testing. (from celiacnow)

Management of Celiac Disease

- The ONLY approved treatment for celiac disease is a Gluten-Free Diet (GFD)
- Beware of supplements claiming to aid in digestion of gluten-these do not work!
- Recommendations
 - Consult with a Registered Dietitian skilled in CD
 - Some people may need treatment for vitamin and/or mineral deficiencies; patients are encouraged to take an age- and gender-specific multivitamin/mineral labeled gluten-free
 - Those with anemia may need iron, B12, and/or folic acid supplementation under supervision
 - Note: many gluten-free food products are not fortified with iron, folic acid, or other B vitamins

Follow-up

- It is important to follow-up with your physician at least once a year to test for presence of celiac specific antibodies and vitamin and mineral levels
 - tTG and/or DGP tests will help indicate how well the diet is working
- It's recommended to have a bone density scan (DEXA)
- Women in particular should have their thyroid levels checked annually

Ttg can be checked every 3-4 months until normal and then annually.

Abnormal (either low or high) vitamin or mineral levels should be checked until normal and then annually.

Recommendations vary on the timing of the DEXA. Speak to your celiac clinician.

I still do not feel well...

- It takes time for the small intestine to heal
 - Begins healing within days; months to years to fully heal
- 7-30% of patients don't improve on a GFD, why?
 - Most often due to dietary indiscretion
 - Lactose intolerance, fructose malabsorption or other carbohydrate intolerances (other FODMAPs)
 - Small intestinal bacterial overgrowth
 - Other food allergies/intolerance (soy, corn, etc.)
 - Pancreatic enzyme deficiencies
 - Microscopic colitis
 - If all ruled out Refractory CD which may require steroids

The villi are not permanently damaged in celiac disease; the cells in the intestinal wall regenerate every 72 hours as long as they are not being exposed to gluten. The amount of time it takes for the villi to heal, however, depends on the person, how long they have had celiac disease, and the amount of damage to the villi. For most people, the intestine is expected to recover over a period of weeks to months on a strict gluten-free diet. For others, it may take years for the villi to fully recover. (NCA- Ask the RD 2018)

Definitely Yes!

All foods listed below are naturally gluten free

All Fresh or Natural

- Fruits and Vegetables
- Plain Meat, Fish, Eggs, Poultry
- Milk
- Cheese
- Rice (plain)
- Potatoes
- Beans, Legumes, Seeds and Nuts



Note: If these products are not in their natural state and/or processed you must check the ingredient label

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Nuts and seeds may be cross-contaminated with gluten-containing grains in the facility. Choose labeled gluten-free nuts and seeds when possible, particularly seasoned or dry roasted.

Purchase lentil-based products labeled gluten-free. Lentils and other legumes are allowed by law to contain a certain percentage of foreign grain, including wheat, barley, and/or rye. That said if lentils are labeled gluten-free they should contain less than 20 ppm of gluten. Regardless of whether the lentils you buy are labeled gluten-free:

If the lentils are canned: rinse thoroughly under running water.

If the lentils are dry: pour onto a cookie sheet and pick through

them. Rinse thoroughly under running water. (GF Watchdog Dec 2017)

The YES Grains/Flours/Starches



- Rice
- Corn
- Potato flour
- **Quinoa**
- **Millet**
- **Amaranth**
- Arrowroot
- **Buckwheat**
- **Chestnut flour**
- **Lentil flour**
- **Chickpea flour**
- Sago
- **Sorghum**
- Soy
- Tapioca
- **Teff**




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Grains, starches and flours (made from foods above) should be labeled **gluten-free**. Highlighted items are more nutritious and higher in fiber and/or nutrients.

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Other Gluten-Free Options

Bean flours

Cassava

Chia (seed, flour)

Coconut flour

Corn (grits, meal, starch, flour, bran)

Flax (seed, flax seed meal/flour)

Mesquite flour

Nut flours (almond, hazelnut)

Potato (flour, starch)

Rice (flour, bran, wild rice, rice blends)

Seed flours (pumpkin, sunflower)

Soy (flour, soybean)

Tapioca (flour, starch, pearls),
Yam flour, Yucca flour

The Gluten Containing Grains

- Wheat
 - Bulgur
 - Couscous
 - Semolina
 - Farina
- Barley (Malt)
- Rye
- Triticale
- Types of Wheat
 - Einkorn, Emmer
 - Spelt/Faro
 - Kamut
 - Durum
 - Einkorn, Emmer



Wheat bran, wheat flour, wheat germ, wheat starch, wheat gluten, cracked wheat, hydrolyzed wheat gluten

What About Oats?



- **Gluten-Free Oats** are considered safe for *most* people with CD.
- **Beware:** Most commercially available oats in the USA are heavily contaminated through crop rotation, processing and transportation with forbidden grains.
- **Purity Protocol vs Mechanically Sorted** GF oats
- The testing process to determine possible cross contamination with gluten is the key to choosing GF oats, regardless of the type of protocol used.
- Information about safety of GF oats is in flux at this time. More research needed.

GF Oats, cont'd

- Discuss introduction and serving size of GF oats with your celiac doctor or dietitian (must be symptom free, well controlled CD).
- The oat/oat product must be labeled gluten-free.
- NCA's choice at this time: purity protocol and those companies using mechanical sorting with rigorous, transparent testing, consistently <20ppm.
- See NCA's website and Gluten-Free Watchdog.com for full details.

Nutrition Challenges of the GFD

- Low fiber
- High fat
- More sugar and high fructose corn syrup vs. higher in whole grains and fiber
- Low in certain vitamins and minerals
 - B vitamins
 - Iron
 - Calcium
 - Zinc and Magnesium

Focus on Nutrition

- Eat a variety of foods
- Focus on naturally GF foods - they are rich in iron, B vitamins, calcium, vitamin D and fiber
- Choose the more nutritious GF **whole** grains/starches first (drink water!)
- When choosing processed foods, choose enriched or fortified labeled GF grain foods (breads, cereals, rice and pasta)

Enriched - replaces vitamins and minerals lost during processing

Fortified – addition of vitamins and minerals to a food product that were not originally in the food

Gluten Free Grains and Seeds

Amaranth:

- High protein, fiber, calcium and iron
- Mild nutty flavor



Buckwheat:

- A fruit related to rhubarb
- High quality protein, B6, fiber, iron, niacin, thiamin, zinc
- Strong, slightly bitter taste

Chia Seed

- High in omega 3 and 6 fatty acids and fiber
- Low Glycemic index
- No flavor of its own



Flax Seed (ground)

- Omega-3 essential fatty acids, "good" fats
- High in lignans (antioxidants) contain 75 to 800x more lignans than other plant foods.
- Good source of both the soluble and insoluble types

Gluten Free Grains and Seeds

Quinoa:

- High quality protein, complex carb, high in nutrients especially fiber, iron, calcium, B vitamins
- Delicate, nutty flavor; use in place of rice
- Flakes for a hot cereal similar to GF oatmeal



Sorghum:

- High fiber, B vitamins, iron and protein
- Slightly sweet, but gritty texture



Teff:

- Native to Ethiopia
- High protein, calcium, Mg, iron, zinc, B vitamins
- More nutritious than wheat, barley or corn
- Sweet, mild molasses flavor



Sources of Gluten or Potential Hidden Gluten

- **Malt - AVOID**
 - Almost always made from barley
 - Avoid malt extract, malt vinegar, malt syrup, malt flavoring
 - May be added to sushi rice as “seasoned” rice vinegar
- **Brewer’s Yeast – AVOID**

POTENTIAL SOURCES

- Medications, vitamins and mineral supplements
- French Fries and fried foods
 - Due to cross-contamination: if cooked with other foods
- Processed Foods
- Seasonings, Spice Mixes
- Soy Sauce and other sauces - many contain wheat
- Smoke Flavoring
- Soup/soup Bases
- Imitation Seafood/Imitation Bacon
- Yeast extract or autolyzed yeast extract

Yeast extract and autolyzed yeast extract may be made from spent brewer’s yeast, a by-product of the beer brewing process. To be on the safe side, avoid yeast extract and autolyzed yeast extract UNLESS the product is gluten-free. Or call the manufacturer to determine the source.

When used as an ingredient in a food product, dry smoke flavoring may sometimes use barley malt flour to capture the smoke. It is not known at this time how often this occurs or how much gluten smoke flavoring may contain.” Contact the manufacturer if you have concerns about this ingredient. (Tricia Thompson, GF Strategies for Clients with Multiple Diet Restrictions, 2nd edition, 2016)

Alcohol

YES

- Wines
- Gluten-free Ciders
- Distilled spirits
 - Brandy, coffee liqueur, cognac, gin, grappa, rum, sake, scotch, sherry, tequila, vodka, whiskey
- Gluten-free beers
 - Avoid gluten-reduced or removed beer



NO

- Malt beverages
- Beer (malted barley)
- Ales, Lagers

MAYBE: Read Label.

- Mixers
- Wine coolers
- Hard lemonade



Sake is usually made from rice-based koji. However it may be made from koji derived from barley or wheat.

What To Check

Check ANYTHING that you ingest

- Foods
- Beverages
- Gum, mints, candies
- Vitamins/Minerals
- Medications
 - “No Substitutions”

Body Care

- Lipsticks, lip balms – suspect?
- Shampoos – with children
- Lotions – possible exposure






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Products used in and around the mouth, such as lipstick, are more suspect. Even if they do contain gluten derivatives, per dietitian Tricia Thompson’s calculation, it would likely only contribute very minimal gluten to the diet. There was no quantifiable gluten found in any of the four lip products and two lotions containing ingredients derived from wheat, barley, rye, and oats that were tested in her 2012 study.

Shampoo – should not be an issue unless a child drinks bathwater.

Hand lotion –an “in-between” case. Some gluten exposure could occur if the individual uses a lot of lotion and does not wash his/her hands before eating.

The Food Allergen Labeling & Consumer Protection Act (FALCPA)

- Passed in the U.S. House of Representatives July 21, 2004
- The law requires the top 8 food allergens to be identified on the food label:
 - milk, eggs, peanuts, tree nuts, fish, shellfish, wheat and soy
 - Barley is not included in this law
- The bill also required the FDA to develop rules for the use of the term 'gluten-free' on products. The rule became effective September 4, 2013 with a compliance date of August 5, 2014.

Reading The Label - FALCPA

Labeling law requires to list major allergens:

- **Wheat**
- Milk
- Eggs
- Soy
- Fish/shellfish
- Peanuts
- Tree nuts



- NOTE: Barley and rye are not listed as major allergens. Wheat-free does not necessarily mean gluten-free!



Gluten-Free Labeling Rule

- **The GF labeling is voluntary** – manufacturers are not required to list “gluten” in their food products
- If the food is labeled gluten free it must meet the FDA’s rules:
- Is naturally gluten-free(e.g., bag of carrots, bottled water)

OR

- Meets the following criteria
 - Does not contain wheat, rye, barley or cross bred hybrids of these grains
 - May contain an ingredient that is derived from a gluten-containing grain and has been processed to remove the gluten (e.g., wheat starch) as long as the food product contains less than 20 ppm
 - Does not contain 20 ppm or more of gluten

AND

- any unavoidable gluten in the food due to cross-contact or migration of gluten from packaging material is less than 20 ppm gluten.



<https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm363069.htm>



Gluten-Free Labeling Rule

- DOES apply to dietary supplements (vitamin & minerals, probiotics)
- The rule does NOT apply to:
 - Foods regulated by the US Department of Agriculture (USDA)
 - Alcohol beverages regulated by the alcohol and Tobacco Tax and Trade Bureau (TTB)
 - Prescription and non-prescription drugs
 - Pet food
 - Cosmetics

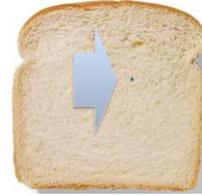


<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/ucm362510.htm>

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What does 20 ppm Mean?

- If a 1-ounce (28.35 grams) slice of **gluten-free bread** containing 20 parts per million gluten would contain 0.57 milligrams of gluten in one slice
- If you could take a one-ounce slice of **wheat bread** and break it into 7,030 tiny pieces (~85 square), one of these tiny pieces would contain the same amount of gluten found in an entire one-ounce slice of gluten-free bread



VOLUNTARY Allergen Advisory Statements

- “Processed in a facility/on shared equipment that also processes wheat”
- Foods labeled GF must contain <20ppm of gluten regardless of ingredients or cross contact.
- Foods NOT labeled GF – safety must be determined on individual basis
- Contact manufacturer for detailed information about processing procedures:
 - Is gluten used on the same belt/equipment? Do you have a cleaning process between products?
 - Is gluten used in another section of the facility/building?
 - They may or may not take the necessary steps to prevent cross contamination

I suggest reading/paraphrasing this text: “Products with these types of statements are not necessarily contaminated and products without them are not necessarily free of contamination. These statements are voluntary; Manufacturers may choose not to include them on food labels even if their products are processed using shared equipment or facilities. All food is required to be processed using current Good Manufacturing Processes (GMPs) to prevent unintentional ingredients, such as allergens, from ending up in a product.” (Tricia Thompson, Gluten Free Strategies for Clients with Multiple Diet Restrictions, 2016). Regardless of the label, it is always a good idea to ask the manufacturer about steps taken to avoid cross contamination so you

can make an informed decision about its safety.

Label Reading: Ingredients to Question

- **Modified food starch, starch and dextrin**
 - Most often made from corn. If from wheat in an FDA product, “wheat” will appear in the ingredients list or “Contains” statement. If a USDA product, “wheat” may not be stated. This only applies to food. Rye and barley are not used as starches.
- **Natural Flavorings**
 - Unless wheat, barley, rye or malt is included in the manufacturer’s ingredients list, or the “Contains” statement (wheat) on the package, the natural flavoring is probably free of gluten protein. May be in cereals, butterscotch, sweetened beverages, tea, soy milk
- **Brown rice syrup** - may be derived from barley
- **Seasonings** - may contain wheat as a binder or filler, but would have to be declared on label of FDA regulated food



Thompson T. Gluten-Free Strategies for Clients with Multiple Dietary Restrictions, 2016

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NOTE: This list is not comprehensive.

If modified food starch, starch or dextrin is made from wheat in an FDA regulated product that is **labeled gluten free**, it will list it, for example, as modified food starch (wheat) and then have an asterick that reads “the wheat has been processed to allow this food to meet the FDA’s requirements for gluten-free foods.”

Manufacturers of USDA regulated foods are not required to follow FALCPA but **almost all do voluntarily comply**.

Reading the Label: Ingredients that are Safe

- Artificial flavorings
- Baker's yeast, Nutritional yeast
- Caramel coloring
- Maltodextrin, glucose syrup
Usually made from corn in the USA; if from wheat will be declared on label of FDA regulated foods
- Distilled Vinegar, Vinegar
- Spices* – considered naturally gluten-free
Citric acid, even if derived from wheat

Maltodextrin, glucose syrup – highly unlikely that maltodextrin or glucose syrup made from wheat would contain gluten protein capable of causing an otherwise gluten free product to contain 20ppm or more.

Spices – some risk of cross contamination with wheat, barley or rye. BUT, spice containing 20 ppm gluten is very different from a bread, pasta, or cereal containing 20 ppm gluten. Purchase spices from well-known domestically located companies. Contact manufacturer; ask what steps they take to avoid gluten in the processing plant and before the spice arrives at plant. Should use Ridascreen Gliadin.R5 ELISA.

(https://www.glutenfreewatchdog.org/reportUploads/Gluten_Free_Watchdog_Special_Report_on_Spices_Public.pdf, 2013)

Product Research

Good sources of contact information:

- Product labels
- Internet (company websites, etc.)
- Be careful to verify the information that you find on internet lists.
- If you are unsure, call the manufacturer:
Not only ask if the product is gluten free, but how it is manufactured
 - Dedicated GF facility
 - High or low risk for cross contamination
 - Testing process

Asking about the testing process (in simple terms):

R5 ELISA for almost all products

Competitive R5 ELISA for hydrolyzed and fermented products (like soy sauce); usually done in conjunction with the R5 ELISA

See GlutenFree Watchdog for more information on testing.

How To Research Medications For GF Status

- Call the Pharmaceutical Company for GF Status
- Inform your physician and pharmacist
- Check www.glutenfreedrugs.com
- Pharmaceutical insert in prescription medications
 - Labeling laws for pharmaceuticals are different from foods. Starch can be derived from wheat but not labeled as such.
- Compounding Pharmacists www.iacprz.com
- Add “lactose free” if necessary



Advocating For Your Health

- Asserting what you need; view as a positive to educate others
- Eating out
- Product research
- Rituals
 - Communion or Passover
 - Celebrations

“It’s better to look silly than to get sick. Remember, there are worse things to be called than fussy”



“No one says it’s OK until you do” Jax Peters Lowell, 2005

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Cross Contamination & Sharing a Kitchen

- Wash counters, microwave turntables, pans, measuring cups, spoons, towels
- Separate toaster, strainer/colander, sifter
- Don't share wooden utensils, cutting boards, or rolling pins
- Store gluten-free products above gluten containing products
- Issues with double-dipping in condiments



Labeling

Batch cook and freeze

Eating Out

- Search:
 - Some restaurants cater to gluten-free customers and have a gluten-free menu
- Prepare
 - Call and talk with chef during off hours: Ask for accommodations for a gluten-free diet
- At the restaurant
 - *“I have a medical condition that requires me to be gluten-free, no wheat, oat, barley, rye or flour”*
 - **Carry a restaurant card about celiac disease and the gluten-free diet.**

Eating Out, continued

GF Meal Prep Guidelines

- Alert manager and all staff about GF order
- Ask for separate preparation and cooking station
- Use separate equipment, fryer, utensils, and tools for GF cooking
- Clean grill before GF order
- Place GF items on aluminum foil when toasting
- Keep GF items separate to prevent cross contamination
- Don't steam, bathe, or warm vegetables over regular pasta water

GLUTEN-FREE (GF) MEAL PREPARATION RESTAURANT GUIDELINES

In addition to avoiding wheat, barley, rye and oats when serving someone that follows a gluten free diet, it is essential to avoid all contact with gluten. We hope that the following guidelines will help to ensure that the diner enjoys a gluten-free meal, free from cross-contamination.

• **ALERT MANAGER AND ALL STAFF WHEN A GF CUSTOMER PLACES AN ORDER.**

- IF POSSIBLE, USE DIFFERENT COLORED OR SHAPED CUSTOMER PLATE FOR GF ORDER.



- WHERE POSSIBLE, ESTABLISH A SEPARATE GF STATION IN THE KITCHEN. COOK SHOULD WASH HANDS, RE-GLOVE BEFORE STARTING GF ORDER.



- USE SEPARATE EQUIPMENT, FRYER, UTENSILS and TOOLS FOR GF PREPARATION.



- CLEAN GRILL BEFORE COOKING A GF ORDER.
- PLACE GF ITEMS ON ALUMINUM FOIL WHEN TOASTING.

- KEEP GF ITEMS SEPARATE FROM OTHER FOODS TO PROTECT AGAINST CROSS-CONTAMINATION.

- DON'T STEAM, BATHE OR WARM VEGETABLES IN PASTA WATER OR OVER PASTA POTS. GLUTEN FROM THE WATER WILL CONTAMINATE VEGETABLES.

- FILL CONTAINER WITH GF LEFTOVERS IN FRONT OF CUSTOMER.

- CLEARLY MARK CONTAINERS OR BAGS AS GF ON TAKE-OUT ORDERS.



- TRAIN ALL STAFF IN SPECIAL GF PROCEDURES AND RE-TRAIN WHENEVER THERE IS A CHANGE IN STAFF, CHEF OR MANAGEMENT.

- QUESTIONS? www.nationalceliac.org 1-888-4-CELIAC

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Thanks for being part of the Gluten-free Team!



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Eating Out, continued

Beware of:

- Sauces and thickeners
- Broths and soups
- Soy sauce
- Spice mixes and flour dusting
- Salad croutons and dressings
- Breaded or battered foods
- Fried foods (fried in non-dedicated fryolator)
- Bread served on top or side of food
- Vegetables cooked in pasta water

Traveling



- Carry gluten-free snacks and bread
 - Have gluten-free food shipped
 - Room with refrigerator/kitchenette/condo
 - Request a gluten-free meal when flying
 - Some will offer it on international flights
 - Travel companies that serve gluten-free customers
 - Letter of medical necessity (GF diet)
- If vacationing, choose sites where gluten-free is part of the local menu

A Sample of Reliable Sources

- www.nationalceliac.org
- <https://www.bidmc.org/centers-and-departments/digestive-disease-center/services-and-programs/celiac-center>
- www.celiaccenter.org
- www.celiacnow.org
- www.celiaccentral.org
- www.celiac.org
- www.gluten.net
- www.glutenfreewatchdog.com
- www.glutenfreedietitian.com
- www.glutenfreediet.ca
- www.deletethewheat.com



Buy your Celiac Awareness Bracelets today!

Thank you

Questions?