

# Celiac Disease/Gluten-Free Diet

## What is celiac disease?

Celiac disease is a digestive disease that damages the small intestine. This damage usually causes diarrhea and keeps the body from being able to use many important nutrients from the foods one eats including vitamins, calcium, protein, carbohydrates, and fats. Without these nutrients, every organ in the body can become deprived of nourishment.

People who have celiac disease cannot tolerate a protein called gluten, found in wheat, rye, and barley. Gluten is found mainly in foods but may also be found in products we use every day, such as stamp and envelope adhesive, medicines, and vitamins.

## What is the treatment?

The only treatment for celiac disease is to follow a gluten-free diet.

By following a gluten free diet, you can help the body to repair the damage to the intestines and live a normal, healthy life.

## The following table will help you to choose gluten-free foods:

	<b>Choose these foods/beverages</b>	<b>Avoid these foods/beverages</b>
<b>Breads/Cereals</b>	Breads and rolls made from: corn, pea, potato, rice, sorghum, soybean, or tapioca starch or flour; pure corn tortillas, cornmeal, popcorn; potatoes, potato chips; enriched rice, rice noodles, wild rice, rice cakes, rice wafers, puffed rice, Kellogg's Rice Krispies breakfast cereals, Kellogg's Sugar Pops.	Breads and rolls made from wheat, rye, oats, barley, buckwheat or graham (crackers); commercial mixes for biscuits, muffins, pancakes, waffles; wheat germ; bran; bulgur; millet, crackers; pretzels; millet toast; matzo; bread crumbs; pastry; pizza dough; regular noodles, spaghetti, macaroni, and other pasta; dumplings; cereals containing malt or malt flavoring derived from barley, cereals.

<b>Fruits/Vegetables</b>	All plain, fresh, frozen, canned or dried fruit; fruit juices; fresh frozen or canned vegetables; white and sweet potatoes.	Any thickened or prepared, mixed fruits; any creamed or breaded vegetables; commercially prepared vegetables or soups with cream sauces.
<b>Meats/ meatless protein</b>	All fresh meat, poultry, fish, and shellfish; dried peas and beans; nuts; peanut butter; soy protein meat substitutes (without fillers such as sausages or hot-dogs); tofu.	Breaded fish or meats such as meatloaf, meat pates, fish fingers. Chicken nuggets, escalopes. Any meat prepared with wheat, rye, oats, barley, or gluten stabilizers such as frankfurters, cold cuts, sandwich spreads, sausages, and canned meats.
<b>Dairy</b>	Whole, skim, dry, evaporated, or condensed milk; yogurt (except with cereal flavor) and all aged cheeses such as Cheddar, Swiss, and Parmesan.	Commercial chocolate milk and flavoured drinks; malted milk; non dairy creamers; processed cheese foods and spreadable cheeses.
	<b>Choose these foods/beverages</b>	<b>Avoid these foods/beverages</b>
<b>Fats and oils</b>	Butter, margarine, vegetable oils; homemade salad dressings.	Commercial salad dressings, barbecue & soy sauces and mayonnaise; gravy and cream sauces thickened with flour.

<b>Sweets</b>	Brown and white sugar; gelatin; jelly, jam, honey, molasses	Prepared cake and cookie, biscuit mixes; donuts and pastries; ice cream (with gluten stabilizers); ice cream cones; pies; pudding thickened with flour;
<b>Beverages</b>	Pure coffee; tea; carbonated beverages, fruit drinks; mineral and carbonated waters; unfortified wines and rhums, cognac.	Instant coffee; beverage mixes; alcoholic beverages made from cereal grains such as gin, whiskey, vodka; fortified wine, beer, and malt liquor.
<b>Condiments</b>	Salt; pepper; herbs and spices; pure cocoa; food coloring; food flavoring extracts; monosodium glutamate.	Any condiment prepared with wheat, rye, oats, or barley such as some ketchup, chili sauce, soy sauce, mustard, bottled meat sauces, some dry seasoning mixes, pickles, steak sauce, distilled white vinegar; soup broth and boullion(any forms).