

What is celiac disease?

Celiac disease – also known as celiac sprue, nontropical sprue, sprue or gluten-sensitive enteropathy – is an autoimmune, inheritable disease of the small intestine. When persons with celiac disease eat the protein *gluten*, which is found in wheat, rye and barley, the lining of the small intestine becomes inflamed and unable to absorb nutrients from food. If untreated, vitamin and mineral deficiencies and malnutrition may result. The presence and intensity of symptoms is highly variable. Symptoms may appear at any age and include diarrhea or constipation, gas, bloating, abdominal cramping and pain, fatigue, weight loss, anemia, headaches, bone thinning (osteopenia/osteoporosis) and, in children, growth failure. Emotional and psychological symptoms, such as depression, anxiety and irritability, may also be present.

What is dermatitis herpetiformis?

A form of celiac disease that causes a skin reaction when gluten is eaten is called dermatitis herpetiformis (DH). Patches of itchy or burning hives or small blisters form. Although medicine is usually prescribed, following the gluten-free diet is essential to treatment. Avoiding skin applications of products containing gluten is also important.

How is celiac disease diagnosed?

The first step to diagnosis is a physical examination, including both a review of symptoms and a celiac antibodies (tTG and EMA) blood test. If indicated by the results of the blood test, biopsies of the small

intestine may then be taken. If DH is present, skin biopsies may be taken. It is essential to stay on a gluten-containing diet during this testing to obtain accurate results. The diagnosis is finalized when one follows the gluten-free diet, and signs and symptoms of gluten sensitivity improve.

How is celiac disease treated?

Although there is no cure for celiac disease or DH, following the gluten-free diet is the key treatment. The diet requires the total avoidance of all foods made from or including ingredients made from wheat, rye, barley and related grains. (See foods/ingredients and nonfoods lists.)

How long must I stay on this diet?

Lifelong avoidance of gluten is necessary to prevent symptoms, allow the intestine and skin to heal and remain healthy, and to lower the risk of other autoimmune diseases, such as diseases of the thyroid and the liver.

Is it necessary to see a dietitian?

According to recommendations by the National Institutes of Health (NIH) in 2004, consulting a skilled dietitian can help you achieve complete avoidance of gluten to include nonfoods, such as cosmetics, dental products, medications, postage stamps and envelopes. You will also receive guidance on meeting your personal nutrition needs tailored to your health history and food preferences, and an introduction to the array of tasty (!) gluten-free foods available.

Reading food labels

Beginning January 2006, all food packages with a Nutrition Facts label must state the presence of major food allergens, including wheat. Guidelines for identifying gluten are being written. As ingredients may change over time, read the ingredients and food allergy panels on food packages every time you shop, unless a package is clearly marked “gluten-free.”

Grains/Flours/Ingredients that are gluten-free

Amaranth, arrowroot, beans, buckwheat, corn, millet, poi, potato, quinoa, rice, sorghum, starch (in foods, check source in pharmaceuticals), soy, tapioca, teff, wild rice. Oats, if uncontaminated by gluten during harvesting and processing, may be tolerated. Follow your doctor’s or dietitian’s advice about including oats in your diet.



Foods/Ingredients that contain or may contain gluten

Forms of wheat: durum, semolina, farina, bulgur, couscous, orzo
Related grains: rye, barley, einkorn, emmer, farro, kamut, spelt, triticale
Broth/bouillon
Brown rice syrup
Caramel coloring/flavoring
Communion wafers
Marinades
Malt/malt flavoring
Malt vinegar
Modified food starch (if source is wheat)
Panko
Salad dressings
Soy sauce

Nonfoods to check for gluten

Dental products
Lip balm/lipsticks
Any lotion/sunblock or other product that comes in contact with the mouth or may be swallowed
Prescription and over-the-counter medications
If you have DH, any topically applied product, including soaps, shampoos, lotions and deodorants

Sample gluten-free menu

Breakfast

Orange juice (1/2 cup)
Cream of Rice cereal (1 cup) topped with banana (1/2)
Chopped walnuts (2 tbsp)
Sugar or honey (1 tbsp)
1% milk (1 cup)

Lunch

GF sliced turkey (2 oz)
Corn tortillas (2)
GF salsa
Sliced avocado, tomato and lettuce
Carrot sticks
Apple (1 whole)
1% milk (1 cup)

Dinner

Mixed green salad (1 cup)
Oil and wine vinegar dressing (1 tbsp)
Broiled chicken or fish (4 oz)
seasoned with lemon juice and herbs
Baked potato (1 medium)
Margarine (2 tsp)
GF sour cream (1 tbsp)
Steamed broccoli (1 cup)
GF frozen yogurt (1 cup)

Snack

GF rice cakes (2)
Peanut butter (1 tbsp)
Grapes (1/2 cup)

Support Groups

High Sierra Gluten-Free Support Group

Contact: Kathleen Frank
Phone: (775) 826-9038
E-mail: jerryseawolf@sbcglobal.net
Facilitator: Kerry Seymour, MS, RD, CDE
University of Nevada Cooperative Extension
Phone: (775) 784-4848
E-mail: seymourk@unce.unr.edu

Reno ROCK Group (Raising Our Celiac Kids)

Contact: Carrie Owen
Phone: (775) 747-3104
E-mail: renorockgroup@yahoo.com

Celiac Disease Foundation

13251 Ventura Blvd., Suite 1
Studio City, CA 91604-1838
Phone: (818) 990-2354
E-mail: cdf@celiac.org
Web: www.celiac.org

Celiac Sprue Association/USA, Inc. (CSA)

P.O. Box 31700
Omaha, NE 68131-0700
Phone: (877) 272-4272
E-mail: www.celiacs@csaceliacs.org
Web: www.csaceliacs.org

Gluten Intolerance Group

15110 10th Avenue SW, Suite A
Seattle, WA 98166-1820
Phone: (206) 246-6652
E-mail: gig@gluten.net
Web: www.gluten.net

Online Support Groups

E-mail: Celiac-Request@maelstrom.stjohns.edu
Web: www.enabling.org/ia/celiac/

Listings of Gluten-Free Foods/ Products

The CSA Gluten-Free Products Listing

Celiac Sprue Association/USA, Inc. (CSA)
(See contact information above.)

Clan Thompson "SmartLists"

Web: www.clanthompson.com/
prod_catalog.php3

Wild Oats Natural Marketplace

5695 S. Virginia St.
Reno, NV 89502
Phone: (775) 829-8666
Web: www.wildoats.com/u/health10071/

Trader Joe's Market

5035 S. McCarran Blvd.
Reno, NV 89502
Phone: (775) 826-1621
Web: www.traderjoes.com/products/
brochures/west_gluten.pdf

Books/Cookbooks/Other Resources

Living a Full Life with Celiac Disease (2005). CSA
Guidelines for a Gluten-Free Lifestyle (2006). Celiac Disease Foundation
Jax Lowell (2005). *The Gluten-Free Bible*, Henry Holt Publishers
Shelley Case (2006). *Gluten-Free Diet: A Comprehensive Resource Guide*, Centax Books
Danna Korn (2001). *Kids with Celiac Disease*, Woodbine House Publishers
Bette Hagman (2000). *The Gluten-Free Gourmet Cooks Fast and Healthy and The Gluten-Free Gourmet Bakes Bread*, Henry Holt Publishers
Connie Sarros (2003). *Wheat-Free, Gluten-Free Dessert Cookbook*

Kim Koeller and Robert LaFrance (2005). *Let's Eat Out! Your Passport to Living Gluten and Allergy Free*. R & R Publishing.

Living Without www.LivingWithout.com
Glutenfreeda www.glutenfreeda.com

Obtain *The Gluten-Free Nutrition and Shopping Guide* free from University of Nevada Cooperative Extension, (775) 784-4848.

References

"NIH Consensus Statement on Celiac Disease" *NIH Consensus and State-of-the-Science Statements* Vol. 21, No. 1, June 28-30, 2004

Guidelines for a Gluten-Free Lifestyle 3rd ed., Celiac Disease Foundation, June 2004

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AN APPLE A DAY



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