

## YES YOU CAN EAT! WHEN GLUTEN ISN'T THE ONLY INGREDIENT YOU AVOID

*Highlights from the National Foundation for Celiac Awareness' June 20, 2012 Webinar featuring Melinda Dennis, MS, RD, LDN*

### Getting Started: Definitions

#### What is celiac disease?

- A chronic small intestinal immune-mediated enteropathy triggered by exposure to dietary gluten in genetically predisposed individuals
- 1% of population or 3 million Americans
- Lifelong avoidance of gluten
- Genetic

#### What is non-celiac gluten sensitivity?

- Preliminary research from 2011 suggests the NCGS is a non-specific immune response that is not accompanied by the antibodies or intestinal damage as seen in celiac disease, despite overlap in clinical presentation
- Estimated to affect 6 % of population or 16 million Americans
- Dietary elimination of gluten results in improvement of symptoms

#### What is a food allergy?

- Adverse reaction(s) involving IgE antibodies to one or more proteins found in the suspect food
- 3% to 4% of adults; 8% of pediatrics
- Strict avoidance of the offending foods
- Runs in families

#### What is a food intolerance?

- Symptoms related to exposure to a particular food without an immune response (enzyme deficiency, food effect)
- Unknown percentage of people with food intolerances

### Differences in the Diagnostic Process

<b>Celiac Disease:</b>	<b>Non-Celiac Gluten Sensitivity:</b>	<b>Food Allergy:</b>	<b>Food Intolerance:</b>
<ul style="list-style-type: none"> <li>• A blood test (IgA-tTG) is the first step</li> <li>• Small-intestinal biopsy is needed to confirm diagnosis</li> <li>• Patient must continue to eat a normal, gluten containing diet before the blood test</li> </ul>	<ul style="list-style-type: none"> <li>• No laboratory or histological tests can diagnose NCGS</li> <li>• Process of exclusion-rule out celiac and wheat allergy</li> <li>• Monitored gluten elimination</li> </ul>	<ul style="list-style-type: none"> <li>• History of food intake</li> <li>• Allergy skin tests and/or allergy blood testing</li> <li>• Removal of the allergen</li> <li>• Oral challenge under direct supervision of an allergist may be necessary</li> </ul>	<ul style="list-style-type: none"> <li>• Rule out food allergy</li> <li>• Conduct controlled food elimination trials or blood testing</li> </ul>

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### Why do late on-set allergies and intolerances develop after going gluten-free?

- Pre-existing problems
- Injured gut lining
- Injury to immune system

### Beyond Gluten: Two Food Intolerances

#### Fructose Malabsorption

##### What is it?

- Poor digestion of a large sugar molecule found in some fruits, honey, high fructose corn syrup, etc.
- Fermented by bacteria in the colon

##### What are the symptoms?

- Excess gas/bloating, cramping, diarrhea

##### Who gets it?

- Common in IBS, increasingly seen in celiac disease

##### Testing with Hydrogen Breath Test

- Tests ability to digest fructose
- Baseline breath (hydrogen and methane)
- Measurements every 30 mins x 2.5 hours
- Watch for strong rise in either gas
- Nothing by mouth midnight before test

##### What is the treatment?

- The Low FODMAP Diet
  - ➔ Fructose: Honey, certain fruits, high fructose corn syrup
  - ➔ Fructans: Wheat, onion family, artichoke
  - ➔ Galactans: Peas, soybeans, lentils, dried beans
  - ➔ Sugar Alcohols: Artificial sweeteners, sorbitol, xylitol, isomalt, prunes, cherries

#### Small Intestinal Bacteria Overgrowth (SIBO)

##### What is it?

- Abnormally high bacterial populations in the upper bowel

##### What are the symptoms?

- Gas, bloating, cramps, weight loss, diarrhea, nausea, some may see an increase in tTG levels

##### Who gets it?

- Seen in celiac disease (in absence of obvious gluten exposure), diabetes, Crohn's, IBS, scleroderma, diverticula, gastroparesis or any intestinal dysmotility syndrome
- Persons with fistulas, chronic pancreatitis, abdominal pain, diarrhea, weight loss, macrocytic anemia, etc.

##### What are the implications?

- Can lead to carbohydrate, protein and fat malabsorption, inflammation and toxin production
- Can cause persistent damage to villi, vitamin deficiencies

##### What is the treatment?

- Antibiotics
- Consultation with a dietitian; some recommendations include low FODMAP diet, vitamins/minerals, probiotics, modest fiber and adequate fluid, and spacing meals through the day





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### Unraveling Common Allergens and Alternatives

Food	Nutrients	Alternatives
<b>Peanut</b> 	Protein, healthy fat (vitamin E), folate, niacin, fiber, copper	Other tree nuts, sunflower seed butter
<b>Milk/Dairy</b> 	Calcium, vitamin D, protein, phosphorus	Soy milk, hemp milk, almond milk, rice milk, potato milk, hazelnut, coconut, flax milk, sunflower milk (all labeled gluten-free)
<b>Wheat</b> 	Protein, iron, B vitamins, fiber, antioxidants, calcium, phosphorus, zinc	Amaranth, brown rice, buckwheat, millet, quinoa, sorghum, wild rice, black rice, oats (all labeled gluten-free)
<b>Soy</b> 	Nutritionally complete protein, fiber, iron, naturally-occurring ALA omega-3 fatty acids	Gluten-free vegetarian burgers, dried beans, peas, lentils, dairy products, seeds (flax), nuts

#### Substitutions!

These substitutes work well when baking from scratch and substituting 1 to 3 eggs:

- 1 tsp. baking powder, 1 T. liquid, 1 T. vinegar
- 1 tsp. yeast dissolved in ¼ cup warm water
- 1 ½ T. water, 1 ½ T. oil, 1 tsp. baking powder
- 1 packet gelatin, 2 T. warm water. Do not mix until ready to use.
- 1 T. ground flax seed in 3 T. water; whisk; wait 3 minutes

Full webinar recording and slides: [www.CeliacCentral.org/webinars/archive/#YouCanEat](http://www.CeliacCentral.org/webinars/archive/#YouCanEat)

#### For more resources, visit:

American Celiac Disease Alliance  
[www.AmericanCeliac.org](http://www.AmericanCeliac.org)

Celiac Disease Foundation  
[www.celiac.org](http://www.celiac.org)

Evidence Analysis Library Celiac Toolkit  
[www.adaevidencelibrary.com](http://www.adaevidencelibrary.com)

IBS-Free at Last!  
[www.ibsfree.net](http://www.ibsfree.net)

Canadian Celiac Association  
[www.celiac.ca](http://www.celiac.ca)

Celiac Sprue Association  
[www.csaceliacs.org](http://www.csaceliacs.org)

Gluten Intolerance Group of North America  
[www.gluten.net](http://www.gluten.net)

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