

Gluten Free Diet

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Objectives

- **Describe the gluten free diet.**
- **Discuss important strategies for managing the gluten free diet.**

Treatment : Avoid Gluten

- **Wheat**
- **Barley**
- **Rye**



How Strict Do I Need to Be?

Celiac disease – aim for 0 gluten.

Gluten/Wheat sensitivity – as tolerated.



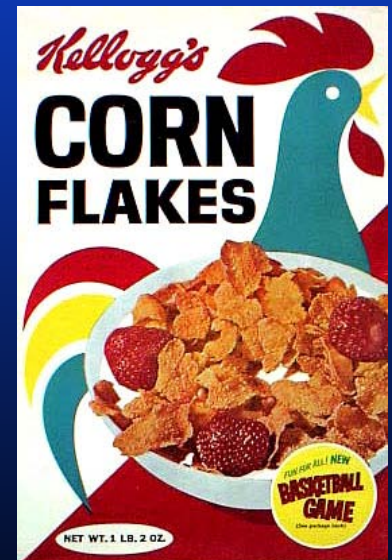
Foods With Gluten

- Bread
- Cereal
- Pasta
- Cakes
- Cookies
- Breaded foods
- Gravies
- Sauces
- Crackers
- Pastries



Which of the following may contain gluten?

- **Cornflakes**
- **Soy sauce**
- **Oatmeal**
- **Candy**



Other Overlooked Sources

- **Soup**
- **French fries**
- **Beer**
- **Corn chips**
- **Rice Krispies**
- **Communion wafers**



Naturally GF Foods

- **Meat, poultry, fish**
- **Milk**
- **Fruit**
- **Vegetables**
- **Rice**



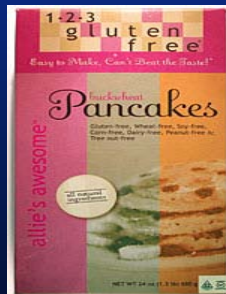
Gluten Free Grains

- **Rice**
- **Cornmeal**
- **Buckwheat (pure)**
- **Soy flour**
- **Potato flour**
- **GF oats**
- **Quinoa**
- **Amaranth**
- **Millet**
- **Flax**



Gluten Free Substitutes

- Bread
- Pasta
- Cereal
- Brownies
- Cookies
- Waffles
- Pancake mix
- Flours
- Pretzels
- Beer



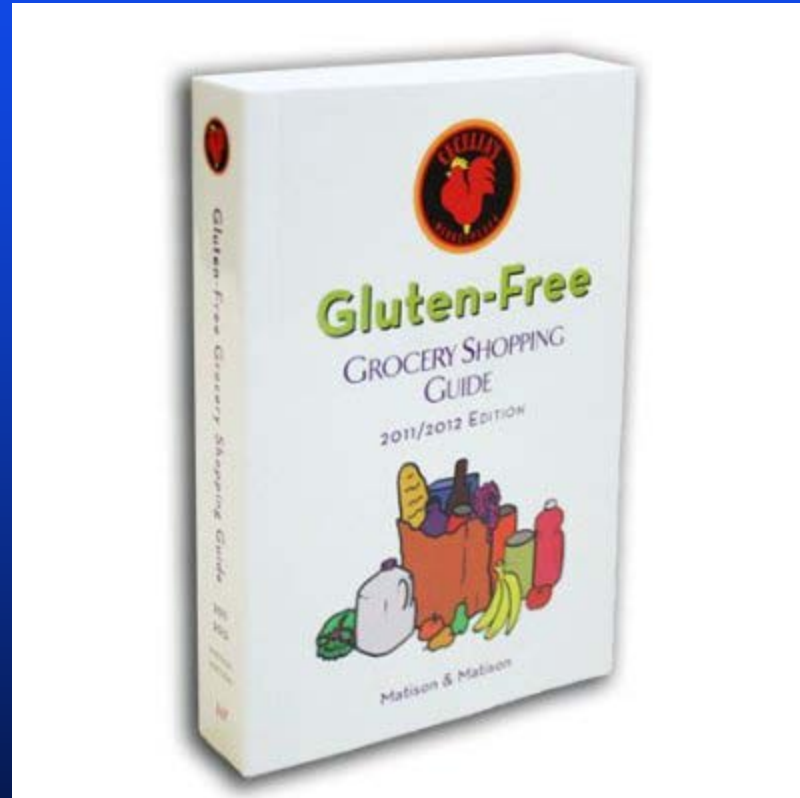
Cost Comparison

	<u>Regular</u>	<u>GF</u>
• Bread	\$2.69	\$5.69
• Pasta	\$0.70	\$3.19
• Brownies	\$1.89	\$5.39
• Cornflakes	\$2.00	\$4.49

Cost Controllers

- **Eat more naturally GF foods.**
- **Save GF foods for a ‘treat’.**
- **Bake from ‘scratch’.**
- **Buy in quantity.**
- **Download coupons.**
- **Use a shopper’s guide.**

Shopper's Guide



Tax Deduction

- Full cost of special items.
- Cost difference between regular and GF food:

GF bread	\$6.00
<u>Regular bread</u>	<u>\$2.00</u>
Deductible	\$4.00

Tax Deduction (cont'd)

In order to claim:

$$\mathbf{\$30,000 \times 7.5 \% = \$2,250}$$

Alternatively, check your flexible spending account.

Detecting Gluten

- Purchase a shopper's guide
- Call/write the manufacturer
- Read labels

Nutrition Facts		
Serving Size: About (20g)		
Servings Per Container: 16		
	Amount Per Serving	% Daily Value*
Total Calories	60	
Calories From Fat	15	
Total Fat	2 g	3%
Saturated Fat	1 g	4%
Trans Fat	0 g	
Cholesterol	0 mg	0%
Sodium	45 mg	2%
Total Carbohydrates	15 g	5%
Dietary Fiber	4 g	17%
Sugars	4 g	
Sugar Alcohols (Polyols)	3 g	
Protein	2 g	
Vitamin A		0%
Vitamin C		0%
Calcium		2%
Iron		2%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Wheat flour, unsweetened chocolate, erythritol, inulin, oat flour, cocoa powder, evaporated cane juice, whey protein concentrate, corn starch (low glycemic), natural flavors, salt, baking soda, wheat gluten, guar gum

FDA Food Allergen Labeling Consumer Protection Act

Labels must list the 8 leading food allergens:

- Milk
- Egg
- Peanuts
- Tree nuts
- Fish
- Shellfish
- Soy
- **Wheat**

Non-wheat Ingredients

- **Rye**
- **Barley**
- **Malt**
- **Brewer's yeast**
- **? Rice syrup**
- **? Seasonings**
- **? Smoke flavor**

USDA Labeling Guidelines

Questionable ingredients

- **Starch**
- **Modified food starch**
- **Dextrin**



Which of the following may contain gluten?

- **Maltodextrin**
- **MSG**
- **Natural flavors**
- **Caramel coloring**

Allergen Advisory Statements

- **Made in a facility with...**
- **No gluten ingredients added.**
- **Processed on shared equipment.**

Sources of Cross Contamination

- **Field**
- **Transport**
- **Manufacturing plant**
 - Equipment**
 - Airborne**
 - Other**

FDA Gluten Free Labeling Law **(Proposal)**

- **GF = less than 20 ppm**
- **Includes cross contamination**

Is it safe to eat out?

- **Choose a gluten friendly restaurant**
- **Talk to the right people**
- **Tactfully explain in non-celiac terms**
- **Be a repeater**



Chains with GF Menu

- Olive Garden
- Outback
- P.F. Chang's
- Wendy's
- Chipotle
- Godfather's



Rochester Restaurants

- Michaels
- Paradise Pete's
- Victoria's
- Chester's
- Twigs
- City Café



Restaurant Foods to Avoid or Question

- **Soup**
- **Salad dressing**
- **Sauces/gravies**
- **Breaded foods**
- **Seasoned foods**
- **Mixed dishes**
- **Rice**



Cross Contamination

- **Grills**
- **Deep fat fryers**
- **Shared utensils**
- **Shared toasters**
- **Shared condiment jars**
- **Scoops**



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Myth or Fact

People with celiac disease should only use gluten free shampoo?

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Myth

Nonfood Sources of Gluten

- **Medication**
- **Vitamins**
- **Lipstick**
- **Mouthwash**
- **Toothpaste**



Potential Sources of Gluten in Medication

- **Starch, modified, pregelatinized**
- **Dextrin, dextrans, dextransomalose**
- **Flavors**

Myth or Fact

The gluten free diet is healthier than the average American diet?

Nutrition

Pros

- more protein
- more antioxidants
- less sodium
- less preservatives

Cons

- less fiber
- less B vitamins
- less iron
- ? less calcium

Nutrition

Choose more:

- **whole grain products**
- **enriched/fortified grain products**
- **legumes (beans, peas)**
- **vegetables and fruits**

The Bright Side of CD

- It's treatable
- You are in control
- You can live a normal life
- You are special
- You can still eat M&Ms!



Summary

- **Strict gluten free diet is essential**
- **Management is improving**