

Diabetes & Other Challenges

10 Tips to Decrease Added Sugars

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Eating Well with Diabetes

Choosing the Most Nutritious Carbs

Food Allergies: What You Need to Know

Food Allergies Poster

Alternatives to the Big Eight Food Allergens

Celiac Disease: What You Need to Know

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GIG's Gluten-Free Diet and Drug Instruction

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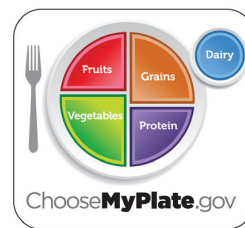


10 tips

Nutrition
Education Series

cut back on your kid's sweet treats

10 tips to decrease added sugars



Limit the amount of foods and beverages with added sugars your kids eat and drink. If you don't buy them, your kids won't get them very often. Sweet treats and sugary drinks have a lot of calories but few nutrients. Most added sugars come from sodas, sports drinks, energy drinks, juice drinks, cakes, cookies, ice cream, candy, and other desserts.

1 serve small portions

It's not necessary to get rid of all sweets and desserts. Show kids that a small amount of treats can go a long way. Use smaller bowls and plates for these foods. Have them share a candy bar or split a large cupcake.

2 sip smarter

Soda and other sweet drinks contain a lot of sugar and are high in calories. Offer water, 100% juice, or fat-free milk when kids are thirsty.



3 use the check-out lane that does not display candy

Most grocery stores will have a candy-free check-out lane to help moms out. Waiting in a store line makes it easy for children to ask for the candy that is right in front of their faces to tempt them.

4 choose not to offer sweets as rewards

By offering food as a reward for good behavior, children learn to think that some foods are better than other foods. Reward your child with kind words and comforting hugs, or give them non-food items, like stickers, to make them feel special.

5 make fruit the everyday dessert

Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.



6 make food fun

Sugary foods that are marketed to kids are advertised as "fun foods." Make nutritious foods fun by preparing them with your child's help and being creative together. Create a smiley face with sliced bananas and raisins. Cut fruit into fun and easy shapes with cookie cutters.

7 encourage kids to invent new snacks

Make your own snack mixes from dry whole-grain cereal, dried fruit, and unsalted nuts or seeds. Provide the ingredients and allow kids to choose what they want in their "new" snack.



8 play detective in the cereal aisle

Show kids how to find the amount of total sugars in various cereals. Challenge them to compare cereals they like and select the one with the lowest amount of sugar.

9 make treats "treats," not everyday foods

Treats are great once in a while. Just don't make treat foods an everyday thing. Limit sweet treats to special occasions.

10 if kids don't eat their meal, they don't need sweet "extras"

Keep in mind that candy or cookies should not replace foods that are not eaten at meal time.



Center for Nutrition
Policy and Promotion

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 13

June 2011

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HEALTHY LIVING: DIABETES

WHAT IS DIABETES?

Diabetes is a condition in which the body has trouble making or using insulin. Insulin controls the amount of glucose (sugar) in our blood. The result is high blood glucose.

OVER TIME, HIGH BLOOD GLUCOSE CAN RESULT IN:

- vision loss or blindness
- high blood pressure and heart disease
- damage to blood vessels and nerves like those in your hands and feet
- damage to the kidneys

VISIT YOUR DOCTOR IF YOU HAVE ANY OF THE FOLLOWING:

- a need to urinate often (even at night)
- constant thirst or hunger
- weight loss that cannot be explained
- dry or itchy skin
- skin infections
- slow healing of cuts
- numbness or tingling in feet or hands
- blurry vision



TO CONTROL DIABETES:

- Lose weight, if you are overweight.
- Be physically active every day.
- Have your eyes and your blood pressure checked regularly.
- Have a health professional check your feet at least once a year; check them yourself every day.
- Have your teeth cleaned at least twice a year.
- Don't smoke.
- Follow a healthy diet: eat less fat, sweets, and sodium; choose foods with fiber.

NOT HUNGRY?

It's important not to skip meals. Try these tips to increase your appetite:

- Eat four to six small meals instead of three large meals.
- Keep your portion sizes smaller.
- Make meal time pleasant. Set the table, and remove the serving dishes. Play your favorite music.
- Give yourself time to eat. Don't answer the phone or watch television.
- Eat when the food is hot. The food will smell better
- Eat with a friend. Ask about community meals in your area.



Eating Well with Diabetes

A diet for diabetes is simply a healthy diet, which is best for everyone to follow. It consists of controlling the intake of calories, fat, sugar, carbohydrates, and salt. The amounts of carbohydrate, fat, and protein that you eat all affect your blood sugar levels.

The best way to keep your blood sugar levels normal is to:

1. Make healthy food choices
2. Eat on a schedule without skipping meals
3. Exercise regularly
4. If needed: take the medicine your doctor prescribes.

A diabetic has to be most cautious about the amount of carbohydrates they consume. Our bodies use carbohydrates as energy however; if you eat too many carbohydrates at one time your blood glucose can get too high.

Healthy carbohydrate choices include whole grain foods, nonfat or low-fat milk, and fresh fruits and vegetables. For optimal glycemic (blood glucose) control, choose more of these rather than the less healthy white bread, whole milk, sweetened fruit drinks, regular soda, potato chips, sweets, and desserts.

Carbohydrate Counting

Carbohydrate Counting is one way to keep track of the amount of carbohydrate eaten at meals and snacks. Protein and fat have little effect on blood sugar, which is why we look at carbohydrates. Being consistent from meal to meal and day to day helps keep your blood glucose levels more consistent.

You can count carbohydrates two ways:

- Count the number of grams of carbohydrate from food labels or books or
- Count carbohydrate "choices" or servings. Each serving is equal to 15 grams of carbohydrate. One carbohydrate choice/exchange is also equal to one fruit, starch or milk exchange.

HOW MANY CARBS?

Your primary care provider and/or your nutritionist should help you figure out how many carbohydrates you should eat.

Example: Depending on your calorie allotment for the day, you might be told you can have 1-3 carbs at snacks and 3-5 carbs at meals.

Example: If you look at a food label, see how many total carbohydrates are listed. Divide that number by 15 to tell you how many carbohydrate choices are in a serving.

Check with your doctor or diabetes educator to learn more about how to count carbohydrates and how many are right for your daily eating plan.



Choosing the Most Nutritious Carbs

Here are a few examples to help you choose nutrient dense, low-calorie carbohydrates *more* often and eat *fewer* refined, high-calorie carbohydrates.

Examples of Carb Choices to Use More Often	Examples of Carb Choices to Use Occasionally																																																						
<p>Foods that are high in essential nutrients and fiber, and that do not contain added sugars.</p> <p>Fresh Fruits:</p> <table> <tr> <td>Bananas</td><td>Cranberries</td></tr> <tr> <td>Cantaloupe</td><td>Strawberries</td></tr> <tr> <td>Nectarines</td><td>Blueberries</td></tr> <tr> <td>Oranges</td><td>Apricots, Peaches</td></tr> <tr> <td>Watermelon</td><td>Plums</td></tr> </table> <p>Certain Dairy Products: Milk, Plain Yogurt</p> <p>Vegetables (non-starchy): <i>High in fiber and low in carbs.</i></p> <table> <tr> <td>Summer Squash</td><td>Radishes</td></tr> <tr> <td>Leafy greens</td><td>Carrots</td></tr> <tr> <td>Cauliflower</td><td>Peppers</td></tr> <tr> <td>Tomatoes</td><td>Cabbage</td></tr> <tr> <td>Green beans</td><td>Broccoli</td></tr> </table> <p>Vegetables (starchy): <i>Higher in carbs, but also high in fiber and essential vitamins, minerals and antioxidants.</i></p> <table> <tr> <td>Cooked Dry Beans</td><td>Corn</td></tr> <tr> <td>Sweet Potatoes (Yams)</td><td>White potatoes</td></tr> <tr> <td>Winter Squash</td><td>Peas</td></tr> </table> <p>Whole Grains: <i>High in fiber, vitamins, minerals and antioxidants.</i></p> <table> <tr> <td>Brown Rice</td><td>Bulgur</td></tr> <tr> <td>Whole wheat pasta</td><td>Rolled Oats</td></tr> <tr> <td>Whole wheat bread</td><td>Barley</td></tr> <tr> <td>High-fiber ready-to-eat cereals</td><td></td></tr> </table>	Bananas	Cranberries	Cantaloupe	Strawberries	Nectarines	Blueberries	Oranges	Apricots, Peaches	Watermelon	Plums	Summer Squash	Radishes	Leafy greens	Carrots	Cauliflower	Peppers	Tomatoes	Cabbage	Green beans	Broccoli	Cooked Dry Beans	Corn	Sweet Potatoes (Yams)	White potatoes	Winter Squash	Peas	Brown Rice	Bulgur	Whole wheat pasta	Rolled Oats	Whole wheat bread	Barley	High-fiber ready-to-eat cereals		<p>Foods without much fiber, and containing primarily refined flours and added sugar.</p> <table> <tr> <td>Bagels</td><td>Pie</td></tr> <tr> <td>Muffins</td><td>Cake</td></tr> <tr> <td>Cookies</td><td>Doughnuts</td></tr> <tr> <td>White Pasta</td><td>Most Crackers</td></tr> <tr> <td>White Bread, Rolls</td><td>White Rice</td></tr> <tr> <td>White Tortillas</td><td>Many ready-to-eat cereals</td></tr> <tr> <td>Pretzels</td><td></td></tr> </table> <p>Nutrient Dense/High Carb Foods: <i>While considered healthy, these foods are high in carbs for the portion size.</i></p> <p>Dried fruit 100% Fruit Juices</p> <p>Sweetened Foods: <i>Sweets are carb dense and usually contain little or no fiber.</i></p> <p>Juice drinks with added sugar Canned or frozen fruits with added sugar Sweetened custard-style yogurt</p> <p>Foods with Refined Sugars and Starch: <i>Foods and beverages containing little or no fiber or other beneficial nutrients.</i></p> <table> <tr> <td>Beer/Wine Drinks</td><td>Candy</td></tr> <tr> <td>Regular soda pop</td><td>Syrup</td></tr> <tr> <td>Jelly and honey</td><td>Potato chips</td></tr> </table>	Bagels	Pie	Muffins	Cake	Cookies	Doughnuts	White Pasta	Most Crackers	White Bread, Rolls	White Rice	White Tortillas	Many ready-to-eat cereals	Pretzels		Beer/Wine Drinks	Candy	Regular soda pop	Syrup	Jelly and honey	Potato chips
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This handout is meant only to serve as a guide. Be sure to read Nutrition Facts labels on foods and beverages. Take note of serving sizes and use care when selecting your portion size.

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Revised February 2005. For more information on healthy eating, contact your local extension office.





FOODFACTS

From the U.S. Food and Drug Administration

Food Allergies

What You Need to Know

Each year, millions of Americans have allergic reactions to food. Although most food allergies cause relatively mild and minor symptoms, some food allergies can cause severe reactions, and may even be life-threatening.

There is no cure for food allergies. Strict avoidance of food allergens — and early recognition and management of allergic reactions to food — are important measures to prevent serious health consequences.



FDA's Role:

Labeling

To help Americans avoid the health risks posed by food allergens, Congress passed the **Food Allergen Labeling and Consumer Protection Act of 2004** (FALCPA). The law applies to all foods whose labeling is regulated by FDA, both domestic and imported. (FDA regulates the labeling of all foods, except for poultry, most meats, certain egg products, and most alcoholic beverages.)

- Before FALCPA, the labels of foods made from two or more ingredients were required to list all ingredients by their common or usual names. The names of some ingredients, however, do not clearly identify their food source.
- Now, the law requires that labels must clearly identify the food source names of all ingredients that are — or contain any protein derived from — the eight most common food allergens, which FALCPA defines as “major food allergens.”

As a result, food labels help allergic consumers to identify offending foods or ingredients so they can more easily avoid them.

About Foods Labeled Before January 1, 2006

FALCPA did not require relabeling of food products labeled before January 1, 2006, which were made with a major food allergen that did not identify its food source name in the ingredient list. Although it is unlikely that any of these foods are still on store shelves, always use special care to read the complete ingredient list on food labels when you go shopping.

What Are Major Food Allergens?

While more than 160 foods can cause allergic reactions in people with food allergies, the law identifies the eight most common allergenic foods. These foods account for 90 percent of food allergic reactions, and are the food sources from which many other ingredients are derived.

The eight foods identified by the law are:

1. Milk
2. Eggs
3. Fish (e.g., bass, flounder, cod)
4. Crustacean shellfish (e.g., crab, lobster, shrimp)
5. Tree nuts (e.g., almonds, walnuts, pecans)
6. Peanuts
7. Wheat
8. Soybeans

These eight foods, and any ingredient that contains protein derived from one or more of them, are designated as “major food allergens” by FALCPA.

How Major Food Allergens Are Listed

The law requires that food labels identify the food source names of all major food allergens used to make the food. This requirement is met if the common or usual name of an ingredient (e.g., buttermilk) that is a major food allergen already identifies that allergen's food source name (i.e., milk). Otherwise, the allergen's food source name must be declared at least once on the food label in **one of two ways**.

The name of the food source of a major food allergen must appear:

1. **In parentheses** following the name of the ingredient.
Examples: “lecithin (soy),” “flour (wheat),” and “whey (milk)”
— OR —
2. **Immediately after or next to** the list of ingredients in a “contains” statement.
Example: “Contains Wheat, Milk, and Soy.”



Safety ■ Health ■ Science ■ Nutrition

June 2010



For more information on healthy eating
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Food Allergies

what you need to know



Millions of people have food allergies that can range from mild to life-threatening.

Most Common Food Allergens



Peanuts



Tree nuts



Fish



Shellfish



Eggs



Milk



Wheat



Soy

*** Always let the guest make their own informed decision.**

When a guest informs you that someone in their party has a food allergy, follow the four R's below:

- **Refer** the food allergy concern to the chef, manager, or person in charge.
- **Review** the food allergy with the guest and check ingredient labels.
- **Remember** to check the preparation procedure for potential cross-contact.
- **Respond** to the guest and inform them of your findings.

*** Sources of Cross Contact:**

- Cooking oils, splatter and steam from cooking foods.

When any of the below come into contact with food allergens, all must be washed thoroughly in hot, soapy water:

- All utensils (spoons, knives, spatulas, tongs, etc.), cutting boards, bowls and hotel pans.
- Sheet pans, pots, pans and **DON'T FORGET FRYERS AND GRILLS.**

*** If a guest has an allergic reaction, notify management and call 911.**

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Alternatives to the Big Eight Food Allergens

1. Dairy Substitutes

- a. Instead of cow's milk try soy, rice, potato, or almond milk
- b. Instead of butter choose a dairy-free margarine. Read the label closely.
- c. Instead of ice cream try sorbet
- d. Cheese, sour cream, cream cheese—all can be found made from soy
- e. In baking, other liquids, even water, can be substituted for milk. Use equal amounts.

2. Egg Substitutes

- a. In baking, for 1-3 eggs, substitute:
 - 1 tsp. baking powder, 1 Tbsp. liquid and 1 Tbsp. vinegar
 - 1 tsp. yeast dissolved in ¼ cup warm water
 - 1 ½ Tbsp. water, 1 ½ Tbsp. oil and 1 tsp. baking powder
 - 1 packet gelatin and 2 Tbsp. warm water. Do not mix until ready to use.
- b. Tofu can be substituted in egg mixtures like scrambled eggs
- c. Commercial egg substitutes—beware that most contain egg whites

3. Soy Substitutes

- a. Soybeans are found in many processed foods. Look at allergen listing near ingredients.
- b. Most soy-allergic persons can safely eat soy oil. Use other oils for home.
- c. Learn to prepare more foods from scratch
- d. Shop in stores where foods are prepared without soy additives
- e. Fish sauces or Worcestershire sauce can be substituted for soy sauce

4. Wheat Substitutes

- a. Instead of wheat flour try rice flour, tapioca starch, potato starch, potato flour, sorghum flours, and bean flours. Blends of flours usually make the best substitutes for baking.
- b. Instead of wheat pasta try pastas made from rice, corn, or quinoa flours
- c. Instead of wheat bread try bread made from rice, corn, soy or potato flours
- d. Some wheat-free snacks include the following:
 - Rice cakes, rice crackers
 - Popcorn (any kind)
 - Cereal – Rice Chex, Corn Chex, Frosted Flakes, Kix, Berry Kix, Trix, Rice Krispies
 - Chips – corn chips, potato chips
 - Fruit snacks – check the label, some have “modified food starch” which can mean wheat

Note: Wheat free does not mean gluten free. Check the label to see if it contains spelt, rye, or barley-based ingredients that are not gluten free.



5. Peanut Substitutes

- a. Instead of peanut butter try soynut butter or sunbutter made from sunflower seeds
- b. Use tree or soy nuts in cookies, Thai food, and granola

6. Tree Nut Substitutes

- a. Sunflower seeds, peanuts, bran buds, soy nuts, raisins, chocolate chips
- b. Check processed foods for tree nut allergens or use of machinery used to process tree nuts in similar foods

7. Fish

- a. Avoid fish foods and seasoning containing fish oils and anchovies
- b. Unless you have been tested otherwise, avoid all fish—not just the type of fish causing allergic reactions.
- c. Fish sauces such as Worcestershire, Caponata, and Caesar salad dressing containing anchovies. Substitute balsamic vinegar, soy sauce, or capers.

8. Shellfish

- a. Avoid all shellfish unless tested to be able to eat other shellfish safely
- b. Substitute imitation crabmeat (contains fish)

For more Information:

- Food Allergy and Anaphylaxis Network www.foodallergy.org
- American Academy of Allergy, Asthma, and Immunology www.aaaai.org
- National Institute of Allergy & Infectious Diseases www.niad.nih.gov
- Celiac Disease Foundation www.celiac.org

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Celiac Disease

What You Need to Know

Did you know more than 2 million Americans have celiac disease but most of them don't know it?

What is celiac disease?

Celiac disease damages the small intestine. People with celiac disease can't eat gluten, a protein found in wheat, rye, and barley and in some products such as vitamins and lip balms.

When people with celiac disease eat gluten—even a tiny amount—their body's immune system reacts to the gluten by attacking the lining of the small intestine. When the lining is damaged, the body cannot get the nutrients it needs. Over time, celiac disease can cause anemia, infertility, weak and brittle bones, an itchy skin rash called dermatitis herpetiformis, or other health problems.

People with celiac disease don't always know they have it because they may not feel sick. Or if they feel sick, they don't know celiac disease is the cause. Either way, gluten is damaging the intestines as long as a person with celiac disease continues to eat it.

Who gets celiac disease?

Celiac disease often runs in families. You are more likely to develop celiac disease if you have a parent, brother, or sister who has it. Both adults and children can have the disease.

How can I tell if I have celiac disease?

If you have celiac disease, you may have some of these symptoms:

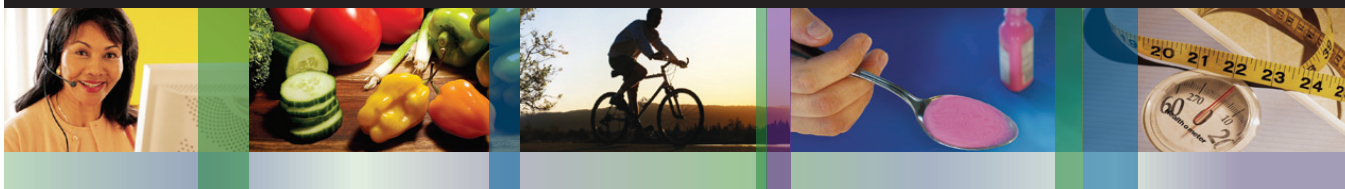
- stomach pain
- gas
- diarrhea
- extreme tiredness
- change in mood
- weight loss
- an itchy, blistering skin rash
- slowed growth

Celiac disease can be hard to diagnose because its symptoms are like those of many other diseases. Some people don't have any symptoms. Your doctor can do tests to find out if you have celiac disease.

What can I do about celiac disease?

The only treatment for celiac disease is a gluten-free diet. Your doctor or a dietitian can help you learn how to choose gluten-free foods. If you avoid gluten in your diet, your small intestine should heal.





The Celiac Disease Awareness Campaign

The National Institutes of Health Celiac Disease Awareness Campaign provides current, comprehensive, science-based information about the symptoms, diagnosis, and treatment of celiac disease, also known as celiac sprue, nontropical sprue, and gluten-sensitive enteropathy. The Awareness Campaign is an initiative of the National Digestive Diseases Information Clearinghouse, a service of the National Institute of Diabetes and Digestive and Kidney Diseases.

Download this publication and learn more about the Awareness Campaign at www.celiac.nih.gov.

Where can I get more information about celiac disease?

National Digestive Diseases Information Clearinghouse

2 Information Way
Bethesda, MD 20892-3570
Phone: 1-800-891-5389
TTY: 1-866-569-1162
Fax: 703-738-4929
Email: nddic@info.niddk.nih.gov
Internet: www.digestive.niddk.nih.gov

The National Digestive Diseases Information Clearinghouse (NDDIC) is a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK). The NIDDK is part of the National Institutes of Health of the U.S. Department of Health and Human Services.

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The NIDDK Awareness and Prevention Series is designed to make you ask yourself, "Could this be me or someone I care for?" So take a closer look. Additional information on this topic and other titles in the series are available through the National Digestive Diseases Information Clearinghouse or on the Internet at www.digestive.niddk.nih.gov.



U.S. DEPARTMENT OF HEALTH
AND HUMAN SERVICES
National Institutes of Health

NIH Publication No. 11-6192
February 2011



The NIDDK prints on recycled paper with bio-based ink.



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Celiac Disease

WHAT YOU NEED TO KNOW

Celiac disease (CD), also referred to as gluten sensitive enteropathy (GSE), or celiac sprue, is a chronic, inherited digestive disease that can lead to malnutrition if untreated. CD is the result of an immune system response to the ingestion of gluten (a protein found in wheat, rye, and barley) that damages the small intestine. When the small intestine is damaged, nutrients don't get absorbed.

To develop celiac disease (CD), you must inherit a gene, be consuming gluten, and have the disease activated. Common triggers include stress, trauma (surgeries, etc.) triggered in their lifetime. The disease is permanent and damage to the small intestine will occur every time gluten is consumed, regardless if symptoms are present. Celiac disease is a genetic disorder affecting about 1:100 persons in the United States, potentially 3 million people.

SYMPTOMS

Classic symptoms include: diarrhea, bloating, weight loss, anemia, chronic fatigue, weakness, bone pain and muscle cramps. Many people will not have classic symptoms and some people may have just one or more symptoms. Other symptoms can include anemia, chronic fatigue or pain syndromes, migraines, nerve problems, infertility or miscarriages, and other apparently unrelated conditions. Patients are frequently misdiagnosed as having Irritable Bowel Syndrome (IBS), spastic colon/bowel, or Crohn's disease.

DIAGNOSIS

Initial screening for CD is a blood test ordered by a physician. The following tests should be included in the screening test: - Tissue Transglutaminase IgA and IgG (tTG-IgA and IgG) or Anti-endomysial Antibodies IgA (EMA IgA) If these tests suggest celiac disease, it is then recommended that an heplotype test for HLA DQ2 and DQ8 be performed. If this test also suggests celiac disease, then a small intestine biopsy is done. A positive small intestine biopsy (showing damaged villi) is the "gold standard" for a diagnosis of celiac disease.

TREATMENT

Strict adherence to a gluten-free (GF) diet for life is the only treatment currently available. This involves the elimination of wheat, rye, barley, and foods made with these grains from your diet. Thriving or showing improvement on the gluten-free diet is the second half of the "gold standard" of being diagnosed with CD. It may take several months for the small intestine to completely heal. Improvement is measured by regularly monitoring the blood tests for celiac disease and showing improved health. When you are on a GF diet, blood tests should eventually come back to normal. This indicates good control of the celiac disease - not a cure. You will always require a gluten-free diet until another form of treatment is discovered.



Celiac Disease, ctd.

THE DIET

The gluten-free (GF) diet is a life long commitment and should not be started before being properly diagnosed with CD. Celiac disease is an inherited autoimmune digestive disease . For further information and more details about the diet, please contact GIG to obtain the Quick Start Diet Guide for Celiac Disease.

“Wheat free” is not gluten free!

CONTAMINATION IN FOOD PREPARATION

When preparing gluten-free foods, they must not come into contact with food containing gluten. Contamination or “Cross Contact”, can occur if foods are prepared on common surfaces or with utensils that are not thoroughly cleaned after preparing gluten-containing foods. Using a common toaster for gluten-free bread and regular bread is a common source of contamination. Flour sifters should not be shared with gluten-containing flours. Deep-fried foods cooked in oil shared with breaded products should not be consumed. Spreadable condiments in shared containers may be a source of contamination. When a person dips into a condiment a second time with the knife (used for spreading), the condiment becomes contaminated with crumbs (e.g. mustard, mayonnaise, jam, peanut butter and margarine).

PROGNOSIS

Generally excellent, when adhering to a strict gluten-free diet. The small intestine will steadily heal and start absorbing nutrients normally.

Information adapted from Gluten Intolerance Group (GIG) fact sheet
“Celiac Disease,” April 2012.

For more information: www.GLUTEN.net



GIG's Gluten-Free Diet and Drug Instruction

Updated June 2011


**GLUTEN
INTOLERANCE
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Grains with gluten

The gluten-free diet (GF) can provide adequate nutrition while eliminating wheat, rye, and barley from the diet as long as GF grains with high nutritional value are used and the diet includes a variety of foods. Gluten is a generic term referring to storage proteins in grains. The fraction of gluten protein in wheat, which injures the intestine of susceptible persons, is gliadin and glutenin. There are equivalent toxic protein fractions in barley and rye. Gluten damages the intestine of persons with celiac disease and dermatitis herpetiformis. It is unclear if it also causes damage in the intestine of persons with non-celiac gluten intolerances. When all sources of gluten from these grains are removed from the diet, the intestine is able to regenerate and normal function is usually restored. Research on oats indicates small quantities (1/2 cup dry) are safe for use in the gluten-free diet. Oats used should be clean and uncontaminated, meeting the proposed FDA guidelines for being labeled gluten free.

Gluten in many foods

The gluten from these grains may be present in foods either as a basic ingredient (that is, listed as wheat, rye, and barley), or added as a derivative when a food is processed or prepared. **READING LABELS CAREFULLY IS VERY IMPORTANT!** The Food Allergen and Consumer Protection Act of 2006 (FALCPA), has made label reading for allergens, including wheat easier. All ingredients and additives in foods monitored by FDA must include allergen labeling for the top 8 allergens (wheat, eggs, dairy, soy, tree-nuts, peanuts, shell fish and fin fish). Therefore wheat is no longer a hidden ingredient, processing aid or additive. A great deal of confusion occurs about the presence of gluten-containing additives in foods. Lists on pages 9-12 of this instruction discuss both questionable ingredients and common additives.

FALCPA requires that allergens contained in food products be declared in plain English in one of two ways:

- (1) By placing an allergen statement at the end of the ingredient listing. The statement will begin with the word "Contains" followed by the name of the food allergen (e.g., "CONTAINS: milk and wheat"); or...
- (2) By placing the common or usual name of the allergen in the list of ingredients followed in parentheses by the name of the food allergen source (e.g., "natural flavoring [eggs, soy]").

FALCPA does not extend to food service establishments, such as restaurants. Since flour and cereal products are often used in the preparation of foods, it is important to be aware of the methods of preparation used as well as the foods themselves. This is especially true when dining out.

Foods to avoid

Foods included in this section should be avoided if safety cannot be established. At times, you may find foods listed here that are gluten-free. The majority of the time this will not be the case. Think of these foods and ingredients as potentially dangerous until you have checked them for safety. Safety is established when all the ingredients and preparations are known to be gluten-free. Getting enough servings from each food group will insure adequate nutrition, including vitamins and minerals. Remember that combination foods such as a sandwich or casserole will have servings from more than one food group. The guidelines for servings in this instruction follow the recommendations of those of the Food Pyramid for adequate nutrition. A balance of proper nutrition, exercise, and rest are important to total health.

At times people newly diagnosed with gluten sensitivity or those who have been following the GF diet may show signs of nutrient deficiencies including B vitamins, calcium, iron, zinc

Questions to ask your doctor:

Should I take medication for this disease?

How long will I need to take this medicine and how will I know when to stop taking it?

What are the side effects of these medicines?

How often do I need to get my blood drawn to monitor this medicine's effect on my body?

What else can trigger DH?

Should I take nutritional supplements?

Could I have associated food intolerances?

Where can I have a bone density study?

What other concerns should I have?

How can I find out about the diet?

How often should I follow-up with the doctor? With the dietitian?

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and other nutrients. Speak with your dietitian, physician, or consult with our staff about solving deficiency problems. Occasionally vitamin and mineral supplements may be recommended (these often will include calcium, folate, and other B vitamins, and/or iron). Recommended supplementation will vary with each individual. Once the intestine is healed, provided there is no other health problem that will cause a deficiency, an adequate, well-balanced diet with a variety of foods should provide all the vitamins and minerals you need.

A sample letter to be used when contacting manufacturers about products is included in this document. It is important to be specific when requesting information – i.e.: what is the starch source derived from. Using the term 'gluten' can give you incorrect information, since the manufacturers define gluten differently than the medical and gluten-intolerant community. Specifically, you need to know if the product has proteins derived from wheat, rye, or barley or a hybrid of these grains.

GRAINS	Foods Allowed:	Foods to Avoid:	Notes:
<i>If safety cannot be established</i>			
<p>Use 6 to 11 servings per day</p> <p>Grains supply many of the B vitamins and minerals required daily. Grains can also supply a significant amount of soluble and insoluble fiber.</p> <p>Not all GF grains have similar nutrient content. Choose whole grains with high nutrient density.</p> <p>Gluten-free bread products are often higher in calories than wheat breads. Read labels to determine a serving. Approximately 100 calories is in a serving of regular bread.</p>	<p>BREADS- Specially prepared breads using only allowed flours: amaranth, arrowroot, bean, buckwheat, chia, corn, flax, Indian rice grass, mesquite, millet, nut, and oats‡ (pure GF), potato, quinoa, rice, sorghum, soy, tapioca, and teff are allowed‡.</p> <p>Breads may be purchased ready-to-eat or as mixes to prepare at home.</p> <p>CEREALS- Hot Cereals: made from the allowable grains and seeds.</p> <p>Cold cereals: Cereals made without malt or malt flavoring.</p> <p>CRACKERS & SNACK FOODS- Rice wafers; rice crackers; corn and potato chips*; rice cakes*, pure corn tortillas; popcorn, caramel corn*</p>	<p>Those containing wheat (including einkorn, Durham, faro, graham, semolina, spelt/spelta), rye, barley, triticale, Kamut, bulgur, or couscous.</p> <p>BEWARE: WHEAT-FREE does not always ensure gluten-free! Breads made from "carob-soy flour" can contain 80% wheat flour!</p> <p>Those containing wheat (including einkorn, Durham, faro, graham, semolina, spelt/spelta), rye, barley, triticale, Kamut, bulgur, or couscous.</p> <p>Those containing wheat (including einkorn, Durham, faro, graham, semolina, spelt/spelta), rye, barley, triticale, Kamut, bulgur, or couscous, or other questionable ingredients.</p> <p>READ LABELS CAREFULLY. If the product shows 'brown rice syrup,' contact the manufacturer to check for "barley malt enzymes" used in processing</p>	<p>‡ Be sure the source is pure and uncontaminated.</p> <p>New products with 'unusual' grains are constantly being introduced. Do not use them until you clear them with a reliable source.</p> <p>*Consult label and contact manufacturer to clarify questionable ingredients.</p>

DIABETES & OTHER CHALLENGES



For more information on healthy eating
visit www.CapeCodExtension.org or call 508-375-6690.



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GRAINS - continued

Foods Allowed:

Foods to Avoid:

Notes:

If safety cannot be established

SOUPS-
Homemade broth & soup using allowed ingredients; a few canned soups*. Specialty dry soup mixes.

Most canned soups* and soup mixes*; bouillon and bouillon cubes.

If hydrolyzed vegetable protein (HVP) is from wheat the label will say so.

Other added ingredients not allowed.

*Consult label and contact manufacturer to clarify questionable ingredients.

POTATO, RICE, PASTA & OTHER STARCHES-
White and sweet potatoes; yams; hominy; rice, wild rice; special pasta made from rice, soy, corn or other allowed ingredients.
Some Asian rice* and bean thread noodles*

Regular noodles; spaghetti or macaroni made from grains not allowed. Most packaged* or frozen rice or pasta side dishes*.

*Consult label and contact manufacturer to clarify questionable ingredients.

FLOURS, GRAINS, & THICKENING AGENTS ALLOWED	Good thickening agent	Good combined with other flours	Best combined with milk & eggs in baked product	Grainy – textured products	Drier product than with other flours	Moister product than with other flours	Adds distinctive flavor –use in moderation	Browns and fries nicely	Short shelf-life
AMARANTH		X	X				X		
ARROWROOT STARCH	X								
BEAN FLOUR		X				X			
BUCKWHEAT		X					X		
CHIA	X	X		X		X			
CORN BRAN		X		X					X
CORN FLOUR		X	X	X			X		
CORN GERM		X							X
CORN MEAL		X	X	X					
CORN STARCH	X							X	
MESQUITE		X				X	X		
MILLET	X	X				X			
MONTINA (INDIAN RICE GRASS)		X				X	X		
OATS (PURE, UNCONTAMINATED)		X				X	X	X	
POTATO FLOUR		X	X		X				
POTATO STARCH (POTATO STARCH FLOUR)	X	X	X		X			X	
QUINOA		X				X		X	
RICE BRAN		X							X
RICE FLOUR (WHITE)		X	X	X	X				
RICE FLOUR (BROWN)		X	X	X	X				X
RICE FLOUR (SWEET)	X	X	X			X			
RICE POLISH		X	X				X		X
RICE STARCH FLOUR	X								
SORGHUM FLOUR	X	X						X	
SOY FLOUR		X	X				X		X
TAPIOCA STARCH	X	X							
TEF		X				X	X		



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FLOURS, GRAINS, STARCHES, & CEREALS TO AVOID

These flours, starches, grains, and cereals are not recommended on the gluten-free diet unless safety can be established.

	BARLEY	CAROB – SOY FLOUR	KAMUT	RYE	SPELT	TRITICALE	WHEAT FLOUR	WHEAT GERM OR BRAN	WHEAT STARCH
Contains gluten-proteins harmful in celiac disease	X		X	X	X	X	X	X	X
A member of the wheat family			X		X	X	X	X	X
This cereal may be contaminated with gluten containing grains or flours		X							

VEGETABLES

Foods Allowed:

Foods to Avoid:

If safety cannot be established

Notes:

Use 3-5 servings per day

Vegetables are an excellent source of vitamins, minerals, and fiber. Use mostly raw vegetables to retain the fiber content. Fresh vegetables or flash frozen will have the highest nutrient content. Limit the amount of added fats to control caloric intake. One serving = ½ cup cooked or 1 cup raw vegetables.

Use all plain, fresh, frozen, or canned. Some commercially prepared vegetables*

Creamed vegetables*, vegetables canned in sauce*, some canned beans*, commercially prepared vegetables and salads*

*Consult label and contact manufacturer to clarify questionable ingredients.

FRUITS

Foods Allowed:

Foods to Avoid:

If safety cannot be established

Notes:

Use 2-4 servings per day

Fruits are an excellent source of vitamins, minerals, and fiber. Use of raw, fresh fruits increases the fiber in the diet. If concerned about weight, limit use of processed fruits and juices with added sugars. One serving = ½ cup

All fresh, frozen, canned or most dried fruits*. All 100% fruit juices; some canned pie fillings*.

Thickened or prepared fruits; some pie fillings*.

*Consult label and contact manufacturer to clarify questionable ingredients.

DAIRY

Foods Allowed:

Foods to Avoid:

If safety cannot be established

Notes:

Use 2-3 servings per day

Dairy foods are our primary source of calcium. If you are dairy intolerant, use of a calcium supplement is highly recommended. Dairy foods are also a good protein source and may be substituted for other protein foods in a vegetarian diet. One serving = 1 cup milk or ½ cup other dairy foods (yogurt, ice cream, etc.) or 1 oz. cheese

MILK-

Fresh, dry, evaporated or condensed milk; cream; sour cream*; whipping cream; yogurt.

Malted milk; some commercial chocolate drinks*; some nondairy creamers.*

*Consult label and contact manufacturer to clarify questionable ingredients.

CHEESE-

All aged cheeses, such as cheddar, Swiss, Edam, and Parmesan. Cottage cheese, cream cheese, pasteurized processed cheese*. Veined cheeses, such as blue cheese are also allowed*.

Any cheese product containing products to be avoided.

*Consult label and contact manufacturer to clarify questionable ingredients.

DIABETES & OTHER CHALLENGES



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PROTEIN	Foods Allowed:	Foods to Avoid: If safety cannot be established	Notes:
<p>Use 2-3 servings per day</p> <p>Protein is an essential nutrient for growth, tissue repair and fighting infections. Complete proteins are found in all meats from animals, poultry and fish. Choose lean cuts and cooking methods to limit your fat intake. One serving is equal to the size of a deck of cards (2 to 3 oz) of cooked meat. Red meats are a good source of iron.</p>	<p>MEAT, FISH, POULTRY- All fresh meats, seafood, poultry. Fish canned in water, oil, brine, or vegetable broth; some processed meat products, such as hot dogs, lunch meats, or cured meats*.</p>	<p>Prepared or processed meats containing grains to avoid, such as: some sausages*, hot dogs*; bologna*; and luncheon meats*. Chili con carne*. Bread-containing products, such as Swiss steak, meat loaf, meatballs, and croquettes. Tuna canned with hydrolyzed protein*. Turkey with hydrolyzed vegetable protein (HVP) injected as part of the basting solution. "Imitation Crab or other meat analogs" containing wheat starch or other unacceptable filler. Quick Individually Frozen (QIF) seafood‡.</p>	<p>*Consult label and contact manufacturer to clarify questionable ingredients. ‡May be dusted with flour or other starches in processing.</p>
	<p>EGGS- Plain or in cooking.</p>	<p>Eggs in sauces made from wheat, rye, oats, or barley. Usually wheat flour is used in white sauce.</p>	<p>Be aware that some restaurants may add a wheat-based filler in scrambled eggs and omelets.</p>

FATS & SWEETS	Foods Allowed:	Foods to Avoid: If safety cannot be established	Notes:
<p>Use sparingly.</p> <p>Although fats and sweets are an important part of our diet, in that they provide a desirable taste and texture to meals and snacks, they also often provide unnecessary calories and fat. Use small amounts. When you are able to, use reduced-calorie alternatives or substitutions for these foods.</p>	<p>FATS- Butter, margarine, vegetable oil, olive oil, hydrogenated butter, vegetable oil, shortening, nuts, peanuts, some salad dressings*, mayonnaise*.</p>	<p>Some commercial salad dressings with thickeners*. Some dry roasted nuts may contain wheat.</p>	<p>*Consult label and contact manufacturer to clarify questionable ingredients.</p>
	<p>DESSERTS- Cakes, cookies, quick breads, pastries, puddings made with allowed ingredients. Cornstarch, tapioca and rice puddings. Gelatin desserts*, puddings*. Ice cream w/few, simple ingredients. Sorbet*, frozen yogurt*, sherbet*.</p>	<p>Commercial cakes, cookies, pies, etc., made with grains and flours are not allowed. Products containing brown rice syrup made w/ barley malt enzyme*.</p>	<p>*Consult label and contact manufacturer to clarify questionable ingredients.</p>
	<p>SWEETS- Jelly, jam, honey, brown & white sugar, molasses, most syrups*, some candy*, chocolate, pure cocoa, coconut, marshmallows*.</p>	<p>Some commercial candies. Watch for malt/malt flavoring. Chocolate-coated nuts which may be rolled in wheat flour*. Brown rice syrup made w/barley malt enzyme*.</p>	<p>Consult label and contact manufacturer to clarify questionable ingredients. Wheat must be labeled on all products with oversight by the FDA.</p>



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QUESTIONABLE INGREDIENTS	Foods Allowed:	Foods to Avoid: If safety cannot be established	Notes:
These must be cleared with the manufacturer before they are eaten. A sample letter requesting information on the questionable ingredients and packaging, and processing of these ingredients is on the last page of this diet instruction.			
DEXTRIN:		May be derived from wheat. Would have to be identified if it contains wheat.	
"HYDROLYZED VEGETABLE PROTEIN (HVP)" or "HYDROLYZED PROTEIN", "TEXTURIZED VEGETABLE PROTEIN (TVP)", or "VEGETABLE PROTEIN":	Those from soy, corn, milk, or other acceptable vegetable protein sources	Mixtures containing wheat, oats, and barley.	"Hydrolyzed vegetable protein" (HVP) is primarily a combination of wheat, corn, and soy. When wheat protein is hydrolyzed, its large amino acid chains are broken down into smaller chains. Some protein researchers believe the same sequence of amino acids found in these smaller chains contains the same toxicity as the intact gliadin sub-fraction of the gluten protein. Thus, HVP made from wheat is not recommended on a gluten-free diet. HVP should be labeled as to its source.
"FLOUR" or "CEREAL PRODUCTS":	Rice flour, corn flour, cornmeal, potato flour, amaranth, quinoa, teff, millet, buckwheat, and soy flour or any other allowed grains.	Wheat, rye, barley, spelt, and other flours to be avoided.	Be sure the source is pure.
"VEGETABLE BROTH":	In the US, this must contain 2 or more of the following: beans, cabbage, carrots, celery, garlic, onions, parsley, peas, potatoes, green bell pepper, red bell pepper, spinach, or tomatoes. It cannot contain any other ingredients. IT IS GLUTEN-FREE.		
"MALT" or "MALT FLAVORING":	Those from corn or sugar sources	Those derived from barley or barley malt syrup.	
"BROWN RICE SYRUP":	Rice only.	Rice plus barley malt enzyme, if it contains more than 20 ppm gluten.	
"STARCH":	In the US, it must be CORN STARCH (in food products only).	If made with sources other than corn, it must be labeled as to its source (i.e.: wheat starch)	In medicines 'starch' is not necessarily made from corn.
"MODIFIED STARCH" or "MODIFIED FOOD STARCH":	Arrowroot, corn, potato, tapioca, waxy maize, or maize.	From source ingredients other than those allowed. If it is made from wheat it must be labeled as such.	
"VEGETABLE GUM":	Carob bean, locust bean, cellulose, guar gum, Arabic gum, acacia gum, tragacanth, or Xanthan gum.	Oat gum – rarely used due to cost	
"SOY SAUCE" or "SOY SAUCE SOLIDS":	Those which DO NOT contain wheat (SOY ONLY).	Those brewed from wheat and soy.	
"MONO- and DIGLYCERIDES":	Always gluten-free. When used in wet products, such as ice cream, there is no concern. In dry products, such as seasoning mixes, they must be 'dried' with a carrier. Those using a non-wheat-based carrier*.	Those using wheat-based carriers in dry products. The problem is the carrier ingredients, not the mono- and diglycerides.	*Consult label and contact manufacturer to clarify questionable ingredients.



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MEDICATIONS

Regulations for ingredients in medications are different than regulations for foods. Inactive ingredients are potentially problematic ingredients in medications. **Only medications that come in direct contact with any part of the intestinal tract must be gluten-free.** IV Drugs, medicated patches, liquids, topical agents, and inhalants do not contain ingredients with gluten.

Ask your doctor to add the following statement on all prescription drug orders "OR GLUTEN-FREE EQUIVALENT"

Gluten Free Pharmaceutical Excipients:

Alacia	Croscarmellose Sodium	Magnesium Stearate	Simethicone
Alginic Acid	Dextrose	Matitol	Sodium Benzoate
Alpha Tocopheral	Docusate Sodium	Maltose	Sodium Lauryl Sulfate
Ascorbic Acid	Fructose	Mannitol	Sorbitol
Benzyl Alcohol	Glucose	Microcrystalline Cellulose	Stearic Acid
Calcium Carbonate	Hydrogenated Vegetable Oil	Polydextrose	Sucrose
Carboxymethylcellulose	Hydroxypropyl Cellulose	Povidone	Vanillin
Citric Acid	Lactose	Propylene Glycol	Xanthan Gum
Corn Starch	Magnesium Carbonate	Silicon Dioxide	Zinc Stearate

Medication Ingredient:	Drugs Allowed:	Drugs to Avoid: If safety cannot be established	Notes:
STARCH:	Made from corn, rice, tapioca or potato.	Made from wheat.	
PREGELATINIZED STARCH:	From corn or tapioca starch.	Wheat starch.	
DEXTRIMALTOSE:		Processed by enzymatic action of barley malt on corn flour.	Dextrin & maltose combined.
MALT, MALT SYRUP:			Derived from barley & used in production of other ingredients.
DEXTRIN, DEXTRATES, CYCLODEXTRINS:	From corn or potato starch.	Wheat.	Derived from incomplete hydrolysis or starch.

Medication Ingredient:	Drugs Allowed:	Drugs to Avoid: If safety cannot be established	Notes:
MALTODEXTRIN:	Derived from caramel color – in the USA is generally corn based.	Wheat or oat maltodextrin.	
SODIUM STARCH GLYCOLATE (CARBOXYETHYL STARCH):	From potato, corn, rice or tapioca.	Made from wheat.	
CARAMEL COLOR:		Derived from barley malt syrup or unidentified starch hydrolysates.	Could also request 'dye-free' drugs.
ALCOHOL (DISTILLED ETHANOL):			Distribution separates out pure ethanol from proteins in original starting matter. Distilled spirits are gluten-free.

Sources for Gluten Free Drug Information:

www.glutenfreedugs.com (Pharmacist controlled site)
www.strokesrx.com (Some Pharmacist assistance. Fee for service.)
www.clanthompson.com (Consumer controlled site. Updated frequently.)

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WRITING EFFECTIVE LETTERS TO FOOD MANUFACTURERS

It is important that you clarify questionable ingredients on food product labels and in medications before adding them to your gluten-free diet. Manufacturers are usually courteous and prompt when answering questions about their products. The accuracy of their reply often depends on what question is asked. The following letter format can be used as a sample when contacting a manufacturer. Remember to be very specific when asking questions.

Your address

Date

Dear Sir/Madam:

I am on a gluten-restricted diet for the treatment of (your medical condition). I must avoid the 'gluten' protein found in wheat, rye, barley and hybrids of these grains, since they cause an immune response that damages my intestine. I would like to be able to use your product (name product); however the ingredient listing does not provide adequate information for me to determine if it would be safe. Specifically, I need to know * _____

* Examples would be:

- What is the source of starch in your "food starch modified" ("food starch" or "modified food starch")?
- Are your "soy sauce solids" derived from wheat?
- What are the inactive ingredients used in the medication, including those used in the coatings and capsules?

Incidental ingredients, used in the packaging and processing, is another possible source of gluten contamination. I am relying on you to clarify if these substances contain gluten, since these incidental ingredients are not listed on the packaging.

Please send a copy of your response to:

The Gluten Intolerance Group of North America®
31214 124th Ave SE
Auburn, WA 98092-3667

GIG® will be happy to share this information with their clients and health care professionals. If you have questions about these conditions and the dietary restrictions, please call our National Office at (253) 833-6655.

Thank you for your efforts on my behalf.

Sincerely,

Your Signature

This document may be reproduced for educational purpose only.

Other helpful information is available at www.GLUTEN.net.

Advances in celiac disease are fast-paced. If this document is more than 2 years old, please visit our Web site for updated documents.

This information should not be used to diagnose or treat anemia or celiac disease. For questions about anemia and celiac disease consult your healthcare team when considering this information.

Please consider your local GIG branch as another resource.

Gluten Intolerance Group (GIG)
31214 – 124th Ave. S.E.
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GIG is a nonprofit 501c3 national organization providing support for persons with gluten intolerances, in order to live healthy, productive lives. GIG Branches provide support at a local level.

To make a donation or become a volunteer to GIG, visit our Web site or call the office at 253-833-6655.

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