

Background of Celiac Disease

Gluten is defined as a protein that is in wheat. Celiac Disease is considered a hereditary digestive disease, as well as an abnormal immune reaction to gluten (American Gastroenterological Association, 2011). Those diagnosed with the disease cannot tolerate gluten. Although sensitivity to gluten can range in its severity, individuals with Celiac Disease should still not consume products containing gluten. Gluten is mainly found in foods, but it can also be found in processed foods, vitamin supplements, certain medications and over-the-counter drugs, as well as hygiene products, like shampoos and body wash. When gluten is ingested, the body's immune system responds by damaging the tiny "hairs" that line the small intestine, known as villi. These villi absorb nutrients from food through the walls of the small intestine and into the bloodstream. Without these villi, the body can become malnourished, regardless of how much food is consumed. Physical symptoms of Celiac Disease include, frequent stomach bloating, frequent diarrhea or constipation, weight loss/weight gain, fatigue, unexplained loss of menstrual healthy red blood cells (anemia), tingling numbness— from nerve damage, sores inside the mouth (aphthous ulcers), itchy skin rash (dermatitis herpetiformis, thinning of bone tissue (osteoporosis), and low iron levels (American Gastroenterological Association, 2011)

Nutrition plays the #1 role in managing Celiac Disease. Drug research is currently being done, but at the present time, the most preventative and reversible action you can take is to eat a gluten-free diet that is plentiful in fruits, vegetables, beans, protein and supplements, as needed.

Adopting a gluten-free diet has been proven effective and depending on the level of intestinal damage, symptoms can subside within a few days to weeks of eating gluten-free. Intestinal damage associated with the disease can be reversed through proper adherence to a gluten-free diet.

Rationale for Dietary Approach

Because nutrition and adopting a gluten-free lifestyle are currently the only proven and effective treatment plan for managing Celiac Disease, it is vitally important to consume foods that are considered safe to eat. Meeting regularly with a registered dietician trained in managing Celiac Disease is imperative. Studies have shown that those following a gluten-free diet that is not nutritionally adequate are at increased risk for malnutrition, anemia, lymphoma and intestinal cancers (American Gastroenterological Association, 2011).

The tables below are meant to show you many common items that contain hidden gluten, and is no way intended to be a complete list. It is mainly to introduce you to the reasoning behind a gluten-free diet and how you can reverse any intestinal damage you may have.

Table 1. Common Ingredients in Processed Foods that Contain Gluten

Durum	Graham
Spelt	Kamut
Semolina (flour)	Wheat starch
Wheat bran	Wheat Germ
Cracked wheat	Hydrolyzed wheat protein
Barley	Rye
Triticale (a mix between wheat and rye)	Malt powder

Table 2. Processed Foods/Items with Hidden Gluten

Bouillon cubes	Broths, soups
Chips, Potato Chips	Chocolate bars, hard candies, gummy candy
Cold cuts, luncheon meats, hot dogs, salami, sausages, meatballs	Communion wafers
French Fries	Gravies, cream sauces, other sauces that may be thickened with flour
Matzo	Boxed Rice Mixes
Seasoned tortilla chips	Soy sauce, marinades, salad dressings, spice mixes
Baked beans	Chocolate
Instant coffee	Meat and fish pastes
Chutneys, pickles	Some lipsticks, shampoos, toothpastes, vitamin supplements

Table 3. Grains and Breads Containing Gluten

White Bread	Hamburger Buns, rolls	Rye Bread	Pumpnickel Bread	Cakes/cakes mixes
Stuffings	Muffins/boxed muffin mixes	Pastry, pie crusts, crumble toppings	Biscuits, cookies, crackers	pastas
Semolina flour	Couscous	Scones	Breadcrumbs (including all foods rolled in them)	Most breakfast cereals, bars
All Bran	Muesli	pizza		

Dietary Approach

Wheat must be avoided. Wheat is contained not only in foods you might expect (bread, pasta, pizza, etc.), but also in a great number of food products. A list is provided below, however, this is not meant to be a complete list. Someone diagnosed with this condition must check the ingredients on items they purchase from the grocery store. If you are not sure whether a processed item (i.e.: box of cereal, pancake mix) is gluten-free or not, contact the manufacturer and ask if the item contains wheat. When eating out at particular restaurants, always ask the waiter whether the menu item you are interested in ordering contains any wheat, added marinades, sauces, etc. Although this can seem like added stress at the beginning, over time this will come natural to you and you'll be able to voice your needs with more knowledge about the disease.

“On January 1, 2006, The Food Allergen Labeling and Consumer Protection Act (FALCPA) took effect. This act requires that food labels clearly identify wheat and other common food allergens in the list of ingredients. FALCPA also required the U.S. Food and Drug Administration to develop and finalize rules for the term “gluten free” on product labels.” (National Institutes of Health , 2011)

- 1) First and most importantly, if you think that you may have Celiac Disease, you should go through proper testing. Self-diagnosing yourself when you are not sure if you need to commit to a lifetime of gluten-free eating without proper diagnosis can lead to nutritional deficiencies and be harmful to your own health. Even if you think you are helping yourself, get a proper diagnosis. As the National Institutes of Health Celiac Disease campaign awareness notes, “Celiac disease can be difficult because some of its symptoms are similar to those of other diseases.
- 2) Once you see your doctor and are referred to a gastroenterologist, you will most likely undergo specific blood testing. Your doctor will order a blood test that is looking for high levels of proteins that react against the body's own cells and tissues, in the blood. Specifically, high levels of anti-tissue transglutaminase

antibodies (tTGA) or anti-endomysium antibodies (EMA) to confirm diagnosis. Until you are tested and officially diagnosed with Celiac Disease, you should continue to eat a diet that contains gluten. Blood tests are very sensitive to dietary changes and it is possible for tests to come back negative for Celiac, even if the disease is present.

- 3) Once results are received and your doctor has reviewed them with you, a biopsy of your small intestine will most likely be scheduled to further confirm diagnosis. The doctor performing the biopsy will remove small pieces of tissue from your small intestine to check for damaged villi. A long, thin tube (endoscope) will be placed through your mouth, down your esophagus, through your stomach and into your small intestine. Small instruments will be placed through this tube to remove the pieces of tissues. You will be under anesthesia (sedative) through the process, which is painless.
- 4) You may notice physical symptoms of Celiac Disease, as well. If you start to develop blistering skin rashes that are very itchy on your elbows, knees and/or buttocks, you may be one of the 15-25% (National Institutes of Health , 2011) that suffer from Dermatitis Herpetiformis. Most people with this symptom exhibit no digestive symptoms of celiac disease (National Institutes of Health , 2011), which is why it is extremely important to take note of any skin changes and contact your doctor immediately. Rash symptoms can be treated with antibiotics and will subside once a gluten-free diet is started. Dermatitis Herpetiformis (DH) is also diagnosed through blood tests, and if results are positive, it is usually sufficient enough to confirm diagnosis of Celiac Disease.
- 5) Once you have a confirmed diagnosis, your doctor will strongly encourage you to see a dietician who is educated in Celiac Disease diets and can sit down with you and go over what is involved in eating gluten-free. Write down any questions/concerns that you may have about starting this new diet. You may be wondering what you are going to eat at holiday dinners, restaurants, social outings, vacations, etc. This is a diet that you will have to eat for your entire life, unless new research/pharmacological medications become available that allow you to consume gluten.

6) There are many options offered now in grocery stores and restaurants that are gluten-free, such as breads, pastas, dressings, marinades, sauces etc. It is important to have a positive attitude about this new lifestyle. If you are married, have children, or living with other people, you might want to bring them with you to your first appointment with your dietician and discuss the possibility of switching your family over to a gluten-free lifestyle (or somewhat gluten-free lifestyle, such as family dinners). Many dieticians will be happy to meet you at a grocery store and take you through an appropriate shopping list, as well as educate you on how to read nutrition facts information and how to look for key words that let you know a certain food is not gluten-free. Your dietician may also suggest vitamins and other supplements that will be vital to fill in nutritional gaps that gluten-free foods can lack, such as calcium, vitamin D, and fiber.

7) **Create a Gluten-Free Cooking Environment**

If you live alone or plan on making your home entirely gluten free, it is extremely important to create a gluten-free kitchen.

If you plan on having both gluten containing and gluten-free food in your home, it is important to determine which foods are “safe” for family members who have Celiac Disease. The University at Chicago Celiac Disease Center suggests that you use permanent markers to label foods “GF” (gluten-free) on all safe foods and condiments.

Before heading out to the grocery store and loading up on all gluten-free products, go over everything in your kitchen, pantry, refrigerator, freezer, etc. and start reading the labels. You may be surprised at how much of your items are gluten-free.

Here are some common items kept in households that may contain hidden gluten (The University of Chicago Celiac Disease Center, 2011)

Seasonings and Spice Mixes	<p>Pure spices do not contain wheat, rye or barley.</p> <p>Spice mixes (two or more spices blended together) do not commonly use wheat.</p> <p>Alternatively, seasonings are a blend of spices, herbs, or proteins that are combined with a carrier, including salt, sugar, milk powder, cereal flours (WHEAT) and starches.</p>
Dextrin	<p>May be derived from corn, waxy maize, waxy milo, potato, arrowroot, WHEAT, rice, tapioca, or sago; however two large U.S. manufacturers use cornstarch in their production</p>
Flavorings	<p>Gluten containing grains are rarely used. Flavorings are mostly derived from corn; exceptions include barley malt flavoring, or flavorings in meat products. However, natural flavor may be made from a variety of plant materials and should be confirmed with the manufacturer.</p>
Starch	<p>The FDA regulations state “starch” implies cornstarch, and if alternative starch is used it will be identified as such (i.e.: wheat starch)</p>
Mono and Di-glycerides	<p>An emulsifier made from specific fats or oils heated at high temperatures. Previously in questions because wheat can be added as a carrier with this food ingredient; the label will state if wheat is present</p>

(The University of Chicago Celiac Disease Center, 2011)

Recipes

Breakfasts

1. “ Holly’s Oatmeal” with Mixed Berries

Note: Oats have been a controversial topic in regards to including them in your diet. Oats themselves are safe to eat, but many manufacturing companies who produce oatmeal, generally also produce items that contain gluten and wheat, and thus cross contamination exists. There are gluten-free oats that can be found in most grocery stores (i.e.: Whole Foods) or can be ordered online.

Holly’s Oatmeal can be found online at www.hollysoatmeal.com and has been featured on the Today Show. The website offers a listing of various grocery stores in the United States who sell her oatmeal.

Cooking Instructions: (as provided by Holly’s Oatmeal Microwave Instructions)

Using a one-quart container, add ½ cup Holly’s Oatmeal and 1 cup of water, almond milk or soymilk. Microwave for 1-½ minutes, stir and repeat depending on your microwave.

Let cool for 1 minute. Add ½ cup of diced strawberries and blueberries, 1 tsp. chopped walnuts, and 1 tsp. brown sugar.

2. French Toast

Ingredients:

2 eggs, beaten

2 tsp. cinnamon

2 tsp. sugar

8 slices of “Udi’s” Gluten Free Bread

Instructions:

Beat two eggs in a shallow dish. Stir in cinnamon and sugar. Using a non-stick pan on medium heat, grease lightly with butter or cooking spray (read ingredients on spray to check that it is gluten-free).

Dip both sides of bread lightly in beaten egg mixture and gently place in the pan. When bottoms become golden brown and egg is cooked, flip to other side, approximately 1-½ minutes.

Serve with berries of your choice and powdered sugar.

3. Spinach, Feta, and Brown Rice Egg-white Omelet

Ingredients:

½ cup frozen spinach, thawed and drained

3 tbsp. plain feta crumbles

¼ cup instant brown rice, cooked

½ cup liquid egg whites

Instructions:

In a medium-sized bowl, gently mix spinach, feta crumbles, and cooked brown rice. Add salt and pepper to taste. Heat in microwave for thirty seconds or until warm.

In omelet pan, pour ½ cup of egg whites. Add mixture onto one side of pan. When egg white is cooked, turn one side over and slide the omelet out of the pan.

Garnish with fresh fruit on the side and gluten-free toasted bread.

4. Cornmeal Pancakes (gluten-free-chef.com, 2011)

Ingredients:

- 1 tbsp olive oil (plus a little more for frying)
- 2 eggs
- 3/4 cup milk (or milk substitute)
- 1 cup (4 oz) yellow cornmeal
- 1/2 cup (2 oz) rice flour
- 1 tbsp sugar
- 2 tsps baking powder
- 1/2 tsp salt
- 1 small tin sweet corn (whole kernel corn), drained

Instructions:

Heat a little oil in a frying pan.

Meanwhile, beat the eggs in a bowl, and then add in the milk. Whisk in the (Cooking Quinoa, 2011)flours, sugar, baking powder and salt.

Add the corn, along with the remaining olive oil and mix gently.

Take about 1/4 cup of mixture for each pancake and pour into the pan. Leave for a couple of minutes, gently shaking the pan once or twice, then turn the pancake over and cook the other side for another 2 minutes.

Serve with sliced apples or strawberries.

5. Cornmeal and Almond Flour Muffins (gluten-free-chef.com, 2011)

Ingredients:

¾ cup corn meal (yellow or white)

½ cup almond flour

2 tsp gluten free baking powder

1/2 tsp ground cinnamon

¼ cup raisins

1 eating apple, peeled and diced small

2 eggs

1 cup milk

3 tbsp. vegetable oil

5 tbsp. honey

Instructions:

Preheat the oven to 400 degrees F. Lightly grease a 12-cup muffin tin or line with paper cases. Sift the flours, baking powder and cinnamon in a large bowl and mix together. Add chopped apple and raisins. Place mixture in food processor and pulse until apple is incorporated into flour. In a separate bowl, mix together the beaten eggs, honey, oil and milk. Then pour wet mixture into the dry in the processor bowl. Give mixture a light pulse with processor and spoon out mixture into pan. Cook in the preheated oven for approx. 20-25 minutes, or until the muffins are springy to the touch and a fork inserted into the muffin comes out clean. Remove from the oven, and leave to cool for 5 minutes.

Lunches:

1. Greek Quinoa Salad (cookingquinoa.net, 2011)

Ingredients:

3 cups vegetable stock (check that it is gluten-free)

2 cups quinoa, rinsed

1 cup chopped red pepper

½ cup black olives

½ cup green onion

¼ cup red onion

1 cup cherry tomatoes, chopped

1 cup canned artichokes, chopped

4 ounces feta cheese

Dressing:

¼ cup lemon juice

¼ cup red wine vinegar

3 teaspoons minced garlic

2 tbsp. olive oil

salt and pepper to taste

Instructions:

Bring chicken in quinoa to boil in a saucepan. Cover and reduce to a simmer. Cook for 15-18 minutes. While quinoa is cooling, make dressing by combining all dressing ingredients. Combine vegetables in a large bowl. Stir in cooled quinoa and cheese. Mix in dressing and serve at room temperature.

2. Mediterranean Salad

Ingredients:

3 cups spring mix or baby romaine lettuce leaves

Cucumbers, sliced

Red onion, sliced

Grape tomatoes, halved

Feta cheese crumbles

Red onion, diced

Asparagus tips

Balsamic dressing (check for gluten free) otherwise try making your own dressings!

This is just an example of a salad you can make with a Mediterranean flare, but you can create your own salads with any beans, veggies, fruits, cheeses, proteins, as long as you check to make sure it's gluten free.

3. Black Bean Hummus with Cut-up Vegetables and Pita Chips

(www.foodnetwork.com)

Ingredients:

1, 16 ounce can garbanzo beans

1, 16 ounce can black beans

3 cups olive oil

Pinch ground cumin

½ tsp. cayenne

½ lime, juiced

½ tsp. salt

½ cup chili powder (check ingredients!)

pinch ground coriander

pinch ground cinnamon

$\frac{3}{4}$ tsp. tahini

1 bag prepared risotto pita chips from "New York Style" brand

cut-up celery, red peppers and carrot sticks

Instructions:

Mix all ingredients together and place in food processor in batches. Blend until smooth.

Measure out two ounces of hummus and serve with 1 serving pita chips and unlimited veggies of your choice.

4. Fresh Carved Turkey Melt on Brown Rice Cakes

Ingredients:

3 ounces carved turkey breast (from any deli counter)

2 brown rice cakes

two slices low-fat provolone cheese

beefsteak tomato slices

Instructions:

In a toaster oven or microwave, heat carved turkey and cheese until melted.

Place on top of brown rice cake and slice some tomato for on top.

Serve with fresh fruit

5. Oversized Stuffed Broccoli and Cheese Potato

Ingredients:

1 potato

fresh broccoli florets chopped fine

1/3 cup cheddar cheese

1/4 cup milk

Instructions:

Preheat oven to 400 degrees. Wash, dry and make three slits into the potato. Cook in the oven for one hour. Microwave broccoli in 1/2 cup water for two minutes, or until soft

On stovetop, combined milk, shredded cheddar cheese and broccoli and let cheese melt until a smooth sauce forms.

Once baked potato is ready, you can slice open into two halves and pour the mixture over the potato.

Dinners:

1. Beans and Rice (glutenfreeda.com, 2011)

Ingredients:

½ cup canned red beans, drained and rinsed
1, 15 ounce can black beans, drained and rinsed
1 cup cooked long grain white rice
1 tbsp. olive oil
½ cup crushed tomatoes with liquid
1 clove garlic, minced
½ cup celery, chopped
½ cup onion, chopped
½ cup red pepper, chopped
dash of gluten free hot sauce
1 tsp chili powder
½ tsp cumin
¼ cup cilantro, chopped
pinch of salt and red pepper flakes

Instructions:

In large heavy skillet, sauté onion, celery, red pepper and garlic in olive oil. Add beans, tomatoes, chili powder, cumin, hot sauce and red pepper flakes and mix well. Mix in rice and cilantro along with salt to taste. Cook on medium heat until warmed throughout. Crumble CORN tortilla chips and cubed avocado pieces on top, if desired.

2. Vegetable Crepes (glutenfreeda.com, 2011)

Ingredients:

¼ cup gluten free flour

¼ cup milk

2 tablespoons lukewarm water

1 large egg

1 tbsp. unsalted butter, melted

pinch of salt

Cheese sauce:

1 tbsp unsalted butter

1 ½ tbsp gluten free flour

1 ½ cups 1% milk

¾ cup shredded cheddar cheese

¾ cup shredded gouda cheese

salt and pepper to taste

½ head of cauliflower or other vegetables

chopped chives for garnish

Instructions:

In food processor, combine gluten free flour, milk, lukewarm water, eggs, butter and salt until smooth. Pour batter into a pitcher or a container with a pouring lip. Cover with plastic wrap and let stand for 20 minutes.

Place a non-stick crepe pan over medium heat. Coat pan with a little butter. Stir batter and pour about 2 tbsp. into pan, lifting pan off heat and tilting pan so batter forms an even, very thin layer, Cook until crepe top is set and underside is golden. Turn crepe

over, using your fingers or a spatula, and cool until second side is lightly browned.

Remove crepe to a piece of wax paper and continue cooking crepes.

For the cheese sauce: Add gluten free flour to a medium saucepan and gradually add milk, whisking until blended. Place over medium heat, add butter and cook until thick, whisking until blended. Place over medium heat, add butter and cook until thick, whisking constantly.

Remove from heat and add shredded cheeses, stirring until melted and combined.

Steam vegetables until tender.

To assemble, place a crepe on a plate, top with vegetables, drizzle with cheese sauce.

Fold crepe and drizzle with more cheese sauce. Garnish with fresh chives.

Add a piece of grilled chicken or steak, if desired.

3. Grilled Steak with Sweet Potato Fries and Roasted Asparagus

Ingredients:

4 sweet potatoes, cut into fries

4 steaks of your choice, seasoned with salt and pepper

1 batch of asparagus stalks, ends trimmed and washed

Instructions:

On a nonstick pan, spread sweet potato fries out over the pan and place in a 400-degree oven for approximately 30 minutes or until golden brown.

Grill steaks to your liking and steam asparagus lightly.

This is an easy gluten-free dinner, that does not involve any purchasing of special gluten-free products and makes an easy family dinner.

4. Roasted Eggplant and Zucchini Lasagna (glutenfreeda.com, 2011)

Ingredients:

1 lb zucchini cut into 1/2" pieces

1 lb eggplant cut into 1/2" pieces

5 tbsp olive oil

6 garlic cloves, minced

salt and fresh ground pepper

1-28 ounce can crushed tomatoes

2 tbsp chopped basil

2 tbsp chopped parsley

12 dried gluten free no boil lasagna pasta (De Boles brand)

4 cups shredded Mozzarella cheese

1 cup shredded Parmesan cheese

Instructions:

Preheat oven to 400 degrees F. Place zucchini, eggplant garlic cloves, olive oil in a large bowl and toss. Season to taste with salt and pepper. Divide vegetables between two baking sheets and place in the oven for 35 minutes, tossing periodically. Heat a large heavy skillet over medium heat and add remaining oil and garlic and cook until fragrant, about 2 minutes. Add tomatoes and simmer for 10 minutes until slightly thickened. Add basil and parsley and season to taste with salt and pepper. Pour sauce into a large measuring cup and add enough water to make 3 1/2 cups.

Spread 1/2 cup sauce in bottom of greased 13x9 baking dish. Top with three noodles, then 3/4 cup vegetables, then 1/2 cup sauce, then 3/4 cup mozzarella, then 2 tbsp. parmesan. Repeat with two more layers of noodles in the same pattern.

Preheat the oven to 375 F. Cover the baking dish with foil and bake for 25 minutes.

Remove the foil and bake for another 15 minutes. Remove from oven and let rest for 5 minutes before serving.

5. Chicken Fajitas (glutenfreeda.com, 2011)

Ingredients:

Gluten free hot sauce

3 tbsp. Olive oil

Fresh limejuice

1 lb chicken breasts sliced into strips

1 red pepper cut into strips

1 green pepper cut into strips

1 yellow onion, halved and sliced

1 yellow pepper cut into strips

salt and pepper

Gluten free tortillas

Instructions:

In large bowl, combine chipotle sauce, garlic, 2 tbsp oil, and lime juice. Add chicken and marinate for 30 minutes.

Preheat oven to 250 degrees F.

Heat a large skillet. Add tortillas one at a time, warming them quickly over high heat, turning once until softened, about 15 seconds per side. Wrap in foil and keep warm in oven.

Heat 2 tbsp oil in skillet until almost smoking. Add red, yellow, green peppers, and

onions and cook, stirring until tender and lightly charred, about 5 minutes. Season with salt and pepper, transfer to a large plate and keep warm in oven.

Add remaining 1 tbsp of olive oil to skillet and heat just until smoking. Add chicken to the skillet in a single layer, season with salt and pepper and cook until browned. Transfer to plate and cook remaining chicken. Return all chicken to skillet, continue cooking for 1 minute.

Mound chicken on a plate and serve it with tortillas, onion and peppers. Serve cilantro as a garnish.

Add cheese, avocado, diced tomato to tortillas.

Snacks:

Gluten-free snacks can be fast and easy. Here are a few ideas for midmorning and afternoon snacks:

Sweet Potato Fries (as mentioned in dinner recipe)

Frozen Grapes

Natural Peanut Butter on Celery sticks

Cheddar cheese slice with green apple

Hard-boiled eggs

Larabars

Brown Rice tortilla chips with hummus

Example of a Weekly Plan with Recipes

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Gluten Free Oatmeal with Berries and Walnuts	French Toast with side of fruit	Spinach, Feta and Brown Rice Omelet	Cornmeal Pancakes	Cornmeal and Almond Flour Raisin Muffins
Lunch	Greek Quinoa Salad	Mediterranean Salad	Black Beans Hummus with Veggies and Pita Chips	Turkey Melt on Brown Rice Cakes	Broccoli and Cheese Stuffed Baked Potato
Dinner	Bean and Rice	Grilled Steak with Roasted Asparagus and Sweet Potato Fries	Eggplant and Zucchini Lasagna	Vegetable Crepes	Chicken Fajitas
Snacks (2) (mid-morning and afternoon)	Frozen Grapes Natural Peanut butter on celery sticks	Larabar (gluten free fruit and nut bar) Brown Rice Chips with pico del gallo or salsa	Cheddar cheese with green apple 1 cup fresh strawberries with 10 roasted almonds	Mixed berries sprinkled with cinnamon and sugar Apple with natural peanut butter	Brown rice cake with natural peanut butter Sliced strawberries and bananas drizzled with ½ tbsp honey and cinnamon

Recommended Resources: Below, you will find credible websites and books that will help you find meal ideas, connect with a community of people who have Celiac Disease, and educate you on your new gluten-free lifestyle.

Websites:

- 1) American Dietetic Association: www.eatright.org
- 2) www.glutenfreeda.com
- 3) www.celiac.org
- 4) www.celiaccenter.com
- 5) www.gluten-free-chef.com
- 6) Celiac Disease and Gluten-Free Diet Support Center: www.celiac.com
- 7) Food Allergen Labeling Consumer Protection: www.cfsan.fda.gov/~dms/algract.html
- 8) Food and Nutrition Information Center: www.nal.usda.gov/fnic
- 9) Triumph Dining Cards: www.triumphdining.com
 - this has information on dining cards that can be used in restaurants to explain the gluten-free diet and are available in multiple cuisines and languages. (Tricia Thompson, 2006)

Books:

- 1) Case, Shelley. *Gluten-Free Diet: A Comprehensive Resource Guide*. Revised edition. Regina, Canada: Case Nutrition Consulting; 2006.
- 2) Koeller, Kim, and Robert La France. *Let's Eat Out! Your Passport to Living Gluten and Allergy Free*. Chicago, IL: R & R Publishing; 2005.
- 3) Ries, LynnRae. *Waiter, Is There Wheat in My Soup? The Officials Guide to Dining Out, Shopping, and Traveling Gluten-Free and Allergen-Free*. Phoenix, AZ: What No Wheat Publishing; 2005.

Magazines:

- 1) Gluten-Free Living
 - www.glutenfreeliving.com
- 2) Sully's Living Without
 - www.livingwithout.com

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