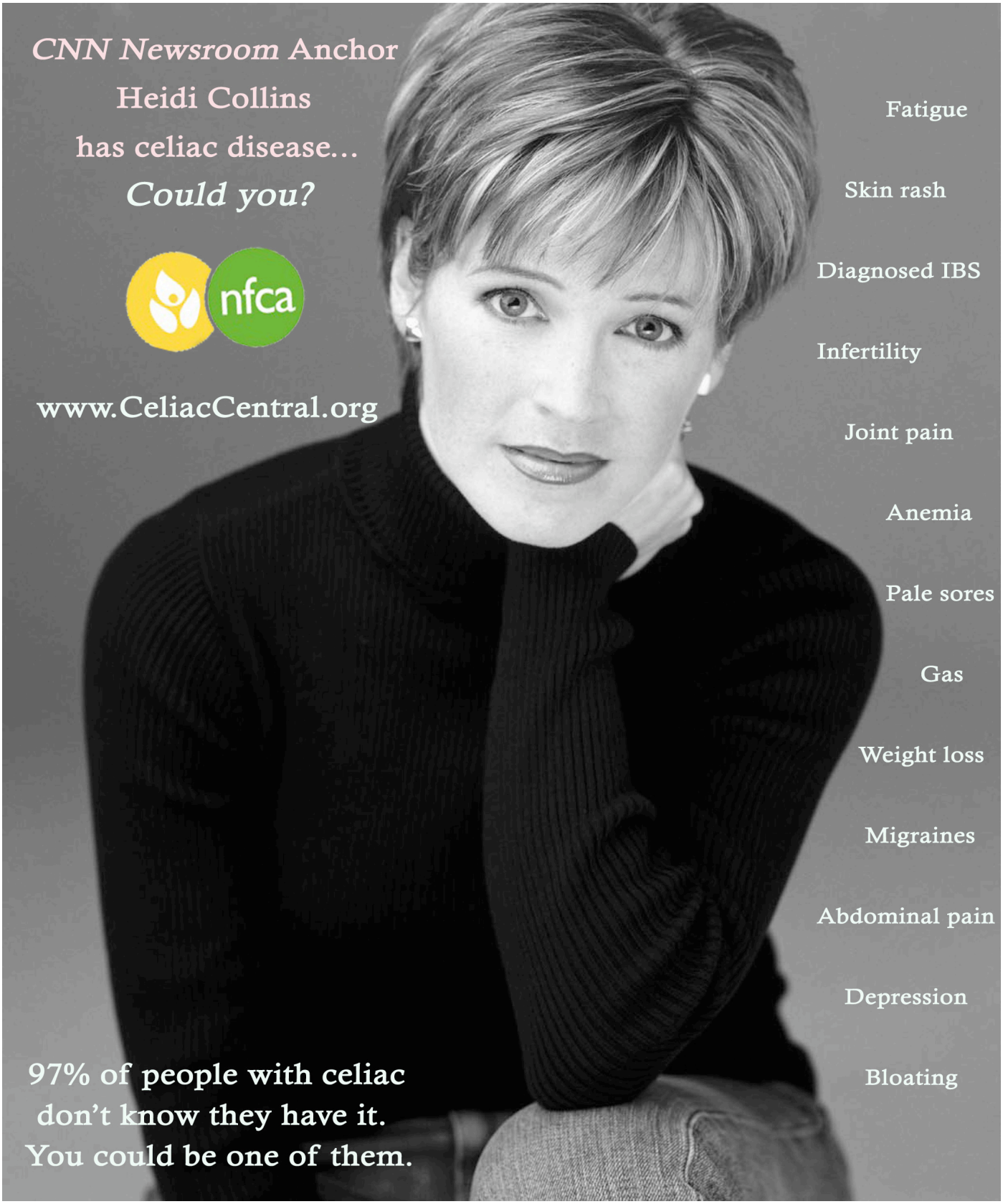
Getting Started

Celiac Disease & the Gluten-Free Diet



www.CeliacCentral.org

Dear Celiac Friend,

If you just found out you have celiac disease, don't freak out! I know it's a bummer thinking about all of the foods you will miss, but believe me, there are so many foods you CAN eat. There have been incredible improvements in gluten-free foods and from someone who has been described as a "picky-eater," I am here to tell you—I eat almost everything I want every single day of my life! I can honestly say that eating gluten-free isn't even a second thought for me now. I have been on the diet for three years and the idea of cakes, cookies, bread or pasta is still exciting for me. I know what brands taste good and I truly enjoy eating them. I am famous for cooking and baking gluten-free foods for friends and co-workers and then not telling them they are gluten-free until after they eat them. The undeniable fact is...they truly don't know the difference and there are never any leftovers! You have to think about your health and simply be a bit more creative when it comes to cooking at home.

Please take the time to explore all of the food items available to you by going to the grocery store...and yes, many of the mainline grocery chains have entire gluten-free sections now. The tricky part will be eating out. Even though many restaurants have gluten-free menus, the issue is cross contamination. The kitchen must be aware of the strict guidelines for preparing a gluten-free meal. They may have gone to the trouble of making sure their ingredients are gluten-free, but then the same knife that is used to cut a loaf of bread, could be used for something on your plate.

These are the critical questions to ask. Make sure your server is well aware and go the extra mile to get the manager involved.

Enjoy the healthy new lifestyle you are about to have! Just imagine how much better you will feel and what your long-term health can be now.

Listen—if my 6-year-old son can do it, YOU CAN DO IT TOO!!!

All my best,

Heidi Collins
CNN Newsroom Anchor and NFCA Spokeswoman

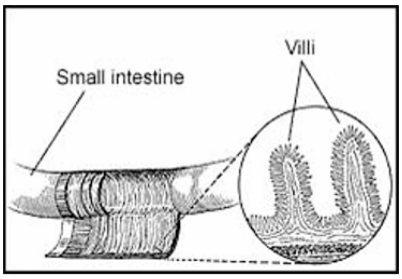
What's Inside?

What is Celiac Disease?

Do you or someone you know pass an unusually large amount of smelly gas? Run to the bathroom every time you eat? Experience migraine headaches or an itchy skin rash? Have difficulty getting pregnant or an early case of osteoporosis? If so, the diagnosis may be celiac disease, classified by the National Institutes of Health as a common disease that affects up to three million Americans.

General Definition of Celiac Disease:

Celiac disease (also referred to as celiac sprue, non-topical sprue, and gluten-sensitive enteropathy) is an autoimmune disorder--where the immune system attacks the tissues of the body --triggered by consuming a protein called gluten, found in wheat, barley and rye, which interferes with the absorption of nutrients from food by damaging a part of the small intestine called villi. Damaged villi make it nearly impossible for the body to absorb nutrients into the bloodstream, leading to malnourishment and a host of other problems including cancer, osteoporosis, infertility, diabetes, and the onset of other autoimmune diseases.



Who Gets Celiac Disease?

Nearly one out of every 133 Americans has celiac disease, equivalent to nearly 1% of the U.S. population. However, 97% of people with celiac disease remain undiagnosed or misdiagnosed. Translated, into numbers, this means that up to three million Americans have celiac disease and only about 100,000 know they have the condition.

Celiac disease is a genetic disorder, meaning that it passes from parent to child via DNA. In some cases, stressful events like pregnancy, surgery, infection, or severe emotional distress can trigger the onset of the disease.

Symptoms of Celiac Disease

Celiac disease is a common autoimmune disorder with a wide variety of symptoms that can manifest in completely different ways depending on the patient. With nearly 300 symptoms associated with the disease, doctors often have difficulty diagnosing it and in many cases misdiagnose patients with other conditions such as irritable bowel syndrome.

Although the most commonly reported symptoms are gastrointestinal, many people experience no intestinal issues and some patients feel no discomfort in any part of their body at any time.

The most common gastrointestinal issues include:

- Abdominal pain
- Bloating
- Gas
- Constipation
- Decreased appetite (may also be increased or unchanged)
- Diarrhea
- Nausea
- Bloody or fatty stools

Despite the long list of symptoms, some patients are asymptomatic and experience no symptoms. Anyone who suffers from unexplained symptoms for several months should speak to their doctor about the possibility of celiac disease being the cause. In all cases of celiac disease, a delayed diagnosis can increase the risk of worsening symptoms, development of new symptoms and other complications.

Common non-intestinal symptoms include:

- Anemia
- ADD/ADHD
- Bone and joint pain
- Depression
- Enamel defects on teeth
- Fractures or thin bones
- Failure to thrive in childhood (delayed growth)
- Fatigue
- Infertility or pregnancy complications
- Itchy skin rash (Dermatitis herpetiformis)
- Migraine headaches
- Osteoporosis or osteopenia
- Pale sore in mouth

nfca
NATIONAL FOUNDATION FOR CELIAC AWARENESS

Diagnosis of Celiac Disease

With a wide variety of symptoms associated with celiac disease, gaining an accurate diagnosis can be difficult in many cases. To determine if a patient has celiac disease, a physician can screen by using an antibody test, genetic test or a small intestine biopsy. Although there are three options, the only definitive test is the small intestine biopsy.

Antibody Celiac Test

When a physician orders an antibody test to diagnose celiac disease, he or she is measuring anti-endomysium and anti-tissue transglutaminase. The antibody test will determine the response a patient's body is having to the gluten protein. A person with celiac disease will have higher-than-normal antibody levels.

The antibody test is made up of a panel consisting of Anti-Tissue Transglutaminase (tTG-IgA), Total Serum IgA and anti-endomysial antibody (EMA-IgA). In order for an accurate test, patients must be eating gluten regularly.If a patient has a positive antibody test, they will need a small intestine biopsy to confirm a celiac diagnosis.

Genetic Testing

The genetic test is used for two reasons. The first is to rule out a celiac disease diagnosis if the HLA-DQ2 and HLA-DQ8 genes are not present. If a patient does not have these genes, it is impossible for them to develop celiac disease. In this case, they would not need to have a follow-up antibody test or endoscopy.

The second reason for the genetic test is to determine a possible celiac diagnosis in patients that are already on a gluten-free diet. Having the HLA-DQ2 and HLA-DQ8 genes does not automatically mean a person has celiac disease, but it does put them in a high-risk group that requires further testing, such as the antibody test or small intestine biopsy.

Small Intestine Biopsy

If a patient receives a positive antibody or genetic test, it is recommended that he or she undergo a small bowel biopsy to determine if there is damage to the villi. The biopsy is taken using an endoscope, which is a long, thin tube that the physician weaves through the mouth and stomach to reach the small intestine. The biopsy is the only way to determine an accurate celiac diagnosis.

Treatment of Celiac Disease: A Gluten-Free Diet

The treatment for celiac disease is simple: a gluten-free diet. There are no medications or surgeries that can cure the autoimmune disease. What is gluten? Gluten is a protein found in all forms of wheat, barley and rye.

The gluten-free diet is a lifelong commitment for people with celiac disease. Eating any amount of gluten, no matter how tiny it is, can cause damage to the villi of the small intestines and prevent patients from absorbing nutrients into the bloodstream.

A physician will typically recommend that a newly diagnosed celiac disease patient visit with a dietitian or nutritionist. These professionals can help someone with celiac learn to read food labels and identify foods that are acceptable on the gluten-free diet. They can also help patients network with local celiac support groups and find grocery stores that specialize in gluten-free food items. This will help a patient begin living with celiac disease in his or her daily life.

On the next page, you will find a step-by-step guide to living a gluten-free lifestyle.

Most patients who strictly follow the gluten-free diet will experience relief of symptoms within a few days, although it will take up to six months for the small intestine to heal in children and up to two years to heal in adults.

However, a small number of patients will continue to experience symptoms even when following the gluten-free diet. This is called unresponsive celiac disease and generally occurs when the small intestine has been severely damaged by celiac disease. According to the National Institutes of Health, researchers are currently working to develop a drug therapy to treat patients with unresponsive celiac disease.

How to Live with Celiac Disease

Many diseases require treatment with medication or surgery. Not celiac disease. The only treatment is a lifelong gluten-free diet; eliminating all forms of wheat, barley and rye.

Eating any amount of gluten can cause damage to the small intestines and prevent nutrients from being absorbed into the bloodstream.

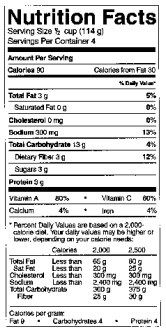
Eliminating these popular foods from the diet can seem overwhelming when a patient is first diagnosed, but with a little extra effort in the kitchen, people with celiac disease can eat delicious food that tastes just as good as their glutinous counterparts.

Steps to living with celiac disease:

1. Accept that you have celiac disease.
The first step towards managing a successful gluten-free diet is accepting the fact that you have to. Keep in mind that you are finally on the road to becoming healthy. Having a positive attitude will make managing the diet a much easier task.

2. Schedule an appointment with a dietitian or nutritionist
As soon as you receive a celiac disease diagnosis, you should ask your doctor for a referral to see a dietitian or a nutritionist. These professionals can help you learn the basics of a gluten-free diet and make suggestions to get your body healthy. Dietitians also receive hundreds of samples from food vendors, so they may have gluten-free items for you to sample.

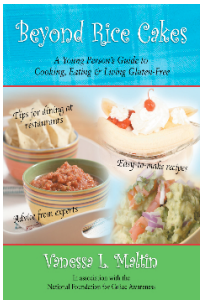
3. Learn what foods contain gluten
Gluten is a protein found in all forms of wheat, barley and rye. This means that most forms of bread, pasta and other baked goods you will find on the grocery store shelves. You will also need to learn all of the unsafe grains.



4. Learn how to read food labels
It is important to always read the labels of prepared, canned and packaged foods to be sure no gluten has been added to them. Plain meat, poultry, fish, fruits and vegetables are all naturally gluten-free, as are rice, potatoes, corn and quinoa.

5. Research gluten-free vendors
As more people are diagnosed with celiac disease, the gluten-free marketplace will continue to expand with better tasting products on more grocery store shelves. There are hundreds of gluten-free products available:bread, pizza, pasta, cookies, cakes and crackers. The products are available in mainstream grocery stores such as Whole Foods, Wegmans, Safeway, Giant, Publix, and even Wal-Mart.

6. Purchase gluten-free cookbooks and learn to cook
There are hundreds of cookbooks available that offer tasty gluten-free recipes. Head to your local bookstore and start browsing through the cookbook section. Here are some of our recommendations:



- Fenster, Carol – *Cooking Gluten-Free: 200 Flavorful Recipes for People with Food Allergies and Multiple Food Sensitivities*
- Hagman, Bette – *The Gluten Free Gourmet*, etc. (More titles in this series)
- Korn, Danna – *Kids with Celiac Disease: A Family Guide to Raising Happy, Healthy Gluten-Free Children* and *Wheat-Free, Worry-Free: The Art of Happy, Healthy Gluten-Free Living* http://www.glutenfreedom.net/
- **Maltin, Vanessa –** *Beyond Rice Cakes* **– www.celiaccentral.org**
- Riley, Rebecca – *Gluten-Free Baking*
- Ryberg, Roben – *The Gluten Free Kitchen*
- Sanderson, Sherri – *Incredible Edible Gluten-Free Food for Kids: 150 Family-Tested Recipes*

7. Prevent cross-contamination at home
Learning to prevent cross-contamination is key to maintaining a gluten-free diet. This means separating gluten-free products from other items in your pantry and washing all cooking surfaces before preparing gluten-free foods.

8. Educate your family
You must educate your family about the gluten-free diet and how to prevent cross-contamination. Remind your family not to share utensils, pots and pans, toasters and other cooking items without thoroughly washing them. For example, teach your family not to dip a knife in peanut butter that has already touched a piece of bread.

9. Attend local celiac support group meetings
Most cities in the United States have a celiac support group. Lookup your local chapter and attend a meeting. You will meet people and learn which restaurants are gluten-free friendly. Vendors send product samples to most meetings, so this is a great opportunity to taste gluten-free goodies.

10. Join a celiac disease Meet-Up Group
Celiac Disease Meet-Up Groups are a new social phenomenon! In major cities, celiac patients have joined together to eat out at restaurants.

11. Schedule annual follow-up appointments with your doctor
To make sure you are adhering to the gluten-free diet, schedule annual exams to receive the celiac antibody test. If your blood test comes back normal, it will confirm that you are maintaining a completely gluten-free diet!

12. Eat at restaurants. Ask a lot of questions, but don't give up your social life! Here is a list of National Restaurants that have gluten-free options:

- Austin Grill – www.austingrill.com
- Bone Fish Grill – www.bonefishgrill.com – 866-880-2226
- Boston Market – www.bostonmarket.com – 800-365-7000
- Chick-Fil-A – www.chick-fil-a.com – 866-CFA-2040
- Carrabba's Italian Grill – www.carrabbas.com
- Dairy Queen – www.dairyqueen.com – 952-830-0200
- Don Pablo's – www.donpablos.com – 800-372-2567
- Legal Sea Foods – www.legalseafoods.com
- Maggianos – www.maggianos.com
- Mitchell's Fish Market – www.cameronmitchell.com – 614-621-3663
- Outback Steakhouse – www.outback.com
- P.F.Changs – www.pfchangs.com – 866-PFCHANG
- Red Lobster – www.redlobster.com – 800-562-7837
- Texas Roadhouse – www.texasroadhouse.com – 800-TEX-ROAD
- Wendy's – www.wendys.com – 614-764-3100

UNSAFE INGREDIENTS

Sticking to a gluten-free diet can be difficult if you don't know what foods contain gluten. If you have celiac disease or a gluten intolerance you must avoid all forms of wheat, barley and rye.

The following grains should not be consumed as they are derived from either wheat, barley or rye.

Wheat	Rye	Barley	Bran
Bulgur	Couscous	Durum	Eikorn
Emmer	Farina	Faro	Graham
Kumut	Matzo meal	Malt flavor	Orzo
Panko	Malt vinegar	Seitan	Semolina
Spelt	Tritacle	Udon	

Gluten is often found in places you would never suspect. Below is a list of common hidden sources of gluten.

Hidden Sources of Gluten

Vitamins	Toothpaste	Lipgloss	Chapstick
Lipstick	Communion wafers	Dairy substitutes	Dextrin
Hydrolyzed protein	Imitation seafood	Licorice	Lunch meats
Modified food starch	Playdough	Seasonings	Soy sauce

Gluten-Free Safe Substitutes

If you don't use the correct substitutes when replacing wheat flour in gluten-free recipes, your cookies may come out of the oven flat and tasting like rubber.

Below is a list of the most useful gluten-free flours that can be substituted in recipes that call for wheat flour.

Almond Meal Flour
Almond meal flour is made whole almonds that have been finely ground into a powder. It is used in cookies, cakes and other desserts. Be sure to store almond meal flour in the freezer.

Aramanth
Amaranth has a very high protein and fiber content and adds a nutty flavor to gluten-free baked goods. It is most commonly used in combination with other flours to make breads, pasta, pancakes ad other recipes.

Buckwheat
Although Buckwheat is a grain-like ingredient, it has no relation to wheat and is therefore gluten-free. Buckwheat is used throughout Europe to make pancakes and serves as a fantastic alternative for gluten-free cooking, especially when used to make breakfast cereal and lower calorie gluten-free breads.

Coconut Flour
Coconut flour is a delicious and healthy alternative flour that has a high fiber content. It provides a natural sweetness and added moisture to baked goods.

Cornstarch
Cornstarch is made by grinding up the starchy portion of a corn grain and turning it into a very fine powder. Cornstarch is typically used as a thickening agent, such as for soups, sauces and stews. It is also used in pre-made gluten-free flour blends because it creates a smoother texture.

Guar Gum
Guar gum is made from guar beans and has eight times the thickening ability of corn starch. It works well for thickening sauces and is often used to make gluten-free breads.

Potato Flour
Potato flour is made by grinding potato roots and subsequently removing the fibrous material. Potato flour is most commonly used to thicken sauces and is generally included in gluten-free flour blends because it adds moisture to baked goods.

Sorghum Flour
Sorghum flour is a millet-like grain and adds a strong flavor to gluten-free baked goods. Add in about 1/8 cup to enhance the flavors of breads, cookies and cakes.

White Rice Flour
White rice flour is made from finely ground white rice and is most often used as a replacement for wheat flour in gluten-free breads.

Xanthan Gum
Xanthan gum is used to add volume or fluffiness to gluten-free bread and other baked goods. It is made from Xanthomonas and is a natural carbohydrate.

Where to Purchase Gluten-Free Food?

Grocery Stores:

Andronico's Market – www.andronicos.com
Giant – http://www.giantfood.com
Hannaford Supermarkets – www.hannaford.com
Mollie Stones – www.molliestones.com
Safeway – www.safeway.com
Shoppers – http://www.shoppersfood.com
Trader Joes – www.traderjoes.com
Wegmans – www.wegmans.com
Wild Oats – www.wildoats.com
Whole Foods – www.wholefoods.com

Specialty Gluten-Free Vendors (alphabetically):

1-2-3- Gluten Free, Inc.
www.123glutenfree.com
1-2-3 Gluten Free, Inc. is committed to providing foods that are easy as 1-2-3 to prepare and that taste delicious. Our goal is to set a new standard in the taste of gluten free foods and, if you check out some of our testimonials, you'll see we are exceeding that goal. Our products are manufactured in a dedicated gluten-free (and peanut-free, nut-free and allergen-free) kosher facility utilizing only gluten-free ingredients. Your health is our number one priority.

Allen Creek Farm
www.ChestnutsOnLine.com
Suppliers of gluten-free chestnut products including chestnut flour, bread mix and pancake mix.

Anna's Swedish Delights
www.annasswedishdelights.com
Growing up in Märsta, Sweden Anna learned how to bake in her mother's kitchen. Today she incorporates her mother's recipes into her own. They are always unique, always gluten free, and carefully prepared by Anna's own hands.

Arico Foods
www.aricofoods.com
Arico Natural Foods is a food artisan company based in Beaverton, Oregon. We are dedicated to enhancing the values of taste, flavor, texture and convenience for people living gluten free and casein free. Our ultimate wish is to enhance quality of life and promote proper growth and development of the body.

Bell & Evans
www.bellandevans.com
Bell & Evans® is a pioneer in the natural foods market. For four generations, beginning in the 1890's, we have been providing the highest quality poultry to the upscale market. Our chickens are raised and processed in the heart of the Pennsylvania Dutch Country, in our modern facility, using only the latest technology. Today Bell & Evans is a leading producer of chickens raised without antibiotics. Over the years we have been asked to develop a line of Gluten Free products, and after two years of product development they are ready for market. Great care has been given to protect against gluten containing products from coming in contact with Gluten Free products.

Bob's Red Mill
www.bobsredmill.com
Bob's Red Mill Natural Foods produces more than 400 products, including a full line of certified gluten free products and an extensive line of certified organic products. Bob's Red Mill has been praised again and again for our dedication to producing products that are free from gluten. People suffering from celiac disease, gluten intolerance, wheat allergies, or are avoiding gluten for other health reasons can feel assured by the Bob's Red Mill Gluten Free symbol on all our certified gluten free products. This symbol informs those following a gluten free diet that our products are produced in a dedicated facility free from wheat and other gluten containing grains or derivatives.

Boynton Family Restaurant
www.boyntonrestaurant.com
The Boynton Restaurant is nestled in the heart of the city of Worcester. Conveniently located on Highland Street just 2 minutes off of Route 290, The Boynton provides the best of both worlds; easy access and an outstanding dining experience. They offer excellent gluten-free pizza seven days a week, as well as a friendly bar, multiple TVs and ample parking behind the building.

Brazilian Cheesebread Company
www.braziliancheesebreadco.com
Originating from Brazil, the cheese bread, or "pão de queijo" is made with tapioca flour, cheese, and lots of love. Dangerously addictive and a tad bit healthy, our delightful recipe uses the finest ingredients money can buy. Brazilian cheese bread is naturally wheat-free, gluten-free, low-carb and sugar-free. It is a great bread alternative for low-carb dieters and individuals with diabetes or celiac disease. Brazilian Cheesebread Company supports NFCA's mission to spread celiac awareness and improve celiacs quality of living.

CandyXpress.com
Candy Xpress is more than just an online candy store. It is a family owned business that has been distributing candy and a full line of confectionery and health and beauty products for three generations. Candy Xpress carries a broad range of candy and snack products, including an outstanding collection of Gluten Free candy items.

Cormier's Kitchen
www.cormierskitchen.com
Glenn A. Cormier, chef and company owner, developed his sauce almost 20 years ago working in fine kitchens and at home. The fast pace of the line called for a hassle free, quick marinade and Cormiers Gold was the answer. With relatives and friends knocking at the door with containers he knew he had a winner.

The Celiac Exchange
http://www.theceliacexchange.com
Theceliacexchange.com is a site where you can purchase gluten-free products and get quick, useful information about living the gluten-free life. This site is designed to be an easy-to-follow reference including lists of key ingredients that are good/bad for celiacs, popular brand name products that are acceptable, and more.

Celiac Specialties
www.celiacspecialties.com
Celiac Specialties offers delicious wheat, gluten and casein-free products and homemade baked goods at their store location in Chesterfield, MI.

Chebe Bread
www.chebe.com
Chebe Bread is a unique bread product based on the Brazilian "pao de queijo" (Brazilian cheese bread). It is delicious, quick and easy to prepare, and it is gluten free, wheat free, and yeast free! Chebe is a cheese lover's gourmet bread product. Our line of Chebe products includes gluten free, oven-ready frozen dough and gluten free bread mixes. And all of our products are nut free, soy free, potato free, and rice free. Five of our gluten free bread mixes are also lactose free and casein free.

The Dietary Shoppe
www.dietaryshoppe.com
The Dietary Shoppe is a retail and web based store with a large selection of gluten-free or gluten and casein-free, low sodium or sugar-free foods.

Domata Living Flour, Inc.
www.domatalivingflour.com
Gluten Free Flour, masterfully blended all-purpose flour with Rice, Corn, Tapioca Flours and Xanthan Gum

Elana's Pantry
www.elanaspantry.com
Elana's Pantry is an online resource that stocks reader's lives with gluten-free, organic wholesome goodness. Provides forums, gluten-free recipes, updates on Elana's cooking lessons and much more!

Empire Torte
www.empiretorte.com
Empire Torte is a small confection house that specializes in making a 100% gluten-free world class American style torte. The distinctive flavor and rich, dark density of their torte comes from chocolate made of the rare Venezuelan cacao bean, the world's finest. Empire Torte uses extreme care and patience in creating their dessert. As a result, the taste is exquisite.

Ener-G Foods
www.ener-g.com
Our mission at Ener-G Foods, as one of the foremost producers of foods for diet-restricted individuals, is to provide a wide range of ready-made foods and mixes that are wholesome, nutritious, delicious, and risk free. We are constantly responding to the demand for special diets with research, innovative products and convenience foods. We not only offer wheat free, gluten free products, but also products for low protein diets and dairy free products. Our bakery is dedicated to wheat free, gluten free baking, guaranteeing that contamination from gluten will not occur.

Enjoy Life Foods
www.enjoylifefoods.com
At Enjoy Life, our whole business is making smile-good foods that keep people’s insides happy too. That’s why all of our foods are specially made to be gluten-free and free of the 8 most common allergens, which account for 90% of all food allergies. Our mission is to make delicious products that just about everyone can eat freely. We promise they’ll make you smile inside out!

Foods By George
www.foodsbygeorge.com
Progressive in their thinking, Foods By George has been leading a culinary revolution in wheat-free, gluten-free baking since its inception in 1991. A wholesale bakery with a passion for food, Foods By George is dedicated to bringing quality food choices to the gluten-free community, without compromising taste.

Food Should Taste Good
www.foodshouldtastegood.com
Food Should Taste Good is committed to engaging consumers' growing desire and need for healthy, unique, and delicious snacks. The company markets and sells its products (delicious, gluten-free tortilla chips) in various retail food channels throughout the United States. In all of its interactions with consumers, retail and distribution partners, and suppliers, the company nurtures its integrity through the values of honesty, creativity, and fun.

Gaga's SherBetter
www,gogagas.com
Gaga's SherBetter, which began with the secret recipe of our grandmother, Jessie McRae King, aka "Gaga", is taking its show on the road! The original lemon was first created in a small kitchen in Kennebunkport, Maine. Now, the same mouthwatering blend of creamy and tangy flavors from our pints is offered as SherBetter on a Stick. We like to think of it as comfort food for the soul. Wholesome, natural, unique and wonderful.

GFN Foods (Gluten Free Naturals)
wwwgfnfoods.com
GFN Foods makes Gluten-Free Naturals baking mixes and other gluten-free products. We set out to create products that were the same in taste, texture and color as foods containing gluten - so you can savor the foods you miss (or could never have). That means tasty brownies, pancakes, cookies, pizza crusts, cakes and other products that you can serve to celiacs and non-celiacs alike - one batch to please everyone.

Gf-Zing!
www.gfzing.com
A gluten-free webpage and dedicated to cater to people with a gluten intolerance. GF-Zing is a a gluten-free web log that celebrates gluten-free recipes, products and much more.

Giant Food
http://www.giantfood.com
Giant Food LLC was founded in 1936 in Washington, D.C. Today, the company serves customers in the Baltimore/Washington market area and Delaware. The Giant Family now includes approximately 21,000 associates. In 1998, Giant became a member of the Royal Ahold international family of fine grocery stores.

Gillian's Foods
www.gilliansfoods.com
Gillian's Foods facility is dedicated to a gluten and wheat free environment. Our products include gluten free rolls, bread, pizza dough, pizzas, pie shells, pies, bread crumbs, rice flour, potato flour, tapioca flour, and gluten and wheat free mixes. You can choose from our wheat free, gluten free and dairy free foods that will help you maintain a balanced, healthy diet -- without sacrificing the taste you deserve. We provide foods you love, without the harmful ingredients you must avoid.

Glutenfreeda
www.glutenfreeda.com
The Glutenfreeda program was created to help people with Celiac Sprue Disease learn to prepare all the foods they love, gluten-free. Our goal is to show the gluten-intolerant how to eat well, eat healthy and how to function happily in a gluten-engorged world. Glutenfreeda recipes will be enjoyed by your entire family and were selected to make eating a delicious experience, not a sacrifice.

Gluten-Free Cookbooks
http://www.gfbooks.homestead.com/
Gluten-Free Cookbooks is an online gluten-free bookstore run by author Connie Sarros. Ms. Sarros has written five gluten-free cookbooks and has personally created, cooked, and tasted every recipe in each of her cookbooks.

The Gluten Free Mall
www.glutenfreemall.com
Since 1998 the Gluten Free Mall has offered online shopping for those on gluten-free diets. The Gluten Free Mall has the best prices and selection of gluten-free, wheat-free, casein-free and other allergy-related health foods and special dietary products on the Internet! All of their gluten-free products are specifically designed for people who need to eat gluten-free foods due to celiac disease, autism, Attention Deficit Hyperactivity Disorder (ADD, ADHD) or other health reasons.

Gluten-Free Oats
www.glutenfreeoats.com
The mission of Gluten Free Oats is to provide the purest oats available for people with celiac disease. Founded by a family who has three generations of people with celiac disease, Gluten Free Oats is inspected by celiacs from planting to packaging. They understand the importance of avoiding cross-contamination from wheat, rye or barley and test their product to ensure the gluten content is below at least 10 parts per million (ppm).

The Gluten Free Pantry
www.glutenfree.com
Since 1993, we have been offering gluten-free products to people on this diet. Our company was founded by professional chef and food writer, Beth Hillson who, along with her son, is gluten-free. Our selection includes a wide array of delicious gluten-free and wheat-free gourmet baking mixes, breads, bagels and baguettes, crackers, cookies, pretzels, snacks, pastas, beverages, vitamins, convenience and prepared meals, baking ingredients, condiments, books, and so much more.

Gluten Free Works
www.glutenfreeworks.com
"Glutenfreeworks.com provides hundreds of all natural gluten-free and cane sugar-free foods as well as health and diet information, nutrition charts, recipes, resources and a discussion forum to help people live the gluten-free lifestyle."

Gluten Solutions
www.glutensolutions.com
Gluten Solutions is an online gluten-free store that offers a wide variety of food products. Gluten Solutions' mission is to offer wheat-free and gluten-free foods that bring the variety, taste, and nutrition back into the lives of those who are allergic to wheat, are gluten intolerant, or have Celiac Disease.

Good Eatz
www.goodeatz.org
Our specialty is gluten-free bakery items made with organic evaporated cane juice and organic zero trans fat shortening. Our goal is to provide the most satisfying products at a reasonable price for those who cannot tolerate gluten, lactose, or casein. Many hours of research, trial and error, and taste testing goes into each product we produce in our dedicated, gluten-free bakery. We do not have a retail store, and although we are primarily a manufacturer who wholesales our products to retail stores, we also provide direct sales to consumers who cannot find Good Eatz products locally.

The Grainless Baker
www.thegrainlessbaker.com
The Grainless Baker is a Gluten Free Bakery that was founded out of passion and necessity. We provide great tasting gluten and wheat free foods for individuals suffering from Celiac Sprue or for those wishing to maintain a gluten and/or wheat free diet. The type of products offered expands with new recipes, but the staple categories include bread, rolls, bagels, muffins, pastries, cookies, cakes and fillings.

Kay's Naturals
www.kaysnaturals.com
Kay's Naturals is dedicated to bringing their customers alternatives to traditional snacks and cereals. Made with a better balance of soy protein, fiber, carbohydrates, and good fats, Kay's Naturals products are delicious and uniquely satisfying snacks.

Kinnikinnick Foods
http://www.kinnikinnick.com
Kinnikinnick products have gained a North American reputation for taste and quality. Our product development team is constantly working to provide excellent taste, texture and visual appeal for all of our products. With over 120 Kinnikinnick brand products currently available, we offer one of the largest selections of gluten free foods in the world. Our product line includes a wide variety of breads, buns, bagels, donuts, cookies, muffins, cereals, easy to use mixes and snack foods.

Laura's Wholesome Junk Food
www.lauraswholesomejunkfood.com
Laura's Wholesome Junk Food's mission is to increase happiness and health on earth by consistently providing excellent food to their consumers. They provide various kosher, vegan and gluten-free products.

Martindale's Natural Market
www.martindalesnutrition.com
Martindale's Natural Foods' mission is to honor their creator by providing a way to better health, serving their customers from the heart, supporting local community, caring for their employees and promoting a sustainable environment.

Mr. Krispers
http://www.mrkrispers.com/
TH Foods, Inc is a leading manufacturer in the natural snack food industry. Our product offerings include the innovative Mr. Krispers Baked Rice Krisps, a smart snacking choice for the following diets: gluten-free, diabetic, wheat intolerance, wheat allergy, low-calorie, cholesterol-free, saturated fat free, Trans fat free. We leverage our diverse culture and unique, proprietary Japanese rice baking technology to create products combining traditional rice snacks from the East with tempting taste sensations from the West.

Mr. Ritt's
www.mrritts.com
Mr. Ritt's bakery specializes in Gluten-free (wheat-free) baked goods with an emphasis on dessert items. Their list includes over 30 cakes, nine tarts, nine cheesecakes, seven angel foods, seven pound/luncheon cakes and numerous individual-sized items. Mr. Ritt's also has available many types of cookies, biscotti and other items. Mr. Ritt's has also added a full bread line including artisan breads such as olive and tomato basil.

My Low Carb Life
www.mylowcarblife.com
My Low Carb Life is your one stop shop for Celiacs, Diabetics, and people living a low-carb lifestyle. Their entire staff is dedicated to helping people succeed in living a low-carb lifestyle, and providing Celiacs and Diabetics with an easy, safe, and worry free shopping experience. My Low Carb Life strives to provide customers with a pleasant shopping experience and to provide them with all of the specialty products that they are looking for.

Namaste Foods
www.namastefoods.com
Namaste Foods is a small manufacturer of fine foods that contains no wheat, gluten, corn, soy, potato, dairy, casein or nuts. Namaste Foods ships out truly tasty allergen-free products with the commitment of having safe and affordable foods delivered directly to their customers.

Natasha's Health Nut Cookies
http://www.natashashealthnutcookies.com/index.php
Natasha's Health Nut Cookies are real food. Packed with nuts and flavor, these are cookies with a purpose – to keep you full in between meals or those late night snack attacks! Gluten-free, low in sugar, low in carbs and Weight Watcher friendly!

Organic Bistro Whole Life Meals
www.theorganicbistro.com
Organic Bistro Whole Life Meals are inspired by people who want to eat well and feel well. Each delicious flash-frozen meal delivers nutritionally rich gourmet food for a healthy lifestyle. The Organic Bistro provides organic ingredients, thoughtfully combined with optimal nutrition in mind.

Pamela's Products
www.pamelasproducts.com
Since 1988, Pamela's Products has created a new standard in wheat-free and gluten-free foods. They've combined the finest all natural ingredients for superior taste and texture.

Rustic Crust
www.rusticcrust.com
Rustic Crust is committed to using the highest quality, all-natural produce, herbs, and whole grains in their crusts and flatbread pizzas. Their new wheat and gluten-free pizza crust offers sure-fired flavor and the perfect crustal balance – crispy on the edges, moist in the middle – with no wheat or gluten anywhere in sight!

Subway
This link takes you to Subway's Allergen List. Print it and always check with the Subway you visit before ordering! Ingredients do change often in the restaurant business.
http://www.subway.com/subwayroot/MenuNutrition/Nutrition/pdf/AllergenChart.pdf

Suzanne's Specialties
www.suzannes-specialties.com
For over 20 years, Suzanne's Specialties has been producing an ever-growing line of all natural, vegan, & organic sweeteners, desserts, and toppings. Suzanne's offers delicious organic & vegan alternatives to refined sweeteners and sugary desserts. Their unique products are made with only the finest all natural ingredients.

Sweet Baby Cakes
http://www.sweetbabycakes.com/
Sweet Baby Cakes makes delicious wheat-free, gluten-free brownies. Their brownies are moist and fudgy, rich in flavor, contain healthy ingredients and are certified Kosher.

Sweet Street Desserts
www.sweetstreet.com
Founded in 1979 by Sandy Solmon and based in Reading, Pennsylvania, Sweet Street Desserts is a global company dedicated to creating an evolving, extraordinary line of great-tasting desserts. They offer more than 100 products, each made with only the finest ingredients.

Tastes Like Real Food
www.tasteslikerealfood.com
Located in Cedar Rapids, Iowa, TastesLikeRealFood.com was founded in 2007 as a food company focused on the needs of gluten-sensitive people. Their mission is simple--to help people with celiac disease and gluten intolerance enjoy meals again. They are the exclusive North American distributor of Toro brand Celiac-Safe baking mixes, which are manufactured at a state-of-the-art factory in Bergen, Norway.

Thai Kitchen
www.thaikitchen.com
Since 1989, Thai Kitchen is committed to a truly authentic Thai product line and desire to share Thai cuisine & culture in its product line. Today, Thai Kitchen has over 45 products and is sold in 50 states, and Canada. Thai Kitchen is found on the shelves of gourmet food shops, natural food stores, green grocers, ethnic markets and grocery stores. Thai Kitchen offers everything the American consumer is seeking: taste, quality, authenticity and the best of Thailand.

Vitapath Foods
Impact Bar, the all natural meal replacement with no gluten or wheat.
http://www.myimpactbar.com

Wellness Grocer
Carries hundreds of gluten-free foods, and host a wealth of gluten-free information, including recipes and health notes.
http://www.wellnessgrocer.com/gluten-free-c-1383.html

Replacement Suggestions for Condiments & Everyday Foods

These are some suggestions, not a complete listing. For more complete information, see one of the sources listed above. Many items are available in each category.

Butter/Margarine –Blue Bonnet, Parkay, Land O Lakes, Smart Balance

Bar-B-Q sauce – Sweet Baby Ray's regular and honey Barbeque, Bone Suckin Sauce

Beer – Not distilled, so not gluten-free, BUT there are rapidly expanding gluten-free beer options:

- Bard's Tale Beer www.bardsbeer.com
- Fine Ale Club www.ale4home.co.uk/fine_ale_club.htm
- Green's Discovery www.glutenfreebeers.co.uk
- New Grist www.newgrist.com
- Nick Stafford's Hambleton Ales www.hambletonales.co.uk
- Ramapo Valley Brewery www.ramapovalley.com
- **RedBridge** www.redbridgebeer.com
- Schlafly gluten-free ale www.schlafly.com

Cider – Woodchuck Draft Cider is gluten-free

Dairy Products – Prairie Farms (except for obvious wheat products such as cookie dough ice cream, etc.)
Cheese: Borden's, Healthy Choice, Sargento's, (All Natural Cheeses EXCEPT some shredded cheeses – check labels carefully. Kraft -read labels.
Milk Alternative: Silk (Soy milk) *Caution* Rice Dream contains gluten

Distilled Alcoholic Beverages – Including rum, gin, whiskey and vodka – These are also gluten-free regardless of the source.

Ketchup – Del Monte, Heinz

Mayo – Hellmann's, Smart Balance

Mustard – French's (all EXCEPT Honey Dijon), Plochman's (all)

Peanut Butter – Jif (Regular and Smooth Sensations), Peter Pan Smart Choice, Skippy

Syrups – Pure maple syrup, Golden Griddle, Brer Rabbit – light and dark

Salad Dressing – Hendrickson's, Wishbone (Italian, Ranch, Deluxe French), Annie's Naturals, Henri's Salad dressings (all except Tomato Flavor Balsamic Vinaigrette)

Soy Sauce – La Choy, Wheat-Free Tamari, and Bragg's Liquid Amino (a soy sauce sub)

Spices: Pure spices – McCormick's (including vanilla), Durkee, Frontier; blends are labeled

Vinegar – Vinegar is distilled and this process eliminates the large protein molecules of gluten – except for **malt v**inegar which is not distilled and therefore not gluten free.

Wines – are gluten-free

CHIPS and COOKIES

- Cape Cod plain potato chips
- Chi Chi's corn tortilla chips
- Ener-G brand pretzels
- Lay's Classic Potato Chips
- Midel Ginger Snaps
- Miss Meringue cookies
- Pamela's Chunky Chocolate Chip cookies
- Pringles Fat-Free only (Except BBQ)
- Snyder's Chips: White Corn Tortillas, Yellow Corn
- Tostitos Gold Tortilla Chips

DAIRY

- Unflavored milk
- Cream
- Aged Cheese
- Yogurts
- Butter, margarine
- Cream Cheese
- Cottage Cheese
- Sour Cream

POPCORN & RICE CAKES

- Act II (Except extreme butter)
- Crunch 'n Munch flavored popcorn
- Lundberg Family Farms rice cakes
- Orville Redenbacher Microwave Popcorn; all varieties (Except the caramel pour-over popcorn)

ICE CREAM

- Ben & Jerry's & Blue Bunny (Except for flavors with obvious gluten-containing ingredients)
- Blue Bell Light Homemade Vanilla
- Breyers – All Natural Ice Creams: Vanilla, Chocolate, Chocolate Chip, Coffee, French Vanilla, Mint Chocolate Chip, Peach, Rocky Road, Strawberry, Vanilla Fudge Twirl, Vanilla/Chocolate/Strawberry, Take Two Vanilla/Chocolate. Frozen Yogurt: Chocolate and Vanilla/Chocolate/Strawberry.
- Dairy Queen Vanilla and Chocolate Soft Serve; Misty Slush. Their suppliers confirm the following are gluten-free: Lemon Freez'r; Cherry Lime Freez'r; DQ Fudge Bar; DQ Vanilla Orange Bar; DQ Vanilla Fudge Bar; DQ Raspberry Vanilla Bar; Star Kiss Bars
- McDonalds ice cream sundaes are gluten-free

Gluten in Medications

Although people with celiac disease are generally focused on the food they eat, it is important to remember that it is possible to be exposed to gluten when taking medication. Gluten is used in many medications as an excipient, which binds the pills together. There are several types of excipients that drug companies may use, so it is important always to check with the manufacturer to be sure that the particular medication you are taking is indeed gluten-free.

The problem:

- There are currently NO requirements for labeling gluten or common allergens found in drug ingredients.
- There are NO specific precautions for individuals with Celiac Disease in labeling.
- Potential sources of gluten (medication excipients) are NOT well-recognized by health professionals or patients.
- Botanical source of starch may not be specified.
- Generic formulations may include different excipients than used in the brand-name drug.

Starches Found in Medications:

- Corn (most common)
- Potato
- Tapioca
- Wheat
- Modified starch (source not specified)
- Pregelatinized starch (source not specified)
- Pregelatinized modified starch (source not specified)

Other excipients:

Dextrimaltose (when barley malt is used)
Caramel coloring (when barley malt is used)

Resource for checking if medication contains gluten:

www.GlutenFreeDrugs.com

List is maintained by pharmacists at Columbus Children's Hospital

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University Medical Centers

Beth Israel Deaconess Medical Center

Specialists at the Celiac Center at Beth Israel Deaconess Medical Center integrate diagnosis and treatment with nutritional counseling, and closely evaluate bone health and other food intolerances. The center specializes in evaluating patients where the diagnosis of celiac disease is difficult to confirm.

Center for Celiac Disease at Children's Hospital of Philadelphia

The pediatric celiac experts at the Center for Celiac Disease at CHOP provide initial testing and diagnosis through long-term celiac disease management. Families receive the latest information, as well as support from physicians, nutritionists, nurses, educators, laboratory technicians and clinical researchers.

Celiac Disease Center at Columbia University

The Celiac Disease Center at Columbia University provides comprehensive medical care for adult and pediatric patients with celiac disease. The center focuses its research on clinical epidemiology, and mechanisms of celiac disease.

Mayo Clinic Celiac Clinic

At the Celiac Clinic at the Mayo Clinic, medical specialists from different specialties collaborate to diagnose and develop

treatment plans for hundreds of adults and children with celiac disease.

University of Chicago Celiac Disease Center
The University of Chicago Celiac Disease Center was founded in 2000. The staff seeks to meet the needs of people diagnosed with celiac disease through education, research and advocacy.

University of Maryland Center for Celiac Research
University of Maryland Center for Celiac Research is an institution engaged in clinical care, diagnostic support, education, and clinical and basic science research in Celiac Disease.

William K. Warren Medical Research Center for Celiac Disease
The William K. Warren Medical Research Center for Celiac Disease seeks to advance the knowledge of celiac disease and to develop diagnostic and therapeutic advances. The center also works to educate medical professionals and the local community about celiac disease.

National Organizations
NATIONAL ORGANIZATIONS

American Celiac Disease Alliance – www.americanceliac.org
Celiac Disease Foundation – www.celiac.org
Celiac Sprue Association CSA/USA – www.csaceliacs.org
Children's Digestive Health and Nutrition Foundation – www.celiachealth.org
Gluten Intolerance Group (GIG) – www.gluten.net
National Foundation for Celiac Awareness – www.celiaccentral.org
R.O.C.K. (Raising Our Celiac Kids) – www.celiackids.com

Resources Available from the National Foundation for Celiac Awareness at www.CeliacCentral.org:

Symptoms Checklist. Do you think you may have celiac disease? Are you trying to get a family member or friend tested? Simply click on the various symptoms and receive a printer-friendly form to take to a doctor. The form provides you with the latest information on celiac testing, including the blood test and small intestine biopsy. Give this form to your doctor to be sure he orders the correct tests!

Celiac Survival Guide. Are you already diagnosed with celiac disease and look for help with managing your daily gluten-free diet? The NFCA Celiac Disease Survival Guide is a comprehensive guide for living a happy and healthy gluten-free lifestyle. The guide provides suggestions for food choices during the early healing process and also explores the fast-expanding marketplace. There is even information about pizza and beer, birthday party planning and the best tasting products on the market!

Gluten-Free Resource Education Awareness Training. The GREAT program is a comprehensive tool to educate chefs, dietitians, cafeteria workers and other hospitality industry professionals about celiac disease and the gluten-free diet. GREAT addresses the entire spectrum of preparing and serving gluten-free foods by simply looking at ABC. **A**wareness, **B**ringing in Supplies and **C**ross Contamination Caution. The training includes a manual, online lessons and a web-based examination. Accredited by the American Dietetic Association and the American Culinary Federation. More information at www.CeliacCentral.org/GREAT.

Gluten in Medications. Do you know all of the ingredients in all of the medicines that you take? Probably not! Current United States regulations do NOT require manufacturers to label the inactive ingredients in drugs. To learn all about the inactive ingredients in medications, download a short and simple flyer that the NFCA developed with the help of the American Society of Health-System Pharmacists.

School Lunches. The NFCA developed guidelines to help children and parents navigate their school's meal program. The guidelines explain federal laws and provide instructions for getting a child gluten-free meals at school.

Related Diseases. Celiac disease is directly related to several other diseases and conditions. The NFCA has worked with leading researchers and organizations to provide the latest information on how celiac disease and the gluten-free diet is related to several conditions.

About NFCA

The National Foundation for Celiac Awareness is a non-profit organization made up of medical specialists, professionals, and industry leaders—all dedicated to working with leading researchers to better understand celiac and to find a cure. NFCA is a leading resource for celiac information and the only organization with a nationally focused celiac awareness campaign.

The NFCA website offers free, comprehensive information and support materials for celiac patients, their families and health care professionals.

Contact Information
Main: 215-325-1306
Media/Press: 215-692-2639

Philadelphia Office:
PO Box 544
Ambler, PA 19002

Washington, DC Office:
4300 Montgomery Ave
Suite 102
Bethesda, MD 20814

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www.CeliacCentral.org