



The month of May is dedicated towards spreading awareness, educating the public, and supporting those living with celiac disease.

While many of us are familiar with aspects of celiac disease, given the great efforts to spread awareness, along with earlier detection and diagnosis, let's take a closer look and gain a better understanding.



How is Celiac Disease Diagnosed?

While blood tests may suggest that a person has celiac disease, the gold standard to diagnose is a **small intestinal biopsy** ⁽²⁾

What is Celiac Disease?

"A permanent intolerance to gluten, a protein found in various wheat, rye, barley and triticale. **Gluten consumption damages the small intestine** and can result in malnutrition, anemia, nutritional deficiencies, an increased risk of other autoimmune diseases and some cancers of the gut" ⁽²⁾

What is the Treatment?

A **strict gluten free diet**, for life, is currently the only treatment ⁽²⁾

All Things "Gluten Free"

Choosing gluten free foods has gained popularity over the past several years and was/is considered a diet trend. To no surprise, many of us have come across many conflicting statements about going gluten free, such as for weight loss or anti-inflammation, to name a few. While it is important to always consult with your Registered Dietitian for tailored and individualized nutritional advice, following a strict gluten free diet is intended for those living with celiac disease, for symptom improvement and life long management.

Fortunately for those living with celiac disease, the number of gluten free items found in our grocery stores has greatly expanded! Nonetheless, a strict gluten free diet can be very challenging, since gluten can be found in many of our favourite go-to items! Read on to find out what to look for that verifies certified Gluten free.

So where exactly is gluten found? ⁽³⁾

Gluten-Free Foods vs. Foods With Gluten

Keep this reference guide handy to help you navigate a GF diet.

Unsafe Grains and Foods that Contain Gluten

• Autolyzed Yeast/Yeast Extract	• Emmer*	• Oat Bran***	• Triticale
• Barley	• Farina	• Oat Gum***	• Wheat
• Barley Malt	• Freekeh	• Malt**/ Malted Barley/Flour	• Wheat Bran
• Bulgur	• Hydrolyzed Wheat Protein	• Roux	• Wheat Germ
• Couscous	• Kamut*	• Rye	• Wheat Gluten
• Durum*	• Malt**	• Semolina	• Wheat Starch****
• Einkorn*	• Oats***	• Spelt (Dinkel, Farro, Faro)*	

Note: This is not a comprehensive list.

* Varieties of wheat. ** Typically derived from barley (flavouring, vinegar, extract, syrup). Avoid unless a GF source, such as corn malt, is named.

*** Pure, uncontaminated, GF oats are safe. **** Avoid wheat starch, a form of wheat, unless labelled GF.

Oats and Pulses

Pure, uncontaminated oats labelled GF are safe to consume. Avoid regular oats, as they can become contaminated with grains containing gluten in the field, during transport, milling and production. Talk to your health care professional or registered dietitian about whether, when, and how to add GF oats to your diet.

Pulses (such as dried beans, peas, and lentils), nuts, and seeds are naturally GF but can be easily contaminated with wheat, rye or barley. Choose pulses labelled GF when possible; rinse canned pulses under running water. Pour dry pulses onto a cookie sheet, sort through them, (to avoid misplaced grains containing gluten) and then rinse well. Choose nuts and seeds labelled GF when possible, particularly seasoned or dry roasted.



9 Lesser Known Sources of Gluten

1. Candies

like licorice may contain wheat flour



2. Chocolate Bars

especially ones with wafers, pretzels, or cookies



3. Deli Meats

like sausages and hot dogs may contain gluten sources used as fillers



4. Dairy Products

like yogurts with granola or cookie dough, some cheese sauces and spreads



5. Potato Chips

may be flavoured with seasoning, containing malt vinegar or wheat starch



6. Sauces

like soy, teriyaki, malt vinegar, gravy, and marinades



7. Alcohol*

including beer, ale, lager, and coolers (*distilled alcohols such as whiskey and vodka are safe to consume)



8. Seasoning Blends

may contain wheat or barley-based ingredients as carrier agents



9. Soups

may be thickened with wheat flour



For a more detailed and comprehensive list of gluten free foods [click here](#) & for more support with label reading on gluten free products, [click here](#)!

BE ON THE LOOKOUT FOR A NEW LOGO!

Certified

Gluten-Free®



CERTIFIED

GFCO.ORG

The Gluten Free Certification Organization (GFCO) has re-branded the gluten free logo, to better serve those searching for gluten free products!

Since many of the current gluten free logo's in the market look alike, the GFCO set out to make their logo **look different (for a reason)**, so consumers can feel confident in their gluten free choices and purchases.

When you see this new logo on products in the grocery store, you can have the confidence that a particular food company and product upheld to a rigorous and lengthy process (**in fact, an 80-step science-based process**) to earn that certified gluten free logo!

Do you or someone in your family need additional support finding out which items in the grocery store are gluten free?

There's an app for that!



**GLUTEN
FREE 24/7**

The Canadian Celiac Association set's the record straight and debunks common myths about Celiac Disease...

MYTH # 1: Celiac disease is rare in Canada

FACT: "Recent research has revealed that celiac disease affects one percent of people in the U.S. Growing awareness of celiac disease, earlier diagnosis and excellent blood screening tests point to the likelihood of similar prevalence figures in Canada." ⁽⁵⁾

MYTH # 2: Celiac disease is easily recognized

FACT: "Celiac disease can be difficult to recognize since symptoms are often vague and nonspecific. Symptoms can vary greatly from person to person and can appear at any age." ⁽⁵⁾

MYTH # 3: Celiac disease is a childhood disease

FACT: "Celiac disease is an inherited condition and symptoms may develop at any age after the ingestion of gluten." ⁽⁵⁾

MYTH # 4: A trial of the gluten-free diet is a good way of selecting patients who have celiac disease.

FACT: "A gluten-free diet should not be started until the diagnosis of celiac disease has been made by a small bowel biopsy. A trial of the gluten-free diet before the blood tests and the biopsy allows the villous damage to improve which may make the interpretation of the tests inconclusive and further delay the diagnosis of celiac disease. Moreover, patients may respond clinically to dietary changes for reasons other than celiac disease." ⁽⁵⁾

Gluten-Free & Friendly Recipes

*Provided by the Canadian Celiac Association and Cookspiration
Click on the image for the recipe*



Morning Glory Muffins



Pumpkin Hummus with Crostini



Oatmeal Chocolate Chip Cookies



Baked Eggs with Lentils, Peppers & Tomatoes



Avocado, Kale and Quinoa Salad



Chocolate Raspberry Quinoa Pudding



Citrus Fennel Slaw



Asparagus and Tomato Salad



Avocado, Tuna, and Marinated Onion Tostadas

Always speak with your Registered Dietitian to help you navigate a gluten free diet! For more information, visit the [Canadian Celiac Association](https://www.celiac.ca)

References:

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3. Canadian Celiac Association. Living Gluten Free-A Guide for People Recently Diagnosed with Celiac Disease. Retrieved from: <https://www.celiac.ca/wp-content/uploads/2021/06/CE4659-GlutenFreeDietBrochure-English.pdf>

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