

GLUTEN FREE DIET

(Protein)



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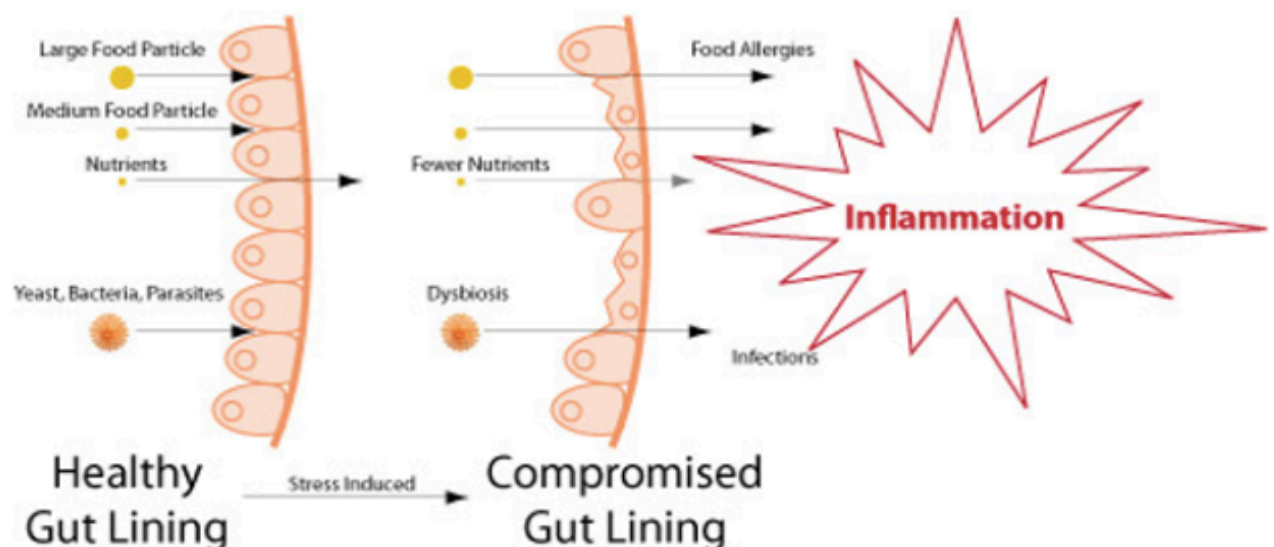
What is gluten?

Gluten is a general name for the proteins found in wheat (wheatberries, durum, emmer, semolina, spelt, farina, farro, graham, KAMUT® khorasan wheat and einkorn), rye, barley and triticale – a cross between wheat and rye. Gluten helps foods maintain their shape, acting as a glue that holds food together. Gluten can be found in many types of foods, even ones that would not be expected.

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How gluten trigger symptoms for individuals with a sensitive gut? Those with celiac disease should avoid gluten. Celiac disease is not having an allergy to gluten, but a genetic autoimmune disease, and is an IgA and IgG antibody reaction to food. When people with celiac disease eat gluten, their body mounts an immune response that attacks the small intestine. These attacks lead to damage on the villi, small fingerlike projections that line the small intestine, that promote nutrient absorption. When the villi get damaged, nutrients cannot be absorbed properly into the body. Stress deteriorates the gastrointestinal lining over the time causing "Leaky Gut" , which triggers additional food allergies and inflammation.

FOOD ALLERGY AND LEAKY GUT INFLAMMATION



But I don't have celiac disease, why are you recommending a gluten free diet?

Some people experience symptoms found in celiac disease, such as “foggy mind” , depression, ADHD-like behavior, **abdominal** pain, bloating, diarrhea, constipation, headaches, bone or joint pain, and chronic fatigue when they have gluten in their diet, yet do not test positive for celiac disease. The terms non-celiac gluten sensitivity (NCGS) and non-celiac wheat sensitivity (NCWS) are generally used to refer to this condition, when removing gluten from the diet resolves symptoms.

What is the gluten free diet?

A gluten free diet is an elimination diet. Following this diet can mean eliminating gluten forever (if you have celiac disease or dermatitis herpetiformis) or following a modified gluten free diet (if you have gluten sensitivity or leaky gut) where you reintroduce gluten after six weeks to allow gut healing.

The big 3 grains to avoid in a gluten free diet:



Wheat: atta, bulgur, couscous, dinkel (spelt), durum, einkorn, emmer, farina, farro, graham flour, hydrolyzed wheat protein, kamut, matzo, modified corn starch, seitan, semolina, tabbouleh, triticale, wheat bran, wheat flour, wheat, germ, wheat starch.

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Barley: beer, ale, brewer' s yeast, lager, malt, malted milk, malt syrup, malt flavoring



Rye: rye bread, rye flour

Are oats gluten free?

Technically, pure, uncontaminated oats are gluten-free. The U. S. Food and Drug Administration considers them a gluten-free grain under its gluten-free labeling regulations and only requires that packaged products with oats as an ingredient contain less than 20 parts per million of gluten overall. However, like other grains, you should always use caution when it comes to oats. Even though oats are naturally

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gluten-free, a small portion of people with celiac disease still react to them. Some research suggests that a protein in oats can trigger a similar response to gluten, though it is thought to be a separate sensitivity.

Most of the concern about oats stems from the fact that mills that process oats also handle gluten-containing grains, creating a substantial risk for cross-contact. Oats without a gluten-free label are not considered safe for those who have celiac disease.

So, what can I eat?

 Produce <ul style="list-style-type: none"> • All fresh fruits • All fresh vegetables • Tofu • White or sweet potato • Corn • Edamame 	 Meat, Fish, Poultry <ul style="list-style-type: none"> • Fresh beef • Fresh pork • Fresh poultry (caution: self-basting) • Fresh fish or seafood • Eggs 	 Dairy <ul style="list-style-type: none"> • Unflavored milk • Cream • Aged cheese (caution: processed cheese) • Most yogurts • Butter, margarine • Cream cheese (fat-free products may not be GF) • Cottage cheese • Sour cream 	 Snacks <ul style="list-style-type: none"> • Potato chips (caution: flavored chips) • Corn chips • Popcorn • Rice crackers, rice cakes • Plain nuts, seeds • Jello • Pudding 	 Condiments <ul style="list-style-type: none"> • Jam and jellies, marmalade • Honey • Peanut or nut butters • Corn or potato starch • Corn and maple syrup • Molasses • Brown, white and confectioner's sugar • Spices and herbs • Salt, pepper • Relish, pickles, olives • Ketchup, mustard • Distilled vinegars • Most salad dressing (read label for gluten presence)
 Beverage <ul style="list-style-type: none"> • 100% fruit juice • Coffee, tea, cocoa • Nut milks (almond, cashew, coconut, pistachio) • Soft drinks • Swiss Miss hot cocoa 	 Fats & Oils <ul style="list-style-type: none"> • Vegetable, canola and olive oil • Shortening 	 Frozen Foods <ul style="list-style-type: none"> • Plain fruits and vegetables • Most ice cream and sherbet • Gluten-free breads, bagels, English muffins • Gluten-free frozen waffles 	 Packaged & Canned Foods <ul style="list-style-type: none"> • Plain fruits and vegetables • All canned meats (read label for gluten presence) • Dried beans, lentils, peas • Most baked beans 	

GLUTEN FREE RECIPE IDEAS



Breakfast



WHITE BREAD

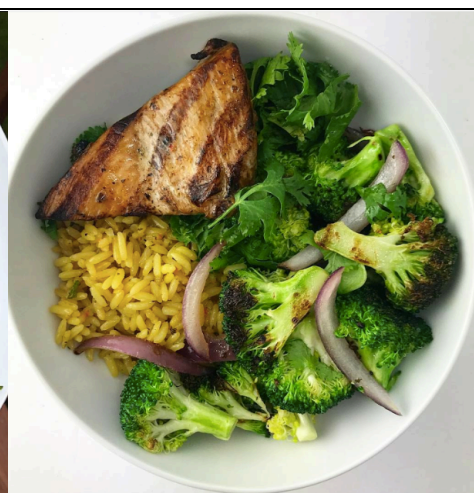


Lunch



Dinner

WHITE RICE



Notes:

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