

Celiac Nutrition Therapy

Client Name _____ Date _____

Dietitian / Dietetic Technician _____

Phone _____ Email _____

Why Was Nutrition Therapy Prescribed?

You have celiac disease, which is a sensitivity to proteins found in wheat, barley, and rye. When you eat these grains, they damage the lining of your small intestine. This damage may keep you from properly absorbing nutrients (this condition is called malabsorption). Malabsorption can cause diarrhea, weight loss, tiredness, excess gas, and vitamin and mineral deficiencies.

Gluten-free nutrition therapy will allow your intestine to heal. It also will help prevent complications like bone disease that can happen if celiac disease goes untreated. Any symptoms you have now from malabsorption should begin to decrease after a few weeks on a gluten-free nutrition plan.

Recommended Foods

Following are examples of the many grains and plant foods that you can safely eat:

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| • Amaranth | • Legumes (dry beans, peas, lentils) | • Sorghum |
| • Arrowroot | • Millet | • Soy |
| • Buckwheat | • Finger millet (Ragi) | • Tapioca |
| • Cassava (manioc) | • Nuts | • Tef (or teff) |
| • Corn | • Potatoes | • Wild rice |
| • Flax | • Quinoa | • Yucca |
| • Indian rice grass (Montina) | • Rice | |
| • Job's tears | • Sago | |
| | • Seeds | |

You may not be familiar with all of these grains and plant foods. However, they are used in gluten-free foods, and you will often find them in food ingredient lists for gluten-free products.



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This handout may be duplicated for client education.

Foods Not Recommended

You must always avoid eating foods that contain the following grains:

- Wheat
 - All varieties, including einkorn, emmer, spelt, and kamut
 - All forms, including wheat starch, wheat bran, wheat germ, cracked wheat, and hydrolyzed wheat protein
- Barley
- Rye
- Triticale (a cross between wheat and rye)

These grains are found in many food products, including flours, breads, pasta, and breakfast cereals.

Oats

In the past, oats were believed to be harmful to persons with celiac disease. Based on recent research, moderate amounts of uncontaminated oats are now considered safe to include in a gluten-free nutrition plan for most persons with celiac disease. However, there is limited scientific evidence that some persons with celiac disease may be sensitive to proteins found in oats. In addition, brands of oats sold in the United States may be contaminated with small amounts of wheat, barley, or rye. If you would like to eat gluten-free oats, you should discuss their use with your physician and dietitian.

Meal Planning Tips

You should eat whole grain or enriched, gluten-free cereal foods (breads, pasta, breakfast cereals), as well as fresh, frozen, unprocessed, or minimally processed fruits, vegetables, milk products, and protein foods.

Depending on how many calories you need, the U.S. Department of Agriculture suggests that you consume between 5 and 10 ounces/150 and 300 grams-equivalent servings from the grain group each day, at least half of which should be whole grain with the remaining servings coming from enriched or whole-grain products. For example, if, based on your age, sex, and activity level, you require 2,000 calories/ 8373.6 KJoule a day, it is recommended that you consume 6 ounces/180 grams-equivalent servings of grain foods daily. You will need to choose foods from this group that do not contain wheat, barley, or rye, or ingredients made from those grains. For help determining your daily calorie requirements and recommended number of grain food servings, visit the Web site MyPyramid.gov at <http://www.mypyramid.gov/>.

Sample 1-Day Menu

A gluten-free meal plan does not have to be all that different from a wheat-based meal plan. There are gluten-free versions of almost all foods that are usually made from wheat. Following are some food choices you can try.

Breakfast	Whole-grain, gluten-free waffle
	Maple syrup and strawberries
	Low-fat milk or orange juice
Lunch	Pizza made with whole grain, gluten-free pizza crust (homemade or ready-to-eat) topped with low-fat cheese, grilled chicken, fresh vegetables, and pineapple slices
	Homemade lemonade
	Low-fat yogurt mixed with whole grain, gluten-free cereal
Evening Meal	Whole grain or enriched, gluten-free pasta topped with pesto and chick peas
	Mixed greens salad topped with orange slices and walnuts and served with oil and vinegar dressing
	Seltzer water with lime
Snack	Whole-grain, gluten-free rice crackers with hummus or low-fat cheese slices