

Gluten Free Basics & Beyond



For those of you who saw the **"House" episode featuring Celiac...** here is a breakdown of some of the symptoms presented. Bear in mind this is a fictional program and the timelines were greatly exaggerated.

- Seizures, hearing voices, and delirium could all be caused by severe niacin deficiency due to malabsorption caused by Celiac.
- Elevated calcium and potassium and internal bleeding can be caused by intestinal cancer.
- Depression and stomach pain are classic Celiac symptoms.
- Stress can trigger Celiac, such as alcoholism or pregnancy.

Highlights from Dr. Green's book, *Celiac Disease: A Hidden Epidemic*:

Six out of every seven people with Celiac have no symptoms (asymptomatic). Ch. 3

Allergies give immediate reaction.

Intolerance or Sensitivity gives GI symptoms with no intestinal damage.

Celiac Disease has villi damage and IgA response. Ch. 4

Neurological symptoms for Celiac can include; numbness and tingling in the hands and feet, balance problems, epileptic seizures (with or without calcium deposits on the brain), migraines or deteriorated mental function. Ch 7

Men with Celiac tend to have more severe osteoporosis than women. Pg. 174

One eighth of a teaspoon of flour can cause intestinal damage. Pg. 198

There is a disturbing amount of inaccurate information being given out on Celiac and the gluten free diet. Sixteen percent of websites were found to be inaccurate. Pg. 205

Much of the no/low fat and no/low carb foods contain stabilizers made from gluten. Pg. 214

Misc. Gluten Free Basics

The gluten free diet is a life long commitment, but very do-able.

Basic Not OK

Breads, Cereals Breads, Cereals and Pastas

Dessert Foods Dessert Foods – cakes, cookies

Fast Foods– Crackers, snack foods, 'Drive foods, 'Drive-by' by' dining, instant meals

Beer and most ales

Basic OK

Potatoes, corn, and rice

Fresh foods: meats, eggs, vegetables, & fruits

Milk and cheeses

Margarines, butter, oils, nuts, and other fats

Spices

Wine and distilled spirits

Corn and rice gluten are not toxic.



Labels - Ingredients to Avoid

Barley	Bulgur	Couscous	Durum	Farro	Wheat Germ	Rye
Semolina	Triticale	Wheat	Emmer	Kamut	Wheat Starch	Spelt (Dinkel)

Nutritional deficiencies:

AT TIME OF DX	ON GF DIET	LONG TERM GF DIET
Calcium	Calcium	
Vitamin D	Vitamin D	
Magnesium	Magnesium	
Calorie/Protein		
Fiber	Fiber	Fiber
Folate, Niacin, Riboflavin, B-12	Folate, Niacin, Riboflavin, Thiamin	Folate, B-6, B-12
Iron	Iron	
Zinc		

Nutrient--rich, high fiber GF grains/starches

Beans	Sorghum	Quinoa	Millet	Indian Rice Grass (Montina)
Buckwheat	Amaranth	Teff	Nut flours	Wild Rice

Recommended Cookbooks

Gluten-Free Gourmet Series Bette Hagman
 A variety of cookbooks by Savory Palate Press Carol Fenster
 Wheat-Free, Gluten-Free Cookbooks Connie Sarros
 125 Best Gluten-Free Recipes Donna Washburn & Heather Butt
 Incredible Edible Gluten-Free Foods for Kids Sheri Sanderson
 Wheat-Free, Gluten-Free: 200 Delicious Dishes to Make Eating A Pleasure Michelle Berriedale-Johnson
 Gluten-Free Baking Rebecca Reilly
 The Gluten-Free Kitchen Roben Ryberg
 Delicious Gluten-Free, Wheat-Free Breads LynnRae Ries
 Cooking Gluten-Free Karen Robertson

Wheat = Flour = Bread ?! – Some common danger areas

White bread IS wheat bread
 Pasta is in Rice-A-Roni pilaf
 Breaded meats
 Gravies/Sauces
 Pizza
 Imitation crab
 Seasoned snack chips
 Desserts
 Breeding, Coating flour and mixes, cereal products
 Croutons, Stuffing/dressing
 Roux, Thickeners
 Broth, Soup bases
 Processed meats
 Communion Wafers
 Sauces
 Self-basting poultry
 Imitation bacon and seafood
 Soy Sauce, Marinades
 Dextrin, Food Starch (modified)
 Malt and malt flavoring

Phone: 805-650-0520
 E-mail: venturaceliac@sbcglobal.net
 Web Site: www.venturaceliac.org