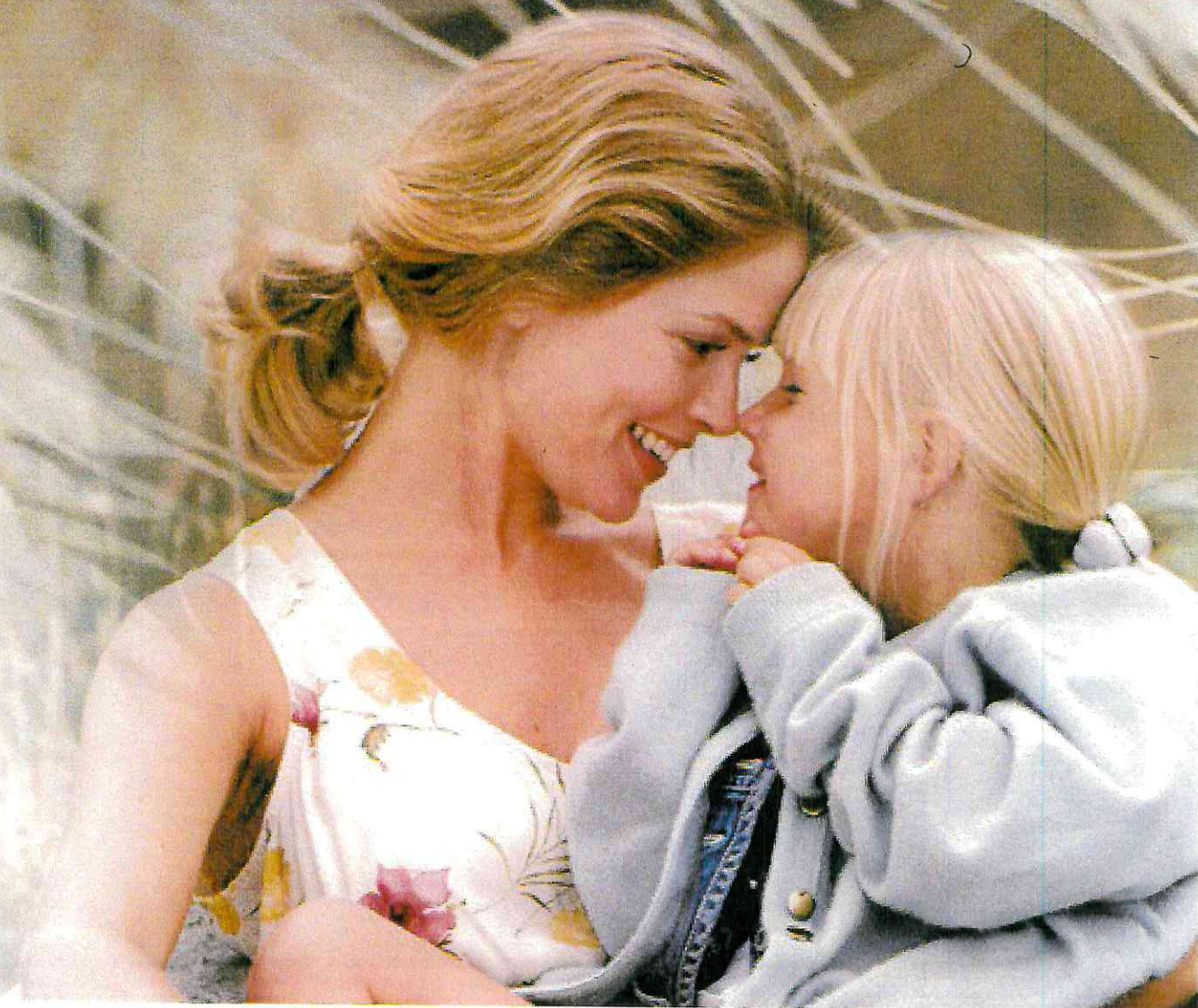


The Children's Digestive Health and Nutrition Foundation

Celiac Disease



For more information or to locate a pediatric gastroenterologist in your area, please visit our website at:

www.celiachealth.org

What is celiac disease?

Celiac disease is a chronic condition mainly affecting the small intestine. It is a permanent sensitivity to gluten, a protein from wheat, rye, and barley. In affected individuals, eating food containing gluten leads to damage to the finger-like projections, or villi, lining the small intestine. Other names include celiac sprue and gluten sensitive enteropathy. Celiac disease is considered an auto-immune disorder, in which the body attacks itself.

What are the symptoms of celiac disease?

Symptoms may begin at any age after gluten is introduced in the diet. Intestinal symptoms include chronic diarrhea or constipation, bloating and gas, irritability, and poor weight gain. Patients may have growth and pubertal delay, iron deficiency anemia, fractures or thin bones, abnormal liver tests, and a chronic itchy rash called dermatitis herpetiformis. Celiac disease may also occur without symptoms.

How is celiac disease diagnosed?

Celiac disease may go undiagnosed for years. Blood tests are widely used to test for celiac disease. Both the anti-tissue transglutaminase antibody (tTG) and the anti-endomysial antibody (EMA) tests are highly accurate and reliable but are insufficient to make a diagnosis.

Celiac disease must be *confirmed* by finding certain changes to the villi which line the small intestine. To see these changes, a tissue sample from the small intestine is obtained, using a procedure called an endoscopy with biopsy. (A flexible tube-like instrument is placed through the mouth, down the throat, past the stomach and into the small intestine to obtain small tissue samples).

How is celiac disease treated?

Treatment consists of life-long avoidance of gluten-containing foods (such as bread, cereal, cakes, pizza, and other food products or additives containing wheat, rye, and barley). Medications and over the counter products may also contain gluten. Once gluten is removed from the diet, complete healing is expected. Although a total gluten-free diet seems overwhelming at first, families have been very successful with the diet. Dietitians and support groups can help families adjust to this life-altering diet, yet it may take several months to get used to the gluten-free diet.

What can you expect with treatment?

Symptoms may begin to improve within the first 1-2 weeks of starting the diet. Lactose intolerance caused by the intestinal injury also improves. By 6-12 months of the gluten-free diet, most people's symptoms have gone away, and the lining of the intestine has healed. In children, growth and bone strength return to normal. Regular follow-up with a dietitian and a health care team experienced with celiac disease are important for continuing to stick with the diet and for monitoring for complications.

Even though some people are able to resume gluten without immediate symptoms, they do not "outgrow" celiac disease, and it is not "cured". The gluten free diet treatment should be continued for life.

How common is celiac disease and who is at risk?

It is estimated that 1 in every 100 to 200 people in the United States and Europe have celiac disease. People at higher risk for celiac disease are those that have type 1 diabetes, autoimmune thyroid disease, dermatitis herpetiformis, Down syndrome, Turner syndrome, Williams syndrome or have a relative with celiac disease. You may still have celiac disease even though you are not in a group at higher risk.

Educational support was provided by the University of Maryland School of Medicine Center for Celiac Research and Prometheus Laboratories, Inc.

CDHNF
Children's Digestive Health
and Nutrition Foundation

NASPGHAN
North American Society for Pediatric
Gastroenterology, Hepatology and Nutrition

Gluten-Free Diet Guide for Families

CDHNF

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Gastroenterology, Hepatology and Nutrition

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www.CeliacHealth.org
www.CDHNF.org
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Introduction

If your child has just been diagnosed with celiac disease (CD), you may be experiencing mixed feelings. On one hand, no one likes to hear that his or her child has any kind of medical condition. However, you may be relieved to finally have the answer to your child's past medical problems. You may also feel better knowing that celiac disease is a treatable disorder, that intestinal damage from celiac disease is reversible, and that therapy does not involve shots, pills, therapy or surgery. You may also feel confused, overwhelmed or unsure about how to start the healing process.

After getting nutritional advice, some parents head straight to the grocery store to stock up on gluten-free (GF) products for their child. They may spend hours in the grocery store, but leave with only a small bag of groceries and no idea of what to serve for dinner. They may experience the so called "Celiac Meltdown"!

The purpose of this booklet is to help prevent newly diagnosed celiac patients and their families from experiencing "Celiac Meltdown. This booklet is a starter guide that will help you through the initial days of the gluten-free lifestyle and is designed to help you and your family manage the emotional stress that you may be feeling right now.

The most important first step is to work with your physician and a knowledgeable registered dietitian (RD) who will re-

view the gluten-free diet and any other specific nutritional needs of your child. The registered dietitian will be able to help you contact local support groups and direct you to reliable web sites.

WHAT IS GLUTEN?

Gluten is the general name for one of the proteins found in wheat, rye, and barley. It is the substance in flour that forms the structure of dough, the "glue" that holds the product together and is also the leavening ingredient. When these proteins are present in the diet of someone with CD, they become toxic and cause damage to the intestine. This damage leads to decreased absorption of essential nutrients and, if left untreated, can lead to nutrient deficiency and subsequent disease (i.e. iron deficiency anemia, decreased bone density, unintentional weight loss, folate and vitamin B12 deficiency).

WHERE IS GLUTEN FOUND?

Food/grains

The grains containing gluten include wheat, rye, barley, and all their derivatives (see Table 1 for a listing of grains to be avoided). These grains are used in such items as breads, cereals, pasta, pizza, cakes, pies, and cookies and as added ingredients to many processed food items.

Table 1. Gluten containing grains to avoid

Barley	Faro	Spelt
Barley malt/extract	Graham flour	Triticale
Bran	Kamut	Udon
Bulgur	Matzo flour/meal	Wheat
Couscous	Orzo	Wheat bran
Durum	Panko	Wheat germ
Einkorn	Rye	Wheat starch
Emmer	Seitan	
Farina	Semolina	

IMPORTANT REMINDER: *This information from the CDHNF is intended only to provide general information and not as a definitive basis for diagnosis or treatment in any particular case. It is very important that you consult your doctor about your specific condition.*

For more information or to locate a pediatric gastroenterologist in your area please visit our website at: www.naspghan.org

Overlooked Sources of Gluten

In order to completely remove gluten from your diet, less obvious sources of gluten must also be identified and avoided. You may find gluten in products, listed in table 2.

Table 2. Overlooked gluten sources

Ales	Soup Base
Beer and Lagers	Stuffing
Breading	Self-basting Poultry
Brown Rice Syrup	Imitation Bacon/seafood
Coating Mix	Soy Sauce
Communion Wafers	Marinades Thickeners Herbal
Croutons	Supplements,
Candy	Prescription Medications
Luncheon Meats	And Over The Counter Medication
Broth	Vitamin And Mineral Supplements
Pasta	Lipstick
Roux	Gloss And Balms
Sauces	Play Dough*

**The gluten protein does not pass through the skin. However, hands need to be properly washed after handling play dough and prior to eating to avoid cross contamination.*

Be sure to read all labels carefully. If a product has questionable ingredients, avoid it until the manufacturer confirms that the product is gluten-free. Labels must be read every time you purchase food because ingredients in a product can change at any time

NEW FOOD LABEL LAWS

There is good news to help make label reading easier. Any food products manufactured and labeled after January 1, 2006, will be under the "Food Allergen Labeling and Consumer Act. This new law requires companies to identify in "plain English" the eight most prevalent food allergens including eggs, fish, milk, peanuts, shellfish, soybeans, tree nuts and **wheat**. If wheat protein or a protein derived from wheat is used as an ingredient, even in small amounts, (e. g., colorings, flavoring, and seasoning) it must be declared in the allergy statement. This law does not, however, address the use of barley (malt), rye or oats. If the label does not indicate in the allergy statement that wheat has been used, you must still read the list of ingredients for other gluten containing grains. This legislation also requires the Food and Drug Administration (FDA) to develop rules for the use of the term "gluten-free".

What Can The Patient With Celiac Disease Eat?

You may be uncertain about what to feed your child because it seems that there is so much that a patient with celiac disease can't eat. Not to worry, there are many foods that will fit into your child's diet that are naturally gluten-free (see Table 3 for a listing of GF grains and starches). There are also a variety of gluten-free substitutes to replace old favorites like pizza, pasta and bagels.

Table 3. Gluten-free grains and starches

Amaranth	Potato flour
Arrowroot	Quinoa
Buckwheat	Rice
Corn	rice bran
Flax	Sago
Flours made from	Sorghum
nutsbeans and seeds	Soy (soya)
Millet	Tapioca
Montina™	Teff
Potato starch	

Distilled vinegars are gluten-free as all distilled products do not contain any harmful gluten proteins. Malt vinegar, however, is not distilled and therefore contains gluten.

WHAT ABOUT OATS?

Many recent studies indicate that the protein found in oats may not be harmful to most people with celiac disease. However, there is concern that the oats may be contaminated with wheat during the milling and processing. **Please consult your physician or dietitian before adding oats to your child's diet.**

How Do I Start A Gluten-free Diet?

AT HOME

Your first instinct may be to stop at the grocery store on your way home from the doctors' office and search the grocery store for all the gluten-free products you can find. This is an overwhelming task that initially may end in frustration and emotional distress.

Start the new diet by looking at the foods you already have in your home. Many of your favorite brands may already be gluten-free, eliminating the need to search all the brands of a particular product.

Table 4

Gluten- Free Shopping List

PRODUCE:	DAIRY:	PACKAGED & CANNED
Fresh Fruits (e.g.) Apple Banana Orange, etc.	Unflavored Milk Cream Aged Cheese (caution on processed cheese) Most yogurts Butter, Margarine Cream Cheese Cottage Cheese Sour Cream	Plain Fruits and Vegetables Canned Tuna or Chicken Dried Beans, Lentils, Peas Most Baked Beans
Fresh Vegetables (e.g.) Tofu White or Sweet Potato Corn Lettuce, etc.	FROZEN FOODS Plain Fruits and Vegetables Most Ice Cream and Sherbet Gluten Free Frozen Waffles	CEREALS, GRAINS Cream of Rice Grits Puffed Rice Plain Brown or White Rice Corn Tacos / Tortillas
MEAT, FISH, POULTRY Fresh Beef Fresh Pork Fresh Poultry (caution: self basting) Fresh Fish or Seafood Eggs	SNACKS Potato Chips (caution: flavored chips) Corn Chips Popcorn Rice Crackers, Rice Cakes Plain Nuts, Seeds Jello Pudding	CONDIMENTS Jam and Jellies, Marmalade Honey Peanut Butter 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
BEVERAGE 100% Fruit Juice Coffee, Tea, Cocoa Soft Drinks		
FATS AND OILS Vegetable, Canola and Olive Oil Shortening		

Start to plan your meals around naturally gluten-free foods. Plan a week's menu around these foods and make a grocery list to help you stay on track once you get to the store. Try the following meal suggestions:

Breakfast

- Cream of Rice cereal with nuts, seeds or dried fruit
- Puffed Rice cereal, milk and fresh fruit
- Fruit and yogurt smoothies
- Cottage cheese with apples and cinnamon
- Egg, cheese and veggie omelet with fried potatoes and ½ grapefruit
- Eggs, Canadian bacon or turkey bacon

Lunch and Dinner

- Loaded baked potatoes with cheese and veggies
- Salads with chopped veggies, toasted almonds or sunflower seeds and lean meats (chicken, tuna, ham)
- Tuna fish on mixed greens with fresh fruit
- Stir-fry with meat, poultry, seafood and chopped vegetables served over brown rice
- Meat or veggie fajitas or quesadillas made from corn tortillas
- Turkey or beef chili, corn chips and veggie sticks
- Beef or chicken kabobs on rice and ice cream

Snacks

- Rice cakes or rice crackers with cheese, hummus and peanut butter
- Nachos made from corn chips with melted cheese and salsa
- Celery sticks with cream cheese, peanut butter or cheese spread
- Pudding, ice cream or yogurt topped with berries and whipped topping
- Baked apple
- String cheese
- Popcorn

AT THE GROCERY STORE

On your first trip to the grocery store, think about shopping the perimeter of the store. This is where you will find naturally gluten-free foods. As you step into your favorite grocery store, start with the fresh produce section. No need to worry here. Stock up on nutrient rich, low fat, low-sodium fruits and veggies.

Next, visit the fresh meat, poultry, and seafood section. Again, these are naturally gluten-free. Think about making a fresh turkey breast or lean roast for dinner and then using the leftovers as a filling for a corn tortilla for lunch. Use caution when choosing luncheon meat and other processed

meats. The processed meats may contain gluten as fillers or flavor enhancers - so read the label carefully.

After the meat section, you can visit the egg and dairy section. These products are, for the most part, gluten-free. Calcium-rich desserts and snacks like ice cream, yogurt and pudding may be good choices for a gluten-free diet. If your child has lactose intolerance, try lactose free milk, yogurt, and hard cheese as these are usually well tolerated in those patients. Lactaid tablets can also be taken with dairy.

Within the inner isles of the grocery store, look for:

- Corn tortillas
- Plain rice
- Dried beans and legumes
- Spices and herbs
- Peanut butter
- Cooking oils (canola and olive oils are low in saturated fats and contain healthy monosaturated fat)

As the demand for GF products increases, many grocery stores will begin to stock more products that are specifically gluten-free. Look in the Asian section for rice noodles and crackers. Check out the "organic" or "health food" section for GF pastas, flours, and baking products.

Specialty health food stores typically have GF foods in the frozen food section. One can select GF bagels, breads, or brown rice pizza crusts to defrost and warm at home.

Some frozen food sections have GF frozen meals as a convenient option.

FOOD PREPARATION

Once you get your groceries home, you need to think about how your food is prepared. Here are several suggestions to help you avoid contaminating your food with gluten:

- Purchase separate jam, jelly, mayonnaise, and peanut butter to avoid wheat/bread crumbs in the shared jars.
- Purchase a separate toaster for gluten-free breads, or use a toaster oven that can be cleaned between uses, or place tinfoil on the rack to avoid contamination.
- Clean counter tops and cutting boards often to remove gluten-containing crumbs.
- Cooking utensils, colanders, and pans need to be cleaned carefully after each use and before cooking gluten-free products.

Life Goes On!

EATING AWAY FROM HOME

A diagnosis of CD does not mean never eating at a restaurant again. Do not stay home for fear of making a mistake on the gluten-free diet. Dining out is a big part of our way of life and, with a little effort and planning, can continue to be enjoyed.

- Before leaving home, do some homework. Most restaurants have a website that can easily be found through an Internet search engine. Review the menu online to see if there is enough selection for you. Some restaurants have GF menus or a list of common food allergens utilized in making their foods.
- Call ahead and talk to the manager or the chef and ask about specially prepared items that are GF.
- Try to make your first visit to a restaurant before peak dining times.
- Always identify yourself as someone who cannot eat wheat, rye or barley. Food items that you would never guess have flour in them, often do. (One large popular pancake house adds pancake batter to their omelets.) Salads may not have croutons, but may arrive at your table with a bread stick across the top.
- Don't be afraid to ask how the food is prepared. Meats may be marinated in soy sauce. French fries may be made in the same fryer as other breaded products. Hamburgers and hamburger buns may be grilled in the same area. All these methods can lead to gluten contamination.
- Be pleasant and informative, but not demanding.
- Bring your own GF bread or crackers.

DON'T BLAME THE GLUTEN!

On a strict GF diet, gastrointestinal symptoms will begin to improve in a few weeks and will completely resolve after 6 to 12 months. After healing has occurred and antibody levels have returned to normal, symptoms may not be a reliable way to determine whether or not you have taken in gluten.

You can eat gluten-containing foods and may not have symptoms and, conversely, you can have symptoms without ingesting gluten. The following items may cause GI problems that are not gluten related.

- **Acidic foods.** Vinegars, tomato products, and citrus juices can cause reflux symptoms.
- **Sorbitol.** It is found in medication and dietetic candy. As a non-digestible sugar, sorbitol can cause bloating, gas, cramping, and diarrhea.

- **Guar gums.** These gums are used in gluten-free products and may cause gas, bloating, and abdominal pain.
- **Lactose.** Before the intestine has healed completely, the lactase enzyme may be deficient. Lactase is needed to break down the sugar in milk called lactose. Undigested lactose can lead to increased gas, bloating, abdominal pain, and diarrhea.
- **Food allergens.** In a recent survey of the Celiac Sprue Association, over half of the members reported having additional food intolerances to foods such as milk, soy, nuts, yeast, eggs, corn, and fructose.
- **Flax.** Flax can increase the number of bowel movements.

GLUTEN-FREE DOES NOT MEAN IT IS GOOD FOR YOU!

Today there are many specialty companies that produce good gluten-free products. Although they taste wonderful, the ingredients used may not be a healthy alternative. Good nutrition is also important as you select foods in your diet. Table 5 gives some examples for a healthy GF diet.

Low fat	Read labels carefully as many GF foods may be higher in fat than their gluten-containing counterpart.
Calcium rich foods	Osteopenia and osteoporosis are common in people with CD.
Weight gain	After the GI tract has healed, it can now absorb all the nutrients in foods. Even though the calorie level has remained the same, this may be the cause of unintentional weight gain.
Constipation/diarrhea	If only processed white rice is used in replacement of wheat flour, the low fiber diet may lead to constipation. Conversely, if the fiber rich grains are added in the diet in large amounts too quickly, diarrhea can occur.
Weight loss	Dietary changes to eliminate gluten-containing foods may also lead to a decrease in caloric intake.

VITAMIN SUPPLEMENTS

A vitamin/mineral supplement may be necessary when your child's diagnosis is first made. The damage done to the intestinal lining can lead to a decreased absorption of iron, calcium, folate, and other B-vitamins. In addition, many gluten-containing breads, cereals, and pasta are fortified with B-vitamins and iron while many gluten-free foods are not and this can also contribute to vitamin and mineral deficiencies. It is important to select a vitamin/mineral supplement that is gluten-free and meets 100% of the recommended daily allowances, or the daily-recommended intake (RDA or DRI). A well-balanced diet can usually provide adequate amounts of most nutrients. Table 6 provides a list of nutrient rich foods to be included in the GF diet.

Table 6. Nutrient rich gluten-free foods

Calcium	Milk, yogurt, cheese, ice cream, sardines, salmon, broccoli, spinach, almonds, figs, calcium fortified soy milk and orange juice
Iron	Meat, fish, poultry, nuts, seeds, legumes, dried fruit, eggs, amaranth, quinoa
Folate	Broccoli, asparagus, orange juice, liver, legumes, bean flour, flax, peanuts, walnuts, sesame and sunflower seeds
B12	Liver, eggs, milk, meat, poultry, fish and seafood

Once The Diet Has Started

NUTRITIONAL CONSULT

It is important to have the contact information of a dietitian with expertise in CD. You may need several sessions with a dietitian before feeling confident about dealing with a gluten-free diet. Periodic visits with the dietitian are required - especially if the repeat serology is suggestive of gluten ingestion.

GASTROENTEROLOGY FOLLOW-UPS

The frequency of follow-up visits with the gastroenterologist depends on the age of the patient, the pace of the resolution of symptoms, and normalization of serology test results. If there is a good response to the diet and blood tests normalize within six to nine months, visits to the gastroenterologist can usually be less frequent, yearly follow-ups. A decline in antibody levels is expected after a six-month

period on an appropriate GF diet. With dietary compliance, the antibodies should eventually disappear. Persistence of the antibodies suggests poor dietary compliance, either knowingly or inadvertently. In this situation, a meeting with the nutritionist is necessary in order to identify sources of gluten in the diet.

SHOULD OTHER FAMILY MEMBERS BE TESTED?

First-degree relatives of patients with CD should undergo serological testing and a gastroenterologist should further evaluate family members with positive blood test results. Upper gastrointestinal endoscopy with intestinal biopsy remains the gold standard for diagnosis.

For those patients with negative celiac serology results, genetic testing may be helpful in guiding the follow-up care and need for repeat celiac serology. In the absence of genetic markers there is no need to repeat serology tests.

FAMILY SUPPORT

Family support of the gluten-free diet is vital. It is very important that all family members are aware of GF dietary requirements and become involved in both grocery buying and meal preparation. Family support for dietary compliance is equally important. At home, gluten-free foods and flours must be stored separately to avoid cross contamination and for younger children with celiac disease, only their gluten-free foods should be easily accessible.

EMOTIONAL ASPECTS OF THE GLUTEN-FREE DIET

Some patients are relieved when diagnosed with CD because it is a disease that can be managed with diet alone. However, others are concerned by the drastic diet and lifestyle modification. Fear of eating, particularly dining outside of the home, can occur and result in social isolation because so many social events are centered around eating. These concerns must be discussed with the dietitian and gastroenterologist. With appropriate teaching, the gluten-free diet can be maintained even when dining out. Some of the regional support groups have lists of local gluten-free restaurants with GF menus or menu items.

The sudden dietary and lifestyle change may induce depression at varying degrees and involvement in support groups may help, especially for teenagers. Within this group, they can share their feelings with others and learn coping skills. In rare occasions, a referral to counseling may be necessary.

The important thing to remember is that you are fortunate to be aware of the fact that you have CD. Millions of people do not know they have the disease. You can reverse the impact the disease has had on your body through diet. We hope this guide will help you and wish you good health.

Resources

This is a representative but not a comprehensive list of resources for celiac disease.

MAJOR NATIONAL SUPPORT GROUPS

Gluten Intolerance Group

15110 10th Ave. SW, Suite A, Seattle, WA 98166
206.246.6652, Website: www.gluten.net

Celiac Disease Foundation

13251 Ventura Boulevard, Suite 1, Studio City, CA 91604-1838
818-990-2354. Website: www.celiac.org

Celiac Sprue Association/USA

PO Box 31700, Omaha, NE 68131-0700
402-558-0600, Website: <http://www.csaceliacs.org>

Canadian Celiac Association

5170 Dixie Road, Suite 204, Mississauga, Ontario, L4W 1E3
Phone: 905-507-6208, 1-800-363-7296, Website: www.celiac.ca

INTERNET

American Dietetic Association

www.eatright.org

Celiac Center at Columbia University

<http://www.celiacdiseasecenter.columbia.edu/CF-HOME.htm>

Celiac Disease and Gluten-free Resource

www.celiac.com

Celiac Frequently Asked Questions (FAQ)

www.enabling.org/ia/ceciac/faq.html

Center for Celiac Research, University of Maryland School of Medicine

www.celiaccenter.org

Children's Digestive Health and Nutrition Foundation (CDHNF)

www.cdhnf.org, www.celiachealth.org

North American Society for Pediatric Gastroenterology, Hepatology and Nutrition (NASPGHAN)

http://www.naspghan.org/sub/ceciac_disease.asp
<http://www.naspghan.org/sub/positionpapers.asp>

National Institutes of Health

<http://digestive.niddk.nih.gov/ddiseases/pubs/ceciac/>
University of Chicago, Celiac Disease Program:
<http://www.uchospitals.edu/specialties/ceciac/index.php>

BOOKS

Gluten-Free Friends

An Activity Book for Kids by Nancy Patin Falini, MA, RD, LDN,
www.savorypalate.com

Gluten-Free Diet

A Comprehensive Resource Guide by Shelley Case, B.Sc. RD,
www.glutenfreediet.ca

Kids with Celiac Disease

A Family Guide to raising Happy, Healthy,
Gluten-free Children, By Danna Korn
http://www.celiac.com/cgi-bin/webc.cgi/st_main.html?p_catid=8

GELIAC PUBLICATIONS

Gluten-Free Living

National Newsletter for People with Gluten Sensitivity
www.glutenfreeliving.com

Sully's Living Without Magazine

www.livingwithout.com

COOKBOOKS

The Gluten-Free Gourmet-Living Well Without Wheat, Cookbook, series by Bette Hagman

http://www.best-cooking-books.com/search_Bette_Hagman/searchBy_Author.html

Wheat-Free, Gluten-Free Cookbook for Kids and Busy Adults, by Connie Sarros, www.gfbooks.homestead.com

Cookbooks and Informational Books by Carol Fenster

<http://www.savorypalate.com>

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According to the FDA, if a food contains wheat starch, it may only be labeled gluten-free if that product has been processed to remove gluten, and tests to below 20 parts per million of gluten. With the enactment of this law on August 5th, 2014, individuals with celiac disease or gluten intolerance can be assured that a food containing wheat starch and labeled gluten-free contains no more than 20ppm of gluten. If a product labeled gluten-free contains wheat starch in the ingredient list, it must be followed by an asterisk explaining that the wheat has been processed sufficiently to adhere to the FDA requirements for gluten-free labeling.

Common Foods That Contain Gluten

- **Pastas:**
 - raviolis, dumplings, couscous, and gnocchi
- **Noodles:**
 - ramen, udon, soba (those made with only a percentage of buckwheat flour) chow mein, and egg noodles. (Note: rice noodles and mung bean noodles are gluten free)
- **Breads and Pastries:**
 - croissants, pita, naan, bagels, flatbreads, cornbread, potato bread, muffins, donuts, rolls
- **Crackers:**
 - pretzels, goldfish, graham crackers
- **Baked Goods:**
 - cakes, cookies, pie crusts, brownies
- **Cereal & Granola:**
 - **corn flakes** and **rice puffs** often contain malt extract/flavoring, granola often made with regular oats, not gluten-free oats
- **Breakfast Foods:**
 - pancakes, waffles, french toast, crepes, and biscuits.
- **Breading & Coating Mixes:**
 - panko breadcrumbs
- **Croutons:**
 - stuffings, dressings
- **Sauces & Gravies** (many use wheat flour as a thickener)
 - traditional soy sauce, cream sauces made with a roux
- **Flour tortillas**
- **Beer** (unless explicitly gluten-free) and any **malt beverages** (see “Distilled Beverages and Vinegars” below for more information on alcoholic beverages)
- **Brewer’s Yeast**

- Anything else that uses “wheat flour” as an ingredient
-

Foods That May Contain Gluten (must be verified by reading the label or checking with the manufacturer/kitchen staff)

- **Energy bars/granola bars** – some bars may contain wheat as an ingredient, and most use oats that are not gluten-free
 - **French fries** – be careful of batter containing wheat flour or cross-contact from fryers
 - **Potato chips** – some potato chip seasonings may contain malt vinegar or wheat starch
 - **Processed lunch meats**
 - **Candy and candy bars**
 - **Soup** – pay special attention to cream-based soups, which have flour as a thickener. Many soups also contain barley
 - **Multi-grain or “artisan” tortilla chips or tortillas** that are not entirely corn-based may contain a wheat-based ingredient
 - **Salad dressings and marinades** – may contain malt vinegar, soy sauce, flour
 - **Starch or dextrin** if found on a meat or poultry product could be from any grain, including wheat
 - **Brown rice syrup** – may be made with barley enzymes
 - **Meat substitutes** made with seitan (wheat gluten) such as vegetarian burgers, vegetarian sausage, imitation bacon, imitation seafood (Note: tofu is gluten-free, but be cautious of soy sauce marinades and cross-contact when eating out, especially when the tofu is fried)
 - **Soy sauce** (though tamari made without wheat is gluten-free)
 - **Self-basting poultry**
 - **Pre-seasoned meats**
 - **Cheesecake filling** – some recipes include wheat flour
 - **Eggs served at restaurants** – some restaurants put pancake batter in their scrambled eggs and omelets, but on their own, **eggs are naturally gluten-free**
-

Distilled Beverages And Vinegars

Most **distilled** alcoholic beverages and vinegars are gluten-free. These distilled products do not contain any harmful gluten peptides even if they are made from gluten-containing grains. Research indicates that the gluten peptide is too large to carry over in the distillation process, leaving the resulting liquid gluten-free.

Wines and hard liquor/distilled beverages are gluten-free. However, **beers, ales, lagers, malt beverages and malt vinegars that are made from gluten-containing grains are not distilled and therefore are not gluten-free.** There are several brands of gluten-free beers available in the United States and abroad.

Other Items That Must Be Verified By Reading The Label Or Checking With The Manufacturer

- **Lipstick, lipgloss, and lip balm** because they are unintentionally ingested
- **Communion wafers**
- **Herbal or nutritional supplements**
- **Drugs and over-the-counter medications ()**
- **Vitamins and supplements ()**
- **Play-dough:** children may touch their mouths or eat after handling wheat-based play-dough. For a safer alternative, make homemade play-dough with gluten-free flour.

Label Reading

Products labeled wheat-free are not necessarily gluten-free. They may still contain spelt (a form of wheat), rye, or barley-based ingredients that are not gluten-free. To confirm if something is gluten-free, be sure to refer to the product's ingredient list.

Cross-Contact

When preparing gluten-free foods, it is important to avoid **cross-contact**. Cross-contact occurs when foods or ingredients come into contact with gluten, generally through shared utensils or a shared cooking/storage environment. In order for food to be safe for someone with celiac disease, it **must not come into contact with food containing gluten**.

Places where cross-contact can occur:

- **Toasters** used for both gluten-free and regular bread
- **Colanders**
- **Cutting boards**
- **Flour sifters**
- **Deep fried foods** cooked in **oil shared with breaded products**
- **Shared containers** including improperly washed containers
- **Condiments** such as butter, peanut butter, jam, mustard, and mayonnaise may become contaminated when utensils used on gluten-containing food are double-dipped
- **Wheat flour can stay airborne** for many hours in a bakery (or at home) and contaminate exposed preparation surfaces and utensils or uncovered gluten-free products

- **Oats** – cross-contact can occur in the field when oats are grown side-by-side with wheat, select only oats specifically labeled gluten-free
- **Pizza** – pizzerias that offer gluten-free crusts sometimes do not control for cross-contact with their wheat-based doughs
- **French fries**
- **Non-certified baked goods** e.g., “gluten-free” goods from otherwise gluten-containing bakeries
- **Bulk bins** at grocery stores or co-ops

Easily contaminated foods:

- **Oats** -look for oats that are specifically labeled gluten-free
- **Pizza** –pizzerias that offer gluten-free crusts sometimes do not control for cross-contact with their wheat-based doughs
- **French fries**
- **Non-certified baked goods** – e.g., “gluten-free” goods from otherwise gluten-containing bakeries

If In Doubt, Go Without!

When unable to verify ingredients for a food item or if the ingredient list is unavailable DO NOT EAT IT. Adopting a strict gluten-free diet is the only known treatment for those with gluten-related disorders.

WORDS OF WISDOM

STOCK UP

Keep a full stock of supplies anywhere you find yourself at mealtime or in need of a snack (in the pantry, freezer, refrigerator at work, even at your relatives' homes)

TAKE ADVANTAGE OF FREE TIME

Take the time to bake items that will freeze well and taste good toasted or reheated (bread, waffles, muffins, soups, sauces, desserts, dinner entrees). It's much easier to pop something in the toaster or microwave than to pull out the mixing bowls.

EXPERIMENT

Take your oldtime recipes and try converting them into gluten-free versions. (Visit our website www.celiac.org for a selection of cookbooks with GF tips and recipes.)

WRITE IT DOWN

Keep a step by step cooking diary when experimenting for future use. Any addition can completely change the taste; no need to start from scratch next time around.

DOUBLE UP

When you bake or cook, double the recipe and freeze the second half (plastic reusable food containers, freezer bags, aluminum foil and plastic wrap). It will come in handy on a night that you don't want to put any extra effort into preparation.



KEEP IT SAFE

If you find yourself empty handed, go for the safest available option (baked potato, plain steamed rice with vegetables, grilled chicken breast, piece of fruit). This may leave your palate with a lot to be desired but your body will surely thank you.

GO TO THE EXPERTS

When all else fails, reach out to the resources available (CDF, health food stores, mail order suppliers, a fellow celiac).

AND ALWAYS REMEMBER

You're not alone. Contact a fellow celiac for empathy. There are some wonderful products out there. If it wasn't for Celiac disease you wouldn't have made all these new friends. You now look forward to seeing your UPS driver bringing you gf goodies. You are finally entitled to a tax deduction. You don't have to eat your mother-in-law's cooking. You always have a spot in an Internet chat group. With your knowledge, you can now apply to medical school.

MAKE DELICIOUS GLUTEN-FREE BREAD IN ANY BREAD MACHINE

EVERYONE KNEADS THE DOUGH

Some bread machines knead gluten-free dough more efficiently than others and some recipes work better in a particular machine than in other machines. To ensure a great loaf of bread every time:

- A few minutes into the first knead cycle, lift the lid and use a rubber spatula to mix the dough until it is smooth and moist in appearance.
- Don't be afraid to reach right down to the bottom of the pan. If the kneading blade hits the spatula, it will not harm the machine.

Tricks of the trade: The dough is the proper consistency if it produces definite lines in the top as it kneads.

- If dry flour is sitting on the top or in the corners, the bread needs more liquid and/or better mixing.
- If the batter is the consistency of a cake or pancake batter and has no defined lines on the top, it needs more dry ingredients.

BREAD TO WIN

- Warm liquids to 100 degrees.
- Use flour and eggs at room temperature.
- Add ingredients in any order you wish or follow the order for adding ingredients recommended by the manufacturer of your machine.
- It's not necessary to mix ingredients in a bowl before adding to the bread machine, but it will not harm the bread.

Tricks of the trade: Warm eggs by setting them in bowl of warm water for 5 minutes.

THE GOOP MAKES IT DROOP

- A good gluten-free bread depends on a delicate balance of wet to dry ingredients.
- Success is determined in the first kneading cycle where dough should be properly mixed and liquid or dry ingredients should be adjusted.
- Proper mixing and proportion of ingredients allow the yeast to be evenly dispersed.
- Too much liquid produces a floppy, gummy loaf with large holes and a flat or sunken top.
- Too little liquid produces a lumpy, crumbly loaf.

Tricks of the trade:

- For soupy batter, add 1 T. of rice flour at a time, stirring after each incorporation, until dough is thick and pulls away from the sides.
- For dry batter, add 1 tsp. warm water at a time, mixing after each addition until dough is smooth and "swirls" in the bread pan.

IF YOU CAN'T STAND THE HEAT, YOUR BREAD PROBABLY CAN

Gluten-free bread dough rises best in a very warm, draft-free room. If your bread isn't rising, try one or more of these suggestions:

- If the machine is programmable, increase the amount of

time in the rise cycle. Make sure to begin with very warm (not hot) ingredients.

- Add a little more warm liquid during the kneading cycle.
- Add 1 tsp. cider vinegar to liquids or 1/4-1/2 tsp. ascorbic acid (powdered Vitamin C) to the dry ingredients in the recipe.
- The yeast may be old or liquids may have been too hot. (Over 120 degrees will kill the yeast.) Next time, use fresh yeast and water that is not quite so warm.

Tricks of the trade: Don't worry if your bread has not risen to the top of the pan when it begins to bake. It will rise more during baking.

SEPARATING THE WHEAT FROM THE CHEF

- Avoid using automatic cool down cycle. Cool on wire rack to prevent bread from becoming gummy. To revive, heat uncut loaf in 350 degree oven for 5 minutes.
- Use butter and milk rather than oil and water to add moisture and create chewy crust. Egg replacer may be used in place of eggs.
- Adding a sweetener helps activate the yeast. Molasses and honey help produce a silky texture in gluten-free yeast doughs. Be sure to count as part of the liquid ingredients.
- If the same bread machine is used for all family bread baking, buy a second paddle and bowl or carefully clean blade and shaft of bowl to avoid any contamination.

Courtesy glutenfree.com

Restaurant Card

Use this card as a tool to explain the gluten-free diet to your server and chef upon arrival at a restaurant or in advance.

Guidelines for Preparing a Gluten-Free Restaurant Meal

I have a severe reaction to gluten and thank you for preparing a meal that I can safely eat. I appreciate your effort-plain and simple food is just fine.

I cannot digest the gluten in wheat, rye, oats, or barley. Even a crumb or speck of flour made from those grains will make me ill. Please be careful not to make my food in pans that have flour or crumbs on them from other food preparation. Please do not use oil that was previously used for frying breaded foods.

I cannot have bread, breadcrumbs, flour, whole wheat flour, semolina, soy sauce, rye breadcrumbs and flour, barley malt, orzo, oats, oat flour or oatmeal, starch (unless it's from corn, tapioca, or potato), modified food starch, hydrolyzed vegetable or plant protein, cakes, cookies, buns or rolls, and sauces made from canned or powdered stocks.

Please do not put croutons on or near my salad or breadcrumbs or toast on my food. Please do not put cookies in or near my dessert. I must also avoid low fat mayonnaise, yogurt, marinated foods and foods covered in barbecue sauce (unless the ingredients are known). I cannot eat foods covered in meat sauces and gravies.



GLUTEN IN MEDICATIONS, VITAMINS AND SUPPLEMENTS

The only **treatment** for Celiac disease is the lifelong **gluten-free diet**. A gluten-free diet means eliminating all foods, beverages, vitamins, supplements - and *medications* (prescription and over-the-counter) - that contain wheat, rye or barley.

If you have been diagnosed with Celiac disease or need to follow a gluten-free diet you must be aware of potential sources of gluten. In the area of pharmaceuticals, potential sources of gluten contamination come primarily from the addition of the excipient (filler) ingredients added to the active drug in order to make a particular dosage form.¹

Gluten can be used in many medications as an excipient, so it is important for you to check that each medication you take is gluten-free. If you have Celiac disease and are filling a prescription, ask the pharmacist to verify the ingredients to ensure that it is gluten-free. You can ask their help in reading and understanding the list of ingredients or contact the manufacturer. **IF IT IS DISCOVERED THAT YOUR PRESCRIBED MEDICATION CONTAINS GLUTEN, ASK THE PHARMACIST TO CONSULT WITH YOUR PHYSICIAN TO DETERMINE AN APPROPRIATE SUBSTITUTE DRUG.** *If you need a drug made without gluten contact a compounding pharmacy.*

It is important for pharmacists and physicians to be aware that medications may not work as expected in people with undiagnosed or newly diagnosed Celiac disease due to problems with malabsorption. IF YOU DO NOT FEEL WELL OR THE MEDICATION DOES NOT SEEM TO BE WORKING, IT IS IMPORTANT TO CHECK WITH YOUR PRESCRIBING PHYSICIAN RIGHT AWAY.

Some Excipients to look for:

Dextrins - Result from the hydrolysis of starch by heat or hydrochloric acid (from corn).
It can also be obtained from **wheat**, rice or tapioca.

Dextrates (when source is not specified)

Dextri-maltose (when barley malt is used)

Maltodextrin – A starch hydrollysate that is usually obtained from corn *but* can be extracted from **wheat**, potato or rice

Modified Starch (when source is not specified)

Pregelatinized Starch – a starch that has been chemically or mechanically processed.
The starch can come from corn, **wheat**, potato or tapioca

Sodium starch glycolate – a starch that is usually obtained from potato but many come from any starch source

Questions to ask:

What are the inactive ingredients or excipients? What is the source of the ingredient or excipient? Answers can be found on the package insert and the key word to look for is **starch**. If the starch is listed as “cornstarch” or starch (corn) it can be assumed to be gluten-free. However, if starch is listed by itself the only way to confirm the source is to call the manufacturer.

Important Information:

- Generic drugs do not have to contain the same excipients as brand name drugs or another generic equivalent
- Botanical sources of a starch may not be specified and need to be investigated
- There are currently NO requirements for labeling **gluten** found in prescription drug ingredients

Sources:

¹ *Medications and celiac disease: Tips from a pharmacist.* Parrish, C. R. (2007). Practical Gastroenterology January, 2007, pages 58-64. For a complete copy of the article above go to:

http://www.celiac.org/images/stories/PDF/Medications_and_Celiac_Disease.pdf

www.glutenfreedrugs.com Maintained by Steven Plogsted, PharmD., pharmacist at Nationwide Children's Hospital, Columbus, Ohio



LACTOSE INTOLERANCE AND CELIAC DISEASE

Lactose intolerance is the inability to digest lactose, a sugar found in milk and milk products. Lactose intolerance is caused by a deficiency of the enzyme lactase which is produced by the cells lining the small intestine.

When a person is newly diagnosed with Celiac disease, they sometimes discover that they are also lactose intolerant and have difficulty digesting milk and products containing milk. Celiacs can be lactose intolerant after the villi and microvilli in their small intestine become damaged, and are no longer capable of catching and breaking down the lactose molecule.

The lining of the small intestine contains hair-like projections called villi. These villi are lined by cells called enterocytes, and each one of them has smaller hair-like projections called microvilli. These microvilli also are called the brush border. Enzymes that help digest sugars (as well as break down products of protein) are found in the brush border and are called brush border enzymes.

When you have Celiac disease, the mucosa (or lining) of your small intestine is damaged. Specifically, the villi become shortened or even completely flattened. This results in a decrease in brush border enzymes.

Brush border enzymes include lactase which helps digest the sugar lactose found in milk; sucrase which helps digest the sugar sucrose found in varying amounts in all plant foods, including fruits, vegetables, and sugar cane; and maltase which helps digest the sugar maltose found in cereal grains.

The problem usually disappears when celiacs remove gluten from their diet, which allows the damaged villi and microvilli to grow back. Yet, lactose intolerance symptoms can continue for a long time after a celiac has gone on a 100% gluten-free diet. In some cases the villi and microvilli damage can take up to two years to heal completely, but in most cases it takes between six months to a year.

Some people are lactose intolerant because they have inherited a genetic predisposition to develop a shortage of lactase. Some researchers recommend that patients who are lactose intolerant when they are first diagnosed with Celiac disease should be retested for the condition after they've been gluten-free for a year. The gluten-free diet may have helped improve their lactase production to the point where they no longer need to avoid dairy products.

Sources:

Ojetti V, Gabrielli M, Migneco A, Lauritano C, Zocco MA, Scarpellini E, Nista EC, Gasbarrini G, Gasbarrini A. Regression of lactose malabsorption in coeliac patients after receiving a gluten-free diet. *Scandinavian Journal of Gastroenterology* 2007; 5 :1-4.

National Digestive Diseases Information Clearinghouse (NIDDK). A service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).



THE UNIVERSITY OF CHICAGO
CELIAC
DISEASE CENTER

FROM CARE TO CURE

<http://www.cureceliacdisease.org/living-with-celiac/guide/fact-sheets>

CELIAC@LISTSERV.ICORS.ORG

Celiac disease information hotline: The only one of its kind in the nation



Our information hotline gives you and your doctor easy access to celiac disease experts who can answer your questions about symptoms, testing, diagnosis, treatment, and follow-up care.

Call us Monday through Friday, from 9 AM to 5 PM CT at 773-702-7593 with your questions. We are here to help.

We do our best to answer every call. However, if you reach our voicemail, please leave a message. All calls will be returned.



GLUTEN-FREE RESOURCES

The following will acquaint you with companies that offer a selection of foods that are compatible with the Gluten-Free (GF) lifestyle. Not all companies listed are exclusively GF manufacturers. The vendors/products listed do not constitute endorsement by Celiac Disease Foundation (CDF). CDF does not assume liability for the use of this information.

ALMOND GLORY FOODS

818-683-4303/ www.almondglory.net
Low carb, diabetic safe baked goods

AMY'S KITCHEN INC.

707-578-7188/ www.amyskitchen.com
Prepared meals, soups, sauces

ANDEAN DREAM, LLC

310-281-6036/ www.andeandream.com
Quinoa cookies

ANNIE'S HOMEGROWN, INC.

800-288-1089/ www.annies.com
Pasta, meals, snacks, etc.

ARROWHEAD MILLS (The Hain Celestial Group)

800-434-4246/ www.arrowheadmills.com
Flours, cereals, mixes, Deboles corn and rice pastas

*ATTUNE FOODS / EREWHON

800-553-2258/ www.attunefoods.com
Probiotic chocolate bars for digestive health; ready made cereal

AUTHENTIC FOODS

800-806-4737 or 310-366-7612/ www.authenticfoods.com
Baking mixes, flours and baking supplies

*BiProUSA

877-692-4776/ www.BiProUSA.com
Whey protein isolate and natural sleep supplement

*BLUE DIAMOND GROWERS

800-987-2329/ www.bluediamond.com
Nut thin crackers and non-dairy beverage

*BOB'S RED MILL NATURAL FOODS INC.

800-553-2258 or 503-654-3215/ www.bobsredmill.com
Flours, mixes, cereals, etc.

CHEBE BREAD (Prima Provisions)

800-217-9510/ www.chebe.com
Mix for rolls, breadsticks and pizza dough

CREAM HILL ESTATES

866-727-3628/ www.creamhillestates.com
Gluten free oatmeal/oats

*CREAM OF RICE

973-401-6500/ www.bgfoods.com/creamofwheat/rice
Hot rice cereal

*CRUNCHMASTER® CRACKERS

800-896-2396 / www.crunchmaster.com
All natural, gluten free crackers and snacks

DE BOLES (The Hain Celestial Group)

800-434-4246/ www.deboles.com
Corn and rice pasta

DR. PRAEGER'S SENSIBLE FOODS

877-772-3437 or 201-703-1300/ www.drpraegers.com
Variety of frozen meals

EDWARD & SONS TRADING CO INC.

415-380-1925/ www.ellaskitchen.com
Candy, crackers, brown rice snaps, marinades, etc.

*ELLA'S KITCHEN, INC.

805-684-8500/ www.edwardandsons.com
Organic, Kosher, Gluten-Free Baby Food and Toddler Snacks

ENER-G FOODS

800-331-5222/ www.ener-g.com
Pretzels, pasta, bread, rolls, cookies, etc

ENJOY LIFE FOODS

888-503-6569 OR 847-260-0300/ www.enjoylifefoods.com
Bagels, cookies, snack bars, granola, cereals, etc.

FOODS BY GEORGE

201-612-9700/ www.foodsbygeorge.com
Baked goods, pizzas

FOOD FOR LIFE BAKING COMPANY

800-797-5090 or 951-279-5090/ www.food-for-life.com
Ready-made breads, muffins, rice pastas

FREEDA VITAMINS, INC.

800-777-3737/ www.freedavitamins.com
Vitamins and nutritional supplements

*FRENCH MEADOW BAKERY

651-286-7861/877-NO YEAST
Bread products and Baked Goods

*FRESH & EASY

www.freshandeasy.com
Neighborhood market including fresh foods and prepared meals

*GG'S ORIGINALS

888-296-5084/www.ggsoriginal.com
Fresh and prepared meals

*GENERAL MILLS CHEX® CEREALS

800-328-1144/ www.generalmills.com/glutenfree
Rice, Corn, Chocolate, Cinnamon, Honey Nut Cereal

*GENERAL MILLS BETTY CROCKER®

800-446-1898/ www.bettycrocker.com/glutenfree
Gluten-free dessert mixes

GIFTS OF NATURE

888-275-0003/ www.giftsofnature.com
Rolled oats, baking products

*GLUTINO FOOD GROUP

800-291-8386 or 860-633-3826/ www.glutenfreepantry.com
Breads, bagels, pastas, crackers, cookies, pizza, soups and mixes

GLUTEN EVOLUTION, LLC (Breads From Anna)

877-354-3886 or 319-354-3886/ www.glutenevolution.com
Bread mixes

GLUTEN FREE OATS

307-754-2058/ www.glutenfreeoats.com
Rolled oats/oatmeal

GLUTENFREEDA FOODS, INC.

360-378-3675/ www.glutenfreeda.com
Dairy free refrigerated cookies and online vendor

*HODGSON MILL

800-347-0105/ www.hodgsonmill.com
Mixes, cereal, pastas, flours

*IAN'S NATURAL FOODS

978-989-0601/ www.iansnaturalfoods.com
Variety of frozen foods

***JONES DAIRY FARM**

800-563-1004/ www.jonesdairyfarm.com
Breakfast sausages, bacon and ham

***KEDEM FOOD PRODUCTS INTERNATIONAL**

718-384-2400/ www.kedem.com
Gefen pastas and cookies,
Kedem Passover gefilte fish

KETTLE CUISINE, INC.

877-302-7687/ www.kettlecuisine.com
All natural frozen soups

KIND SNACKS

212-616-3006 / www.kindsnacks.com
Fruit and Nut Bars

KING ARTHUR FLOUR

800.827.6836/ kingarthurfLOUR.com
Baking mixes and flour

KINNIKINNICK FOODS, INC.

877-503-4466 OR 780-424-2900
www.kinnikinnick.com
Breads, bagels, buns, donuts, other baked goods

LÄRABAR

800-543-2147/ www.larabar.com
Nutritious energy bars

LISANATTI® FOODS

866-864-3922/ www.lisanatticheese.com
Cheese alternatives

LUNDBERG FAMILY FARMS

530-882-4551/ www.lundberg.com
Rice cakes, brown rice, rice pudding mixes,
cereal, pasta, rice syrup

MARY'S GONE CRACKERS

888-258-1250/ www.marysgonecrackers.com
Organic high fiber crackers

MONTINA AMAZING GRAINS

877-278-6585/ www.amazinggrains.com
Grains, bread mixes and flours

MRS. LEEPER'S, INC. (Liberty Richter)

817-629-6275/ www.mrsleeperspasta.com
Brown rice and corn pasta

NAMASTE FOODS

866-258-9493 or 208-676-9632
www.namastefoods.com
Cake mixes, cookie mixes, waffle &
pancake mixes

***NANA'S COOKIE COMPANY**

800-836-7534 or 858-273-5775
www.healthycrowd.com
Cookies and cookie bars

***NATURE'S PATH FOODS, INC.**

888-808-9505 or 604-248-8777
www.naturespath.com
Organic Gluten-Free Cereals

ORGANIC BISTRO

www.theorganicbistro.com
Frozen prepared meals

ORGRAN

877-380-3422 or 845-278-8164
www.orgran.com
Alternative grain, pastas and health foods

PAMELA'S PRODUCTS

707-462-6605/ www.pamelasproducts.com
Ready-made cookies, biscotti, cookie,
bread, pancake and baking mixes

PANOS BRANDS

201-843-8900/ www.midelcookies.com
MI-DEL snack products

PASTARISO Maple Grove

Gluten Free Foods Inc.
905-451-7423/ www.maplegrovefoods.com
Organic rice pastas

PERKY'S NATURAL FOODS,

Enjoy Life Natural Brands
888-473-7597 or 847-260-0300
www.perkynaturalfoods.com
Gluten-free cereals

***PURE BAR**

888-568-PURE/ www.thepurebar.com
Fruit and nut bars: Organic, raw, vegan,
and gluten-free

PUREFIT

866-PUREFIT/ www.purefit.com
Nutrition bars

QUINOA CORPORATION

310-217-8125/ www.quinoa.net
Flour, flakes and pastas

REAL FOODS

+61 285956600/ www.cornthins.com
Corn thins

R. W. GARCIA

408- 287-4616/ www.rwgarcia.com
Tortilla chips

***REDBRICK PIZZA**

www.redbrickpizza.com
Pizza at neighborhood cafés

***RUDI'S GLUTEN FREE BAKERY**

877-293-0876/ www.rudisglutenfree.com
Breads and baked goods

SAN-J INTERNATIONAL

800-446-5500 or 804-226-8333/ www.san-j.com
Tamari soy sauces, instant miso soups
and rice crackers

***SCHÄR USA INC**

201-944-9800/ www.schar.com
Breads, pastas, crackers, cookies

SHELTON'S POULTRY

800-541-1833 or 909-623-4361
www.sheltons.com
Chicken and turkey franks, lunchmeats,
poultry products and beef sticks

SNACK ALLIANCE, INC.

800-665-3880/ www.snackalliance.com
Riceworks

***SOLTERRA FOODS**

877.819.0161 or 970.222.6279
www.solterrafoods.com
Fresh/frozen pasta, pizza baking mixes
and condiments - soy-free

***THE PURE PANTRY**

760-908-3048/ www.thepurepantry.com
Baking mixes

***THINK THIN**

866-988-4465 or 805-644-4848
www.thinkproducts.com
Nutrition bars

TINKAYADA (Food Direction, Inc.)

416-609-0016 / www.tinkyada.com
Organic brown and white rice pastas

TODDLER HEALTH

323-937-9990 / www.toddlerhealth.net
Drink mixes for children

VAN'S INTERNATIONAL FOODS

323-585-5581/ www.vansfoods.com
Ready-made frozen pancakes and waffles

***UDI'S GLUTEN FREE FOODS**

303-657-6366 / www.udisglutenfree.com
Breads & baked goods

U.S. MILLS, INC.

781-444-0440 / www.usmillsinc.com
Cereals

***VENICE BAKING CO.**

310-322-7357/ www.venicebakery.com
Dairy, soy & egg free pizza and crusts

***ZOJIRUSHI AMERICA CORPORATION**

800-733-6270 or 310-769-1900
www.zojirushi.com
Automatic breadmaker for gluten-free baking

COMMUNION WAFERS

BENEDICTINE SISTERS
www.benedictinesisters.org
Gluten-free communion wafers

COOKBOOKS, DVDS & MORE

ALTERNATIVE COOK, LLC
www.alternativecook.com

SAVORY PALATE, INC.

800-741-5418/ www.savorypalate.com

GLUTEN FREE BEER COMPANIES

***BARD'S TALE BEER CO., LLC**

816-272-2015/ www.bardsbeer.com

LAKEFRONT BREWERY, INC.

414-372-8800/ www.lakefrontbrewery.com

REDBRIDGE BEER

800-342-5283/ www.redbridgebeer.com

TRAVEL, DINING & GROCERY GUIDES

BOB & RUTH'S GF DINING AND TRAVEL CLUB

410-939-3218/ www.bobandruths.com

GLUTEN FREE PASSPORT

866-564-1440/ www.glutenfreepassport.com
Books and booklets on traveling and dining out

TRIUMPH DINING

609-564-0445/ www.triumphdining.com
GF restaurant cards and grocery guide

ONLINE RESOURCES

www.glutenfreely.com
(General Mills product news & recipes)

www.glutenfreemail.com

www.glutenfree.com

www.ceciliasmarketplace.com

www.glutenfreedrugs.com

www.glutenfreetravelstite.com

www.navanfoods.com
(Navan Foods: The Allergy Free Food Shop)

www.theliacscene.com

***Celiac Disease Foundation Sponsors**



Allergy-Free Key

- Dairy-Free
- Fish-Free
- Crustacean Shellfish-Free
- Egg-Free
- Soy-Free
- Tree Nut-Free
- Peanut-Free

*Major food allergies under FDA/CPA

Gluten-Free Halloween Treats List

Hershey's 800.468.1714

Almond Joy and Mounds Bars (all except Joy Pieces Candy)
 Heath Bars - All
 Hershey's Kisses Milk Chocolate
 Hershey's Kisses Filled Chocolates - All
 Hershey's Nuggets Candies - All
 Hershey's Milk Chocolate Bar (1.55oz only)
 Hershey's Milk Chocolate and Almonds Bar (1.45oz only)
 Hershey's Air Delight Aerated Milk Chocolate Bar
 Hershey's Milk Duds - All
 Reese's Peanut Butter Cups (all except seasonal shaped items)
 York Peppermint Pattie (all except YORK PIECES Candy, York Minis, and YORK Shapes (5oz))
 PayDay Candy - All
 REESE'S Pieces Candy (all except REESE'S Pieces Eggs, Reese's Peanut Butter Cup Unwrapped & seasonal shaped items)
 ROLO Caramels In Milk Chocolate Candies (all except ROLO Minis)
 Scharffen Berger (all except Scharffen Berger Cocoa Powder)
 SKOR Toffee Bars - All
This company does not list top 8 allergens so they suggest reading all individual product labels

Just Born 888.645.3453

Mike and Ike Berry Blast	Mike and Ike Italian Ice
Mike and Ike Jolly Joes	Mike and Ike Assorted Fruits
Mike and Ike Lemonade Blends	Mike and Ike Original Fruits
Mike and Ike Redrageous	PEEPS Sweet Lemonade
Mike and Ike Zours	
Mike and Ike Mummy Mix and Vampire	
Goldenberg's Vintage Peanut Chews (all except Peanut Chews Bites)	
Mike and Ike Tangy Twister	Mike and Ike Tropical Typhoon
Mike and Ike Hot Tamales	Mike and Ike Jelly Beans
Mike and Ike Mummy Mix Tube	Mike and Ike Tropical Heat
Mike and Ike Vampire Variety	Mike and Ike Strawberry Reunion
PEEPS	Chocolate Crème PEEPS Minis
Strawberry Crème PEEPS Minis	Sour Watermelon PEEPS minis
Flavored Marshmallow Chicks (all except snack-size)	
PEEPS Chocolate Mousse Flavored Cats	
Just Born Jelly Beans	
PEEPS Sugar Free Marshmallow Pumpkins	
PEEPS Marshmallow Ghosts	
This company does not list top 8 allergens so they suggest reading all individual product labels	

Nestle 800-225-2270

Baby Ruth	Bit-O-Honey
Sno-Caps	Wonka Pixy Sticks
Goobers	
Butterfinger Bar (original flavor only, NOT giant bar, Crisp, Stbox, Snakerz, Medallions, Jingles, Hearts, or Pumpkins)	
Oh! Henry	
Nips (including both regular and sugar-free)	
Raisinets (including Cherry, Cranberry, and Dark Chocolate flavors)	
Laffy Taffy (including Laffy Taffy Rope and Fruitarts Chews)	
Wonka Lik-M-Aid Fun Dip	
This company does not list top 8 allergens so they suggest reading all individual product labels	

Wrigley 800.WRIGLEY

According to their website:
 "While some Wrigley products may contain gluten, the majority of our products are gluten-free. In general, we avoid using ingredients that contain gluten where they serve no functional purpose or can be replaced by gluten-free alternatives; however, ingredients and formulas may vary between regions. When the use of ingredients containing gluten is critical to the product taste experience, we follow all labeling requirements to allow our consumers to make an informed choice. We always advise consumers who are concerned about food sensitivities to read the label and check with their doctor if they have questions."
This company does not list top 8 allergens so they suggest reading all individual product labels

Gimbal's Fine Candies

According to their website:
 Gimbal's candies are peanut-free, tree nut-free, gluten-free, dairy-free, soy-free and egg-free. These ingredients are responsible for countless allergic reactions across the nation. Many Gimbal's consumers have personally thanked us for making our candies available to them. We are happy to create delicious treats that can be enjoyed by so many people, including those living with food allergies.

Hillside Candy 973.926.2300

Go Organic
 Go Lightly

Welch's 800.340.6870

Fruit snacks- All varieties
 PB & J Snacks- All varieties
This company does not list top 8 allergens so they suggest reading all individual product labels

Snyder's of Hanover 800.233.7125

Gluten-Free Mini Pretzels
 Gluten-Free Pretzel Sticks
 Gluten-Free Pretzel Sticks - Hot Buffalo Wing
 Gluten-Free Pretzel Sticks - Honey Mustard & Onion

Tootsie Roll Industries 773.738.3400

According to their website:
 "At this time, all of our confections are gluten free. We do not use wheat, barley, rye, oats, triticale, spelt or any of their components and that includes our dusting on our conveyor belts. We do use corn and soy products in the manufacturing of our products."

Smarties

According to their website:
 "All Smarties® products are gluten-free and safe to eat for people with Celiac Disease. Furthermore, Smarties® products are manufactured in facilities that produce exclusively gluten-free candies. Smarties Gummies ingredients are gluten-free, but because they are made in a facility that processes other ingredients, they may contain traces of peanut, milk, wheat and soy and are not recommended for those with Celiac Disease."

Jelly Belly 800.522.3267

According to their website:
 "Jelly Belly beans are gluten free, peanut free, dairy free, fat free, and vegetarian friendly. All Jelly Belly beans and most of our Confections are certified OU Kosher by the Orthodox Union." For more information about Jelly Belly jelly beans and Confections by Jelly Beans, visit www.jellybelly.com

NECCO 781.485.4800

NECCO® Wafers	NECCO® Chocolate Wafers
Candy House Candy Buttons®	Banana Splits® Chews
Sweethearts® (Valentine's only)	Mint Julep Chews
Haviland® Thin Mints	Mary Jane®
CANADA Mints	Skybar®
CANADA Wintergreen	
Patty, Nonpareils and Chocolate	
NECCO® Conversation Hearts	
Mary Jane® Peanut Butter Kisses (Halloween only)	

Surf Sweets 224.676.1070

Gummies, Sour Candies, Fruit Rings, and Jelly Beans – (all varieties)
 According to their website:
 "Our products are both manufactured without wheat and made in a facility that is free of wheat, making them suitable for people with celiac disease or following a gluten-free diet."

Enjoy Life Foods 888.50.ENJOY

According to their website:
 "Our tasty products are free from the 'top-eight' allergens: wheat/gluten, dairy, peanuts, tree nuts, egg, soy, fish and shellfish. Products are also made without casein, potato, sesame and sulfites."

Mars 800.627.7852

According to their website:
 "We will always declare the presence of any of the top allergens (peanuts, tree nuts, milk, egg, soy, wheat, fish and crustacean shellfish) whenever they are part of the recipe regardless of the source (e.g., flavors, spices, colors, other minor ingredients, etc.). The label is the best source in determining what is in the product. The ingredient listing and allergen statement provide information on ingredients that may be of concern to you."
This company does not list top 8 allergens so they suggest reading all individual product labels

The Ginger People 800.551.5284

Gin Gins® Double Strength Hard Ginger Candy
 Gin Gins® Original Chewy Ginger Candy
 Gin Gins® Hot Coffee Chewy Ginger Candy
 Gin Gins® Crystallized Ginger Candy
 Gin Gins® Spicy Apple Chewy Ginger Candy
 Gin Gins® Super Strength Ginger Candy
 Gin Gins® Ginger Spice Drops
 Gin Gins® Peanut Chewy Ginger Candy

Candies listed above are considered to be gluten-free by their United States manufacturers as of the date of this posting. Celiac Disease Foundation recommends ingredient review to confirm gluten-free status as manufacturing practices may change. Consumers are advised to verify ingredients directly with the manufacturer.

Education and Socialization

Protecting your food-sensitive child and ensuring his or her inclusion in school activities require planning. Here's some ways to make it happen:

Be a resource for your child's school. Meet with the school nurse, food services director, and all of your child's teachers. Bring a copy of your child's physical form and go over it together. Give a written summary of foods to avoid, a list of warning symptoms your child may display when exposed, and an emergency procedure. In it include your home and work number so you can be contacted immediately, if needed. The school may have its own medicine policy. Review that policy with them.

Consider contacting the parents of your child's classmates, or ask that the teacher do so, to explain the dietary restrictions. Provide a list of safe foods for school events, and social gatherings that families may access.

Know that your rights are legally protected by the Americans with Disabilities Act. If the teachers and school nurse are not responsive, go to the principal. Maintain a positive attitude. Remind yourself that you are playing a leadership role in forming a healthy plan for your child's future. If our office can be of assistance, please let us know.

Education and accommodations

There are two laws that apply to the accommodations kids may need in school, the Individuals with Disabilities Education Act (IDEA) and Section 504 of the Rehabilitation Act of 1973. The IDEA is designed to meet the challenges of kids who need special education services. Section 504 is for kids with disabilities who don't necessarily need special education services, but who do need some help due to illness -- help because they are absent from school more than the norm, or because they have a food allergy or intolerance that needs to be accommodated, or because they have trouble taking notes or need extra time on exams -- things that don't require special education services, but that are real needs nonetheless. As an organization that focuses on chronic illness, we deal almost exclusively with section 504, and not the IDEA.

Whether a student is entitled to a section 504 plan of accommodation depends on whether she has a disability. A disability is an illness or condition that substantially impairs a major life activity. Walking, talking, seeing, hearing, writing, reading -- these are major life activities, but so are bodily functions like bowel, digestion, and the immune system. And of critical importance to students with chronic illnesses, the law says that episodic illnesses -- illnesses that come and go -- are disabling even when the student is in remission if they would be disabling when active. So, for example, if your child has ulcerative colitis that would substantially impair the major life activities of bowel and digestive function when the disease is active, she is considered disabled even when the disease is in remission.

How do you prove to the school that your child has a disability? Most of the time, a detailed letter from a doctor will be enough. Some schools want copies of medical records, and I would accommodate them to a point. Too often, schools want an unlimited release allowing them to get any records they want, or talk to the doctor whenever they want. The law does not require that you give them that much.

If your child has a disability, she is entitled to a section 504 plan. How do you get a plan? Ask someone in authority at the school -- the principal, a guidance counselor, the coordinator of 504 plans for the district (who usually is the same person as is in charge of special education) -- to convene a 504 meeting. They should do so without much resistance.

At the meeting, your child's teachers should be present, as well as administration from the school -- sometimes the principal, school nurse, guidance counselor, school psychologist, 504 coordinator -- along with you and, if old enough, the student. You may bring an advocate, a friend or relative, anybody who helps you feel more comfortable.

The purpose of the meeting will be to negotiate a plan of accommodation for the student. It can be helpful if you go into the meeting with at least a list of the things you need -- stop the clock testing if your child will need to use a restroom more than the "norm" during exams; provisions for what to do if your child is absent for more than a day (things like a note-taker or tape recording, copies of handouts and homework assignments being sent home each day, the ability of teachers to waive homework assignments if they are otherwise convinced that the student has mastered the subject matter); provisions for what to do if your child cannot participate in physical education class; and so on. For a kid with ulcerative colitis, an anytime bathroom pass is critical. For a kid with peanut allergies, it's critical that the other kids wash their hands and their desks after they eat a peanut butter and jelly sandwich. For each child, the needs will differ, so the plan will differ.

We have written a template section 504 plan for students with inflammatory bowel disease that you can find below. Even if your child doesn't have IBD, you may benefit from seeing the types of accommodations that we often request.

The law says your child is entitled to "reasonable accommodations." What's "reasonable" under any particular circumstances differs, and always, a 504 plan is the product of negotiation. Be prepared for give and take. You may not get everything you want. Rest assured, though, that if you negotiate a plan and it turns out not to be sufficient to meet your child's needs, you can always ask for another 504 meeting to discuss how the plan is falling short to see if it can be improved.

There are a couple of arguments schools make all the time that are worth anticipating. First, the school may say that your child is doing well in school and, thus, he doesn't need a 504 plan. However, although the IDEA does require that the student need special education services, section 504 does not require that the student be doing poorly in school. It only requires that they have a disability that requires accommodation. A child who needs accommodations related to food, for example, can be doing perfectly well in school but have the risk of seriously damaging her digestion if she comes into contact

with wheat. Wheat products are used in arts and crafts class, not just in the cafeteria. So the 504 plan would address those kinds of concerns rather than academics, but it's still entirely appropriate to address these concerns in a section 504 plan.

Some schools prefer individualized health plans (IHPs) rather than 504 plans. Typically, I resist this because it's not entirely clear how an IHP can be enforced. A section 504 plan is enforced by the US Department of Education Office of Civil Rights, and you want to have recourse to them if at all possible. In some parts of the country, the Office of Civil Rights has taken the position that an IHP demonstrates a student's eligibility under section 504. I would accept an IHP if a school were willing to put in writing that the IHP is evidence that the school has found the student to be disabled for purposes of section 504. That would allow recourse to the Office of Civil Rights even if the plan is called an IHP. However, if a school won't put that in writing, I would insist on a 504 plan.

Some schools insist that a section 504 plan is not necessary when a chronic disease is in remission. As I said above, since January 1, 2009, the law says that a chronic illness that would be disabling when active is considered disabling when in remission. I do not believe that it's smart for anybody -- you or the school -- to leave school issues related to the student's illness to a time of crisis, when your child is in the hospital or at home acutely ill, when all of your attention should be spent on the medical issues. At a time like that, it is going to be very beneficial to have a plan already in place. Most schools understand this once it's explained to them in this way.

Finally, if your child goes to private school, section 504 does not apply. However, private schools are public accommodations under Title II of the Americans with Disabilities Act. Thus, a student with a disability -- a substantial impairment of a major life activity -- is entitled to reasonable accommodations in private schools, too. The issue of tutors is handled differently with private schools, but school-based accommodations are the same in private schools as in public school.

http://advocacyforpatients.org/legal_education.html

TAX TIPS FOR FOOD EXPENSE DEDUCTIONS

Some people with Celiac Disease (CD) and their families may have trouble paying for the cost of food needed to meet the nutritional requirements of CD. Federal tax law allows people to deduct a portion of the total food expenses that exceeds the amount a healthy person spends on food. This expense should be added to other expenses for medical care, and can be deducted if the total expense is greater than 7 ½ percent of the individual's gross income.

SUMMARY

Buying food for people with CD can be expensive. Individuals with CD are required to eat special foods, which can represent a large expense. If you or your family face this problem, you may be able to deduct part of your total food expenses as a medical expense on your federal income tax return.

HERE'S HOW...

Federal tax law classifies certain special food purchased for an illness as a medical expense. However, only a portion of one's total expenses for food may be deductible. That is, only the portion of expenses that exceeds the amount a healthy person spends on food is deductible. The Internal Revenue Service (IRS) applies this rule in a very strict manner and will challenge taxpayers on issues involving documentation of actual expenses, whether the expenses are medically necessary, and whether any part of such expenses exceeds nutritional needs. If you decide to use this tax benefit, please refer to the guidelines below.

HERE'S WHAT TO DO...

1. Consult with the nutritionist and/or physician at your CD care center.

If a specific diet has been prescribed for you or a family member, request that the care center nutritionist or physician provide you with written confirmation designating the following:

- . Amount of food needed
- . Type of food needed (including caloric or food supplements such as MCT oil, Portagen, Ensure or special formulas)
- . Why the food is needed
- . Consequences of not following the diet

2. Establish a system for recording the cost of food used by the CD patient.

It is very important that you keep accurate records of the amount, type, and cost of food eaten by the person with CD to support a claim. People have claimed this deduction based on accurate records, including store receipts kept over a two-week period, and then used that as an average on which to determine annual totals.

- . Keep a record of total food eaten for at least 14 days.
- . Make a special note when you buy higher-cost foods required by the diet.
- . Since these are tax records, keep them as long as you keep your other financial records.

3. Your records should also include information on the nutritional needs of healthy individuals of the same age and sex as the CD patient.

We have provided a list of the cost of nutritional needs for healthy individuals that is prepared monthly by the U.S. Department of Agriculture.

<https://www.cnpp.usda.gov/USDAFoodPlansCostofFood>

This USDA chart assumes that food for all meals and snacks is purchased at the store and prepared at home. In addition, the costs given are for individuals in a family with 4 people. The following changes are suggested for other family sizes.

- . 1 person family, add 20 percent
- . 2 persons, add 10 percent
- . 3 persons, add 5 percent
- . 5 or 6 persons, subtract 5 percent
- . 7 or more persons, subtract 10 percent

This information is important for providing a way to compare the kind and amount of food purchased for, and consumed by, a person with CD. If you require more information, please contact your CD care center or the CD Foundation's National Office for assistance.

4. Only claim as a medical deduction the amount of food that exceeds the costs for a person without CD.

Be sure that the costs claimed are only for the food included in the diet that has been prescribed. For example, if a person without CD eats two eggs for breakfast, and your records show a six-egg omelet, you would be able to deduct the cost of four eggs, not all six eggs.

HERE'S WHAT THE LAW SAYS...

If you decide to claim a tax deduction for food purchased to treat a person with CD in your family, you should know about the law regarding this particular tax benefit. Section 213(a) of the Internal Revenue Code of 1986, as amended, states in relevant part:

“213(a) Allowance of Deduction. - There shall be allowed as a deduction the expenses paid during the taxable year, not compensated for by insurance or otherwise, for medical care of the taxpayer, his spouse, or a dependent . . . to the extent that such expenses exceed 7.5 percent of adjusted gross income.”

Section 213 (d)(1)(A) defines “medical care” as “amounts paid for the diagnosis, cure, mitigation, treatment, or prevention of disease, or for the purpose of affecting any structure or function of the body.”

It is very important for the taxpayer to gather the relevant paperwork to support the claimed medical expense deduction for the additional costs from the special diet. This information is provided to help alleviate the cost of purchasing large quantities of food for an individual who has CD. As you can see, you will have to keep records of food intake and costs. If you do not itemize deductions on your current tax return, or if your federal income tax is already very small, it will probably not be worthwhile to do this. On the other hand, if you decide to do it, this deduction could save you several hundred dollars a year. You must decide whether your food expenses and your specific tax bracket

justify taking this deduction. If you are not certain you are eligible for this deduction or have other questions, we suggest that you talk with an attorney, a licensed tax accountant, or an IRS consultant.



CSA Redlands Area Celiac Support Group #44

Serving the Redlands area.

Contact Information:

Kathleen Weller, Redlands
909-792-1764, froglady99@verizon.net

Local Restaurants serving gluten free meals-

1. The Mitten Building

Address: 345 N 5th St # A, Redlands, CA 92374

2. Red Robin Gourmet Burgers

Address: Citrus Plaza, 27476 W Lugonia Ave, Redlands, CA 92374

3. Clarks Nutrition store (several locations in CA)

Address: Mountain View Plaza Shopping Center, 11235 Mountain View Ave, Loma Linda, CA 92354

4. The Muffin Top Bakery

Address: 233 E State St, Redlands, CA 92373

5. Trader Joe's

6. Whole Foods



celiac.org

20350 VENTURA BOULEVARD | SUITE 240 | WOODLAND HILLS, CA 91364 | P: 818.716.1513 - F: 818.267.5577 - E: INFO@CELIAC.ORG

This information should only be used with the advice of your physician or healthcare professional

Become a Student Ambassador

 celiac.org/get-involved/take-action/22879-2/

Are you in elementary, middle, high school or college? Do you want to raise awareness of celiac disease at your school and in your local community? The Celiac Disease Foundation Student Ambassador Program is for you! The Student Ambassador Program helps children, teens and young adults become role models for others with celiac disease while raising awareness in the community and educating their peers.

This program is geared toward students who are interested in working with their local school to discuss the importance of celiac disease awareness and tolerance in schools.



All Student Ambassadors receive a Kit* that includes:

- An official CDF letter of appointment as a Student Ambassador
- A celiac disease awareness slide show presentation
- Classroom/Campus handouts
- A Team Gluten-Free t-shirt
- A Team Gluten-Free swag pack
- A personalized Team Gluten-Free fundraising page
- And more!

To get started, [register with Team Gluten-Free](#)

- Select "Join as an Individual"
- Create your login
- Complete your contact information – select **Student Ambassador** under "Fees"
- Pay the \$50 registration fee
- Create your TGF page – [view a sample page](#)

What to do before your Student Ambassador Kit arrives:

- Watch the iCureCeliac video



- **Enter your data** into iCureCeliac – parents can answer on their child's behalf

**You will receive your Kit within 15 business days of Student Ambassador registration.*

Questions?

Please contact Gillian Entin at Gillian.entin@celiac.org or 818.716.1513, x105 for more information.

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