

Gluten Sensitivity



What is Gluten Sensitivity?

Gluten sensitivity is a collection of diseases in which the wheat protein (gluten) is the sensitizing factor. The symptoms can range from dermatitis, to gastrointestinal problems such as bloating, flatulence and diarrhea, to shortness of breath during exercise.

Gluten Sensitivity versus Celiac Disease?

Gluten intolerance is a broad term which includes all kinds of sensitivity to gluten. A small percentage of gluten intolerant people will test positive to celiac disease test, and so are called celiacs (0.5-1% of the population).

Most gluten sensitive people return negative or inconclusive results upon celiac testing. The correct term for these people is non-celiac gluten sensitive (NCGS) and may be as many as ~15% of all people or 1 in 7.

Who May Become Sensitive to Gluten?

Gluten sensitivity can develop at any point in life and symptoms may not actually appear until years after the disease develops. Non-celiac gluten sensitivity develops as a consequence of both genetic and environmental factors.

Where is Gluten Found?

The principle sources of gluten in the diet include wheat, rye, and barley. Oats may be tolerated in small amounts by some patients. However, oats are sometimes contaminated with wheat during processing.

What Foods are Gluten-Free?

Foods that do not contain gluten are corn, tapioca, potato, arrowroot, and cassava. Gluten-free bread can be used freely.

How Can I Get More Information About What to Eat on a Gluten-Free Diet?

We have provided an extensive list of ingredients and food to avoid when following a gluten-free diet. Also, we have listed foods that are good choices. You can also use the web sites provided below:

www.celiac.org

www.csaceliacs.org

www.celiac.com

How to Follow a Gluten-Free Diet?

First, reading all labels on prepared foods is important. The below ingredients contain gluten, unless marked "Gluten-Free" on the label. Do not eat any foods that contain the following:

Ingredients to Avoid

- Hydrolyzed vegetable protein
- Flour or cereal products
- Vegetable protein
- Malt and malt flavorings (malt is made from barley), Malted milk
- Starches (unless specified as corn starch, which does not contain gluten)
- Various flavorings, which can be derived from cereals containing gluten
- Vegetable gum
- Emulsifiers, stabilizers derived from cereals containing gluten
- Alcoholic spirits, Brewers yeast

Food Label Ingredients to Avoid

- Amp-isostearoyl hydrolyzed wheat protein, Wheat bran extract-amino acid
- Hydrolyzed wheat protein pg-propyl silanetriol, Hydrolyzed wheat starch
- Hydroxypropyltrimonium hydrolyzed wheat protein
- Kamut, Hydrolyzed wheat gluten, Hydrolyzed wheat protein
- Macha wheat, Groats (barley, wheat, oat), Hard wheat
- Barley, Barley Grass, Barley malt, Barley hordeum vulgare
- Bleached flour, Bread flour, Brown flour, Graham flour, Granary flour,
- Bulger, Rye, Einkorn, Emmer, Farina, Cereal, Couscous, Edible starch
- Cake flour (meal), Drum flour, Strong flour, Whole wheat flour
- Dextrimaltose, Disodium wheatgermamido peg-2 sulfosuccunate
- Edible starch, Binding, Gladin, Gluten, Fu (dried wheat gluten), Filler
- Matzo meal, Mir, Oriental wheat, Pearl barley, Persian wheat
- Polished wheat, Poulard wheat, Rice malt (if barley or koji are used)
- Oat bran, Oatmeal, Oats, Rolled oats, Groats
- Seitan, Semolina Spelt, Sprouted wheat or barley, Suet (in packets)
- Stearyldimoniumhydroxypropyl hydrolyzed wheat protein
- Textured vegetable protein, TVP, Triticale (a wheat-rye blend)
- Triticale X triticosecale, Triticum vulgare four lipids, germ extract
- Udon (wheat noodles), Unbleached flour, Vavilovi wheat, Vegetable starch
- Wheat (Abyssinian hard, club, common, durum, timopheevi, bulger, shot)
- Wheat berries, Wheat durum triticum, Wheat germ (extract, oil, lipids)
- Wheat grass (may contain seeds), Wheat (nuts, protein, starch)

Foods to Avoid

Second, avoid the foods listed below that contain gluten. The foods below contain gluten, unless marked "Gluten-Free" on the label.

- Cake, Muffins, Cookies, Cupcakes, Pie, Pastry, Doughnuts
- Funnel cake, French toast, Waffles, Pancakes, Oatmeal, Muesli
- Breads, Toast, Bagels, Biscuits, Crackers, Corn bread, Croutons, Pita
- Graham crackers, Pretzels
- Noodles, Couscous, Pasta (except gluten free), Macaroni
- Semolina, Spaghetti, Stuffing
- Blue Cheese (made with bread), Cheese (pre-shredded), Yogurt
- Soup, Broth/Stock (pre-made, cubes, powder)
- Corn dogs, Hushpuppies, French fries
- Gravy, Salad dressing, Sour Cream
- Deli cut or Cold cut meats (unless sliced on a gluten-free meat slicer)
- Tabbouleh, Teriyaki sauce, Soy sauce, Shoyu

Next, especially when eating at a restaurant, avoid the following:

- Breaded foods, Creamed foods, Meatloaf, and Gravies

Foods to Use in Gluten-Free Diet

The following are good choices for a gluten-free diet:

- Broiled or roasted meats (beef, poultry, fish)
- Plain vegetables, Plain Salads
- Potatoes (white, sweet, yams)
- Corn, Rice, Beans, Fruit
- Breads and baked goods made from alternative flours (rice, soy, tapioca, arrowroot, potato)
- Breakfast cereals containing only rice, corn, grits or hominy (Such as puffed rice). Some people with celiac disease may tolerate oats as well.

Meal Replacements at Dr. Rogers Office that are Gluten Free

Bars- Caramel crunch, Double peanut butter, Strawberry cheesecake, Peanut butter and jelly, Lemon meringue, Chocolate peanut dream

Shakes- Variety pack shake/puddings, Variety pack hot chocolate, Medifast ready-to-drink shakes, Bariatric Advantage meal replacement shakes, and Chicken bouillon

