

## Celiac Disease

Celiac disease is an autoimmune disorder of the small intestine. Gluten, a protein found in certain grains, is the source of the disorder. When you have celiac disease and consume foods with gluten in it, the gluten triggers an immune response that is not normal. This damages the inside of your small intestine and can prevent your body from absorbing the nutrients from your food properly. Not following a gluten free diet with celiac disease can lead to additional problems, such as anemia and osteoporosis. Like all other food allergens, the only full-proof treatment is avoidance of gluten in the diet.

### Common symptoms:

Changes in bowel movements  
Feeling tired  
Gas and bloating  
Weakness  
Weight loss

### Foods that are commonly associated with gluten:

Barley  
Malt  
Oats – unless labeled gluten-free  
Rye  
Wheat (including einkorn, emmer, spelt, kamut)

### Other terms for wheat:

Bromated flour  
Durum flour  
Enriched flour  
Farina  
Flour  
Graham flour  
Phosphated flour  
Plain flour  
Self-rising flour  
Semolina  
White flour

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Foods made from barley:

Beer, ale, porter, stout, and other fermented beverages  
Malt  
Malt flavoring  
Malt syrup or malt extract  
Malt vinegar (cider, wine and distilled vinegar are gluten free)  
Malted beverages  
Malted milk

Extra care must be taken when consuming the following foods. Be sure to read labels carefully.

Bouillon cubes  
Bread products  
Breakfast cereals  
Brown rice syrup  
Cakes  
Candy  
Cookies  
Dairy substitutes  
Deli meats (lunch meats and hot dogs)  
Flours  
French fries  
Gravy  
Imitation fish  
Licorice  
Matzo  
Pasta  
Rice mixes  
Salad dressings  
Sauces  
Seasoned tortilla chips or potato chips  
Seasoning/spice blends  
Soups  
Soy sauce  
Vegetables in sauce

Naturally gluten-free foods:

Eggs  
Fish  
Fruits  
Meat  
Vegetables



Naturally gluten-free grains to enjoy:

Amaranth  
Arrowroot  
Buckwheat  
Chia  
Corn  
Flax  
Legumes (dry beans, peas, lentils)  
Millet  
Nuts  
Potatoes  
Quinoa  
Rice  
Sorghum  
Soy  
Tapioca  
Teff  
Wild Rice

Gluten-free flour alternatives:

\*Alternatives to wheat flour – substitution ratio to 1 cup wheat flour

Corn flour: 1 cup  
White Rice flour: 7/8 cup  
Potato flour: 5/8 cup  
Almond flour: 1/2 cup  
Sorghum flour: 1 cup  
Tapioca Flour: 1 cup

Phrases to watch out for on labels:

“Modified food starch”  
“Hydrolyzed vegetable protein”  
“Wheat free” – may still contain gluten sources



## Additional Resources:

### Local

- **Celiac Spru Association (CSA): Michiana Chapter #110**  
Marcie Gamble, Granger: 574-273-9320 or [denncie@comcast.net](mailto:denncie@comcast.net)  
Marcie Hayes, Elkhart: 574-262-1428 or [marcielhayes@yahoo.com](mailto:marcielhayes@yahoo.com)
- **Living Gluten Free Support Group: Memorial Hospital**  
Jeannie Derrow, RN: 574-220-5040 or [jboschetderrow@memorialsb.org](mailto:jboschetderrow@memorialsb.org)

### National

- **American Celiac Disease Alliance**  
703-622-3331  
[www.americanceliac.org](http://www.americanceliac.org)
- **Celiac Spru Association: Omaha, NE**  
877-272-4272  
[www.csaceliacs.org](http://www.csaceliacs.org)
- **Children's Digestive Health and Nutrition Foundation**  
[www.celiachealth.org](http://www.celiachealth.org)

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