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CELIAC

CRASH COURSE

Celiac Crash Course

By:

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Introduction

Over the years I have worked with many people who have celiac and other food sensitivities. Many of them have shared with me they wished I offered some kind of "boot camp" to get them started.

While this guide is not the same as a boot camp, it does cover the basics of what you need to get started!

I first want to cover exactly what celiac is and what gluten is, because those are terms that are still not well understood by everyone. Next, I'll give you a summary of what it means to follow a gluten free lifestyle. I say "lifestyle" because it is more than just what you eat! Next, I will cover what you can and cannot eat.

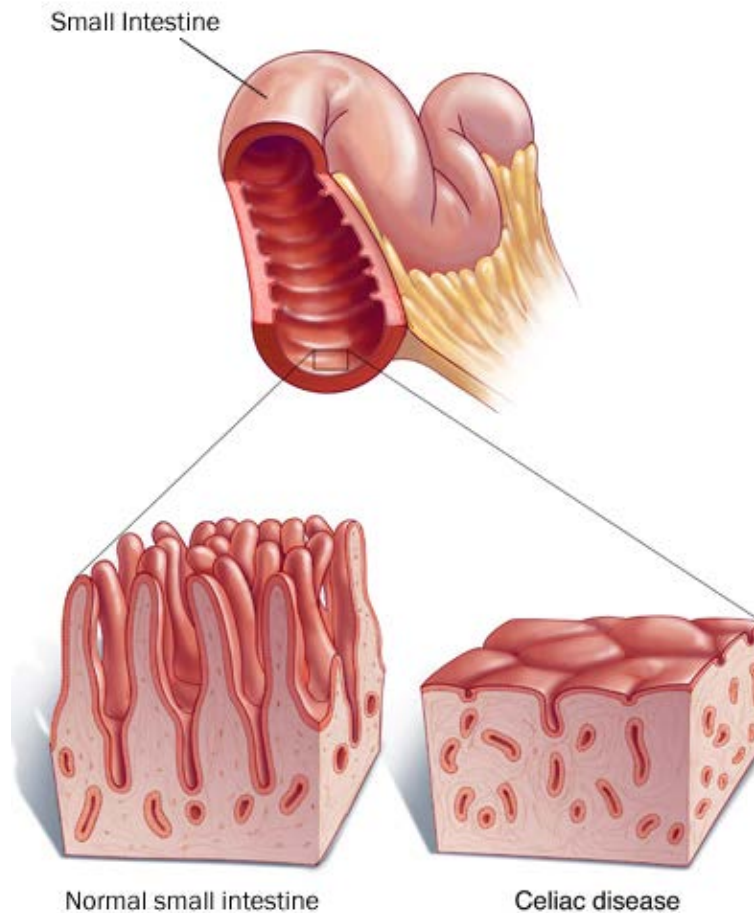
*****At the end, I also include a special offer for you, so make sure you read to the end!*****

I hope this short "crash course" will help you get started on the right foot in your journey to overcome celiac.

What is Celiac?

Celiac disease is a chronic autoimmune intestinal disorder triggered by eating gluten. It is also known as nontropical sprue, gluten intolerance, celiac sprue, or gluten-sensitive enteropathy. This condition is often misdiagnosed and misunderstood.

When a person with gluten intolerance eats foods containing gluten, an immune reaction occurs in the small intestine. The result is damage to the villi (small, finger-like projections) on the surface of the small intestine. The villi become inflamed and flattened, which is known as "villous atrophy." Flattened villi prevent the small intestine from absorbing many different types of nutrients from food. The lack of nutrients being absorbed can then cause many other diseases and conditions, which is why it is so important to get an accurate diagnosis and to start following a gluten free lifestyle.



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As many as one in 133 adults, or 1% of the population, in the United States suffer from an intolerance to gluten.

What is Gluten?

Gluten is a protein found in wheat and other flours. Grains that contain gluten include wheat, barley, and rye. Ingredients in foods made from these grains also contain gluten-things like farina, graham flour, semolina, durum wheat, bulgur, Kamut, kasha, matzo meal, spelt, and triticale. Common foods that contain gluten include white or whole wheat bread, flour tortillas, pita bread, crackers, many cereals, pasta, cookies, gravies, and sauces.



How do I follow a gluten-free lifestyle?

The first step in following a gluten-free lifestyle is to learn which foods do and do not contain gluten. Focus first on what you can eat. There are many foods that are naturally gluten free. See "Naturally Gluten Free Foods" in the next section.

The next step is to learn what foods and other items contain gluten. A big part of this is learning terminology. See "Gluten Containing Foods & Ingredients To Avoid" for these terms.

Remember it is not just foods you have to be wary of. You also need to check all medications and supplements you take, as well as cosmetics and toiletries you use. Check everything!

The awareness of celiac and gluten intolerance has grown tremendously, so many manufacturers are aware of it and are making efforts to produce products that are gluten free. These days you can find toothpaste, mouthwash, lip balm, makeup, and much more that are all gluten free.

Once you have made sure your food, medications, supplements, cosmetics, and toiletries are all gluten free, the final step is to avoid cross contamination.

If you live with others who do not follow a gluten-free lifestyle, that means having dedicated appliances (food processors, toasters, sandwich grills, waffle irons, etc.) that may be difficult to clean and have a high risk of contamination. It is also best to have separate cutting boards as well to be safe and be sure to use clean utensils for cooking, cutting, mixing, and serving.

You should also store gluten free supplies separately from gluten containing supplies. Have separate containers of any item that others may accidentally "dip" a knife, fork, or spoon into that may have traces of gluten on it, such as butter, margarine, nut butters, and condiments.

And when purchasing gluten free flours or other grain products, do not purchase them from bulk bins. Other customers may have contaminated these bins; only purchase gluten free grains that are in sealed containers.

Another area where cross contamination can be a concern is cosmetics! Do not share lip balm, lipstick, powder, toothpaste, or any other item with someone who may be using brushes that they used in a gluten-containing product.

Naturally Gluten Free Foods

All fruits and vegetables are naturally gluten free! Make sure you stick with fresh produce as much as possible to ensure that is definitely gluten free. The more processed a food is, the higher the possibility that some type of thickener or other ingredient that may contain gluten could have been added.

All fresh, plain meat, poultry, seafood, and eggs are also gluten free. Avoid those that have "flavorings" added to them as some of those may contain gluten.

Dairy products such as butter, margarine, milk, real cheese, and plain yogurt are also gluten free. Carefully read labels of any that are flavored as some of the flavoring agents may contain gluten.

All vegetable oils are also gluten free, as well as most vinegars. Avoid "malt" vinegar as malt comes from barley which contains gluten.

All legumes (beans), nuts, and seeds are also naturally gluten free. However, be aware that some of these may be processed (shelled) in facilities where gluten-containing products are also processed. Take care to thoroughly rinse beans before cooking.

Certain grains and flours are also naturally gluten free. These include amaranth, arrowroot, buckwheat, corn, corn starch, manioc, millet, Montina, quinoa, sago, sorghum, soy, tapioca, teff. Starches and flours made from beans, nuts, and tubers are also gluten free.

Another issue is "field to field" contamination. This occurs when a wheat field is grown next to some other type of grain or seed crop. To minimize your risk from contaminated grains or seeds, use only products that are certified gluten free.



Gluten Free Additives

Additives

Acetic Acid
Adipic Acid
Benzoic Acid
BHA
BHT
Calcium Disodium EDTA
Fumaric Acid
Glucono-delta-lactone
Lactic Acid
Lecithin
Malic Acid
Mono and diglycerides
Polysorbate 60/80
Propionic Acid
Propylene Glycol
Rennet
Silicon Dioxide
Sodium Benzoate
Sodium Metabisulphite
Sodium Nitrate
Sodium Nitrite
Sodium Sulphite
Sorbate
Sorbic Acid
Stearic Acid
Tartaric Acid
Titanium Dioxide

Flavoring Agents

Ethyl Maltol
Maltol
Monosodium Glutamate (MSG)
Vanilla
Vanilla Extract
Vanilla Flavoring
Vanillin

Coloring Agents

Natural Colors
(e.g. annatto, caramel color, carotene, beta carotene, paprika)
Artificial Colors
(e.g. tartrazine¹, sunset yellow FCF, erythrosine, citrus red No.2, brilliant blue FCF, fast green FCF, titanium dioxide)

Sugars/Sweeteners

Acesulfame-potassium
Agave
Aspartame
Brown Sugar
Corn syrup/solids
Dextrose
Fructose
Glucose
Glucose syrup
Honey
Invert Sugar
Isomalt
Lactose
Maltitol
Maltitol Syrup
Maltose
Mannitol
Molasses
Saccharin
Sorbitol
Stevia
Sucralose
Sucrose
White Sugar
Xylitol

Vegetable Gums

Acacia Gum (Gum Arabic)
Agar (Agar-Agar)
Algin (Alginic Acid)
Carageenan
Carboxymethylcellulose (Cellulose Gum)
Carob Bean (Locust Bean)
Guaiac Gum
Guar Gum
Karaya Gum
Methylcellulose
Tragacanth Gum
Xanthan Gum

Miscellaneous

Ascorbic Acid
Autolyzed Yeast
Baker's Yeast
Beta Carotene
Cream of Tartar
Gelatin
Maltodextrin²
Modified Food Starches (except wheat starch)
Nutritional Yeast
Papain
Pectin
Psyllium
Starches (except wheat)
Torula Yeast

Note: This is not an all- listing. For a more comprehensive listing of ingredients see the Canadian Celiac Association's *Pocket Dictionary: Acceptability of Foods and Food Ingredients for the Gluten-Free Diet*.

¹ A very small number of individuals may experience an allergic-type reaction to the yellow food color tartrazine, however this is unrelated to gluten.

² If product does not specifically say gluten or wheat free, maltodextrin may come from wheat

Gluten Containing Foods & Ingredients to Avoid

Wheat Derivatives

Atta ¹	Kamut ²
Bulgur	Matzoh, Matzoh meal
Couscous	Modified Wheat Starch
Dinkel (also known as spelt) ²	Seitan ⁴
Durum ²	Semolina
Einkorn ²	Spelt ²
Emmer	Triticale
Farina	Wheat Bran
Farro or Faro (also known as spelt) ²	Wheat Flour
Fu ³	Wheat Germ
Graham Flour	Wheat Starch
Hydrolyzed wheat protein	

- 1 A fine whole-meal flour made from low-gluten, soft textured wheat used to make Indian flatbread (also known as chapatti flour)
- 2 Types of wheat
- 3 A dried gluten product derived from wheat that is sold as thin sheets or thick round cakes. Used as a protein supplement in Asian dishes such as soups and vegetables.
- 4 A meat-like food derived from wheat gluten used in many vegetarian dishes. Sometimes called "wheat meat."

Barley Derivatives

Ale ⁵	Malt ⁶
Barley (flakes, flour, pearl)	Malt Extract/Malt Syrup/Malt Flavoring ⁷
Beer ⁵	Malt Vinegar
Brewer's Yeast	Malted Milk
Lager ⁵	

- 5 Most regular ale, beer and lager are derived from barley which is not gluten-free. However, there are several new varieties of GF beer derived from buckwheat, sorghum, and/or rice which are GF, such as Anheuser-Busch Redbridge Beer, Bard's Tale Dragon's Gold Gluten-free Beer, etc.
- 6 Malt is an enzyme preparation usually derived from sprouted barley, which is not GF. Other cereal grains can also be malted and may or may not be GF depending on the additionally ingredients used in the malting process.
- 7 These terms are used interchangeably to denote a concentrated liquid solution of barley malt that is used as a flavoring agent.

Rye Derivatives

Rye Bread	Rye Flour
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Oat Derivatives⁸

Oatmeal	Oat Flour
Oat Bran	Oats

- 8 Celiac organizations in Canada and the USA do not recommend consumption of commercially available oat products as they are often cross-contaminated w/wheat and/or barley. However, pure, uncontaminated specialty GF oat products from North America are now available and many organizations allow consumption of moderate amounts of these oats for persons w/ceeliac disease.

Special Offer!

Thank you for downloading the "Celiac Crash Course." To show my appreciation, I am offering you my *Celiac Boot Camp: Everything You Need to Know to Survive and Thrive!* for only \$14.95! That is 40% off the regular price of \$24.95. Purchase from this following link to receive your discount:

<http://www.marquettenutrition.com/ebooks/CeliacCC>

This product is a manual and 1 hour audio recording that walks you through, step by step, exactly what you need to know to take charge of your health and ensure you receive the best care possible from all of your providers, as well as what you need to do on a personal level to live your best life while being gluten free.

About Christine



Christine E. Marquette has a Bachelor of Science Degree in Dietetics with a major in Nutrition from the University of Texas. Christine is also a certified Health Fitness Specialist through the American College of Sports Medicine. In addition, she has an advanced certification in Food Sensitivities as a Certified LEAP Therapist; more than 40 hours of additional training in the management of Polycystic Ovarian Syndrome; and trained in using *intrinsic coaching®* methodology.

Christine, an avid runner, has completed more than nine marathons and dozens of 5Ks, 10Ks, half marathons, and other distance races. She has been an assistant coach with Austin Fit marathon training program for over five years. A sprint distance triathlete and vegetarian, Christine serves patients through her practice, Marquette Nutrition & Fitness, LLC.

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<http://www.linkedin.com/in/christinemarquette>

<http://www.facebook.com/marquette.nutrition.and.fitness>

<http://twitter.com/ChrisMarquette>

Other Ways to work with Christine:

- Speaking
 - Corporations
 - Associations
 - Clubs
- Individual Consultations
- Group classes

Questions? Contact Christine here: <http://www.marquettenutrition.com/Contact>