

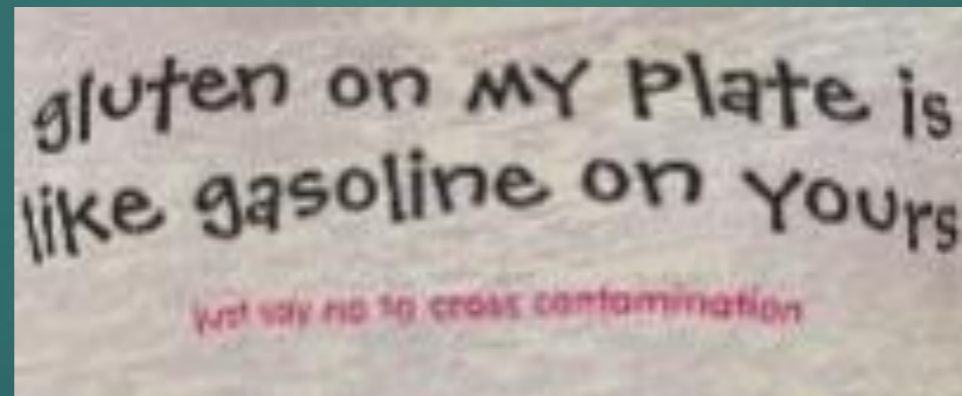
Gluten-Free in 2024: Who, What, When, Why and How?.

CORY TALBOTT, RDN, SNS



Who does Celiac Disease affect?

- ▶ 1 in 100
- ▶ Significantly more common in females



What is Gluten Intolerance?

Celiac Disease

- Autoimmune
 - Villous Atrophy

Non-Celiac Disease Gluten Intolerance

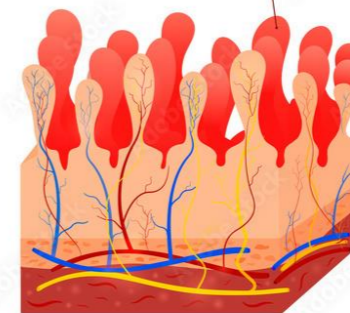
- Immune
 - Inflammation

Wheat Allergy (NOT Intolerance)

- Food Allergy
 - Anaphylaxis

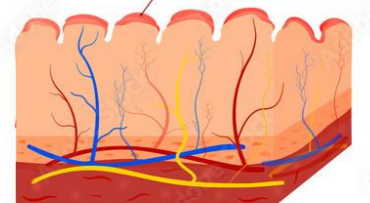
CELIAC DISEASE

HEALTHY INTESTINAL VILLOUS



NORMAL VILLI

INTESTINAL VILLOUS ATROPHY



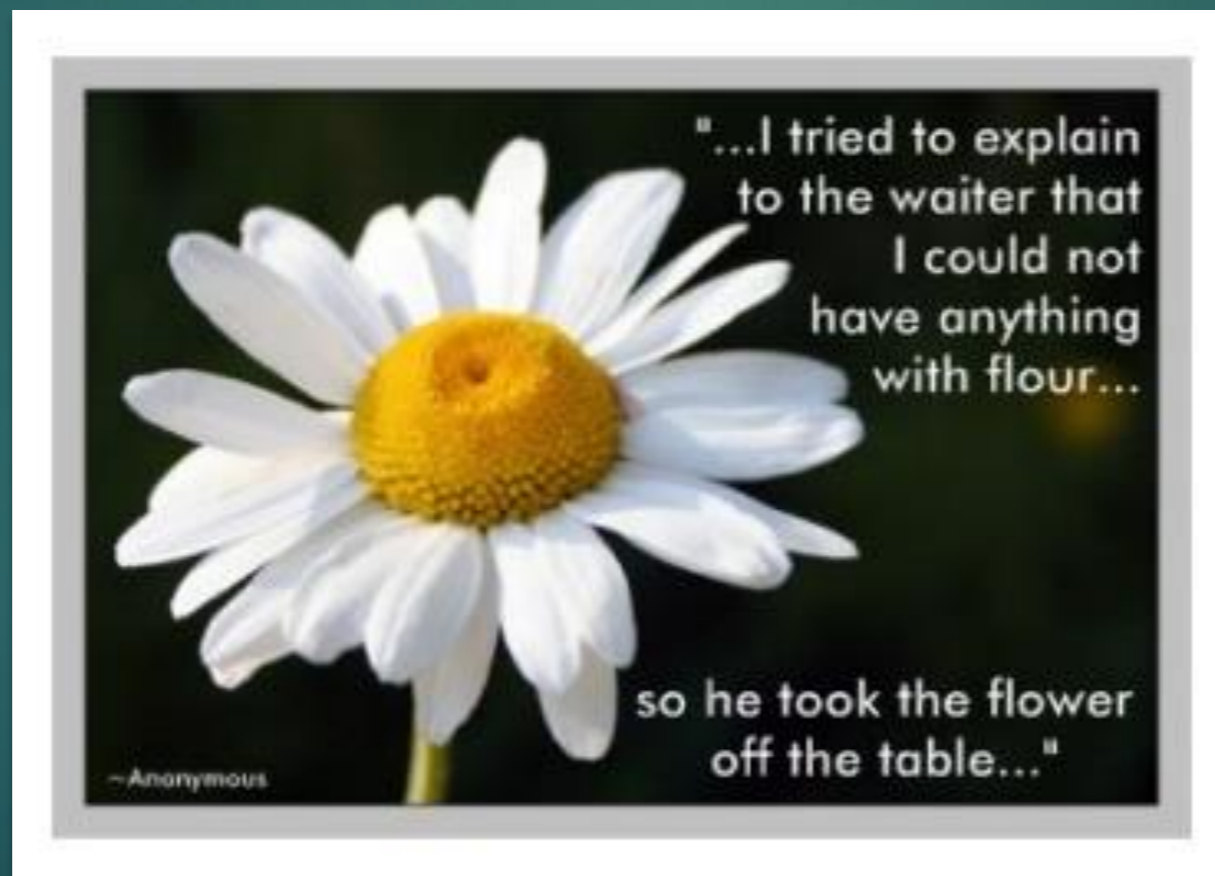
CELIAC DISEASE

When is the onset of Celiac Disease?

- ▶ Any time!
- ▶ 2 common windows
 - ▶ Early childhood (8 – 12 months)
 - ▶ Mid-life (ages 40 – 60)

Why does one get Celiac Disease?

- ▶ Genetics
- ▶ Unknown (When the body perceives trauma)



What are the symptoms?

▶ Over 200 known symptoms

◆ Nutritional deficiencies

◆ Mg, Ca, Fe, Zn, Cu, Vitamin D, B Vitamins, Folate

◆ Fiber

◆ Fat Soluble Vitamins A,D,E,K

GASTRO

DIARRHOEA
CONSTIPATION
ABNORMAL BOWEL MOVEMENTS
IRRITABLE BOWEL SYNDROME
BLOATING
GAS
CRAMPING
ABDOMINAL DISTENTION
CHANGES IN APPETITE
ACID REFLUX
HEARTBURN
NAUSEA & VOMITING
MALNUTRITION
MALABSORPTION
VITAMIN OR MINERAL DEFICIENCIES

BRAIN

HEADACHES
MIGRAINES
BRAIN FOG
POOR CONCENTRATION
ANXIETY
DEPRESSION
NEUROPATHY (NERVE DAMAGE)
ATAXIA (LOSS OF BALANCE)
SEIZURES
ADHD
IRRITABILITY & MOOD SWINGS
BEHAVIOURAL CHANGES
DIZZINESS
SCHIZOPHRENIA
NEUROLOGICAL DISORDERS

REPRODUCTIVE

INFERTILITY
MISCARRIAGE
MISSED MENSTRUAL PERIODS

BODY

FATIGUE & LETHARGY
TINGLING OR NUMBNESS IN HANDS AND FEET
JOINT & BONE PAIN
OSTEOPENIA/OSTEOPOROSIS
WEIGHT LOSS
WEIGHT GAIN
INSOMNIA & POOR SLEEP
ANEMIA
EASY BRUISING

KIDS

FAILURE TO THRIVE IN INFANTS
DELAYED GROWTH IN CHILDREN

OTHER AUTOIMMUNE DISEASES

TYPE 1 DIABETES
HASHIMOTO'S THYROIDITIS
RHEUMATOID ARTHRITIS
MULTIPLE SCLEROSIS
ULCERATIVE COLITIS
ETC

RANDOM

CANKER SORES
MOUTH ULCERS
DENTAL ENAMEL DEFECTS
HAIR LOSS
SHORTNESS OF BREATH
MUSCLE CRAMPS
NOSEBLEEDS
HYPOGLYCEMIA (LOW BLOOD SUGAR)

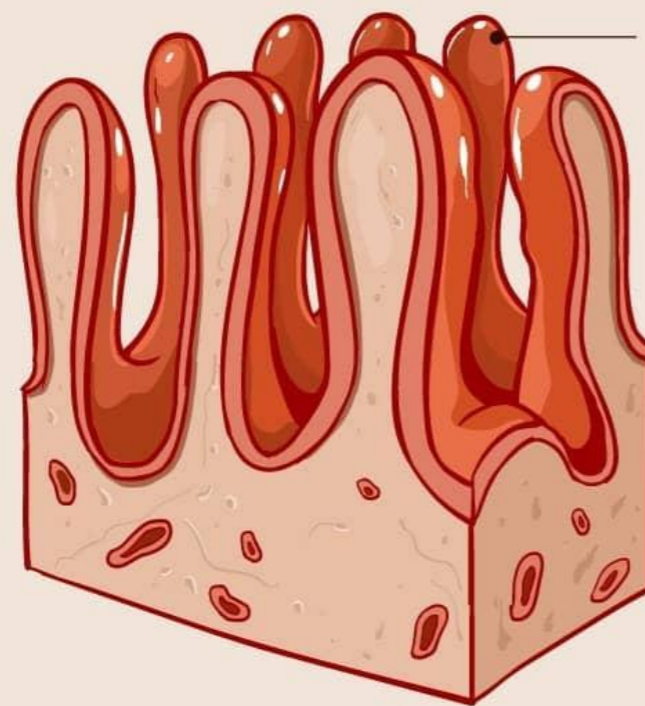
SKIN

PALE & DULL SKIN
RASHES & HIVES
DERMATITIS HERPETIFORMIS

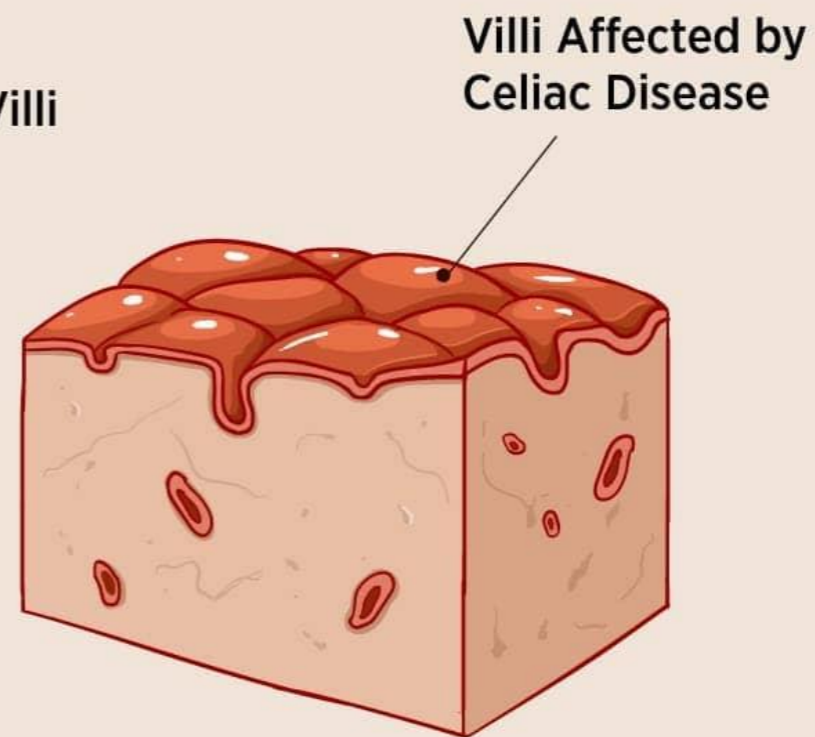
Who should get tested?

- ▶ Who should get tested?
 - ▶ Adults with symptoms
 - ▶ People with associated diseases
 - ▶ Asymptomatic first-degree family members
 - ▶ People with type 1 Diabetes

GET TESTED FIRST!



No Celiac Disease



Celiac Disease

How is Celiac Disease diagnosed?

Anti-tissue transglutaminase (tTG)

Anti-endomysium (EMA)

Anti-deamidated gliadin peptides (DGP)

Small intestine biopsy (Gold Standard)

Haplotype Test HLA DQ2 and DQ8 (occasionally recommended)

Must be ingesting gluten!

What are the related autoimmune diseases?

- ▶ Type 1 Diabetes (8 - 10%)
- ▶ Thyroid Disease (Grave's and Hashimoto's)
- ▶ Addison's Disease
- ▶ Autoimmune Chronic Hepatitis
- ▶ Myasthenia Gravis
- ▶ Pernicious Anemia
- ▶ Raynaud's Phenomenon
- ▶ Scleroderma
- ▶ Sjogren's Syndrome
- ▶ Systemic Lupus Erythmatosus

Correlations

Genetic, first-degree 1 in 22

Type 1 Diabetes
2.4 – 16.4%

Sjogrens Syndrome
2 – 15%

Autoimmune Thyroid Disease
4 – 6%

Downs Syndrome
12%

Infertility 4.1%

Peripheral Neuropathy 5%

Autoimmune Hepatitis 6 – 15%

Lactose Intolerance/Iron-Deficiency Anemia

You have Celiac Disease, now what?

- ▶ Gluten-Free is now your life
- ▶ You always have to think about food; what, why, when, and how
- ▶ This will challenge everything you have learned about cooking
- ▶ This will impact everyone in your family
 - ▶ Cross-contact
 - ▶ Groceries
 - ▶ Meal planning



The 10 Stages of Going Gluten-Free



Shock.

I can't believe I have to give it up.



Anger.

Why me?



Blame.

Who gave this to me?



Denial.

It's not true. Let me eat some gluten...



Guilt.

I shouldn't have eaten that gluten! I feel terrible!



Depression.

How can I enjoy eating if I can't have gluten?



Turnaround.

I need to deal with my gluten sensitivity/allergy.



Workaround.

Hey, look at all these gluten-free products – and recipes!



Relief.

Wow, I feel so much better without gluten.



Acceptance.

Gluten-free is my new way of life.

Gluten-Free, what it's not.

- ▶ Inherently healthier
- ▶ Good for weight loss
- ▶ Simply a fad
- ▶ 100% gluten-free
 - ▶ 20 ppm



CELIAC DISEASE FACT

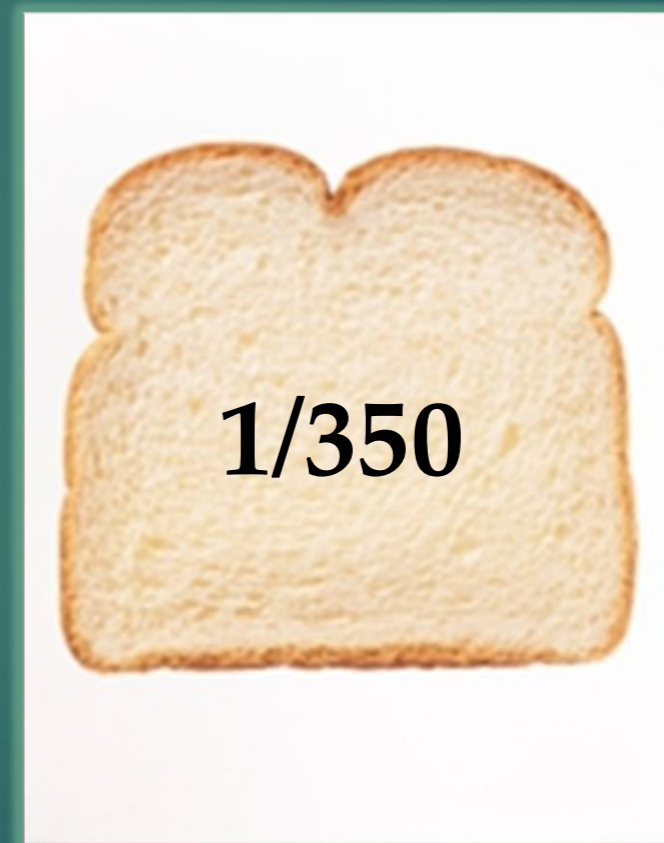
The gluten-free diet is the only treatment for celiac disease. It's a medical necessity, not a fun fad.

 **BEYOND
CELIAC**
Together for a Cure
CELEBRATING 20 YEARS

learn more at BeyondCeliac.org

How much is too much?

$\frac{1}{8}$ teaspoon
flour



Nutrition Care Process

National Institutes of Health Consensus Development Conference Statement identified six elements required for the management of celiac disease:

- ◆ **C**onsultation with a skilled dietitian
- ◆ **E**ducation about the disease
- ◆ **L**ifelong adherence to a gluten-free diet
- ◆ **I**dentification and treatment of nutritional deficiencies
- ◆ **A**ccess to an advocacy group
- ◆ **C**ontinuous long-term follow-up by a multi-disciplinary team

◆ [ADA Evidence Based Guidelines > Guideline List > Celiac Disease > Major Recommendations](#)

The Food!

What are the Challenges?



- ◆ Cost
- ◆ Time
- ◆ Locating it
- ◆ Learning curve
 - ◆ Can lead to other intolerances - lactose, rice, soy, corn
 - ◆ Food labels
 - ◆ Manufactured in a facility...

Label Reading: What to Look For

- ◆ **Wheat**
- ◆ **Rye**
- ◆ **Barley**

- ◆ *Easy*

- ◆ Wheat

- ◆ *A little more challenging*

- ◆ Rye and barley

- ◆ *Tricky*

- ◆ Malt, oats

- ◆ Assumed products – soy sauce, licorice, chicken



The Secret Life of a Flour Fanatic 2018



\$13.52 25 lb
(\$0.54 1 lb)



\$197.44 43 lb
(\$4.59 1 lb)

The Secret Life of a Flour Fanatic

2024



\$8.99 10 lb
\$0.90 lb



\$8.99 4 lb
\$3.00 lb

1 slice (43 g)

Kcal 110

Fiber 3 g

Fat 2 g

Pro 4 g

Cost per slice \$0.25

\$3.99



1 slice (43 g)

Kcal 110

Fiber <1 g

Fat 2.5 g

Pro 3 g

Cost per slice \$0.63

\$9.99



1 slice (47 g)

Kcal 99

Fiber 1.5 g

Fat 3 g

Pro 1.9 g

Cost per slice \$0.37

\$8.52

How to navigate a GF diet

- ◆ Plan ahead
- ◆ Do your research
- ◆ Practice!



Don't Settle!

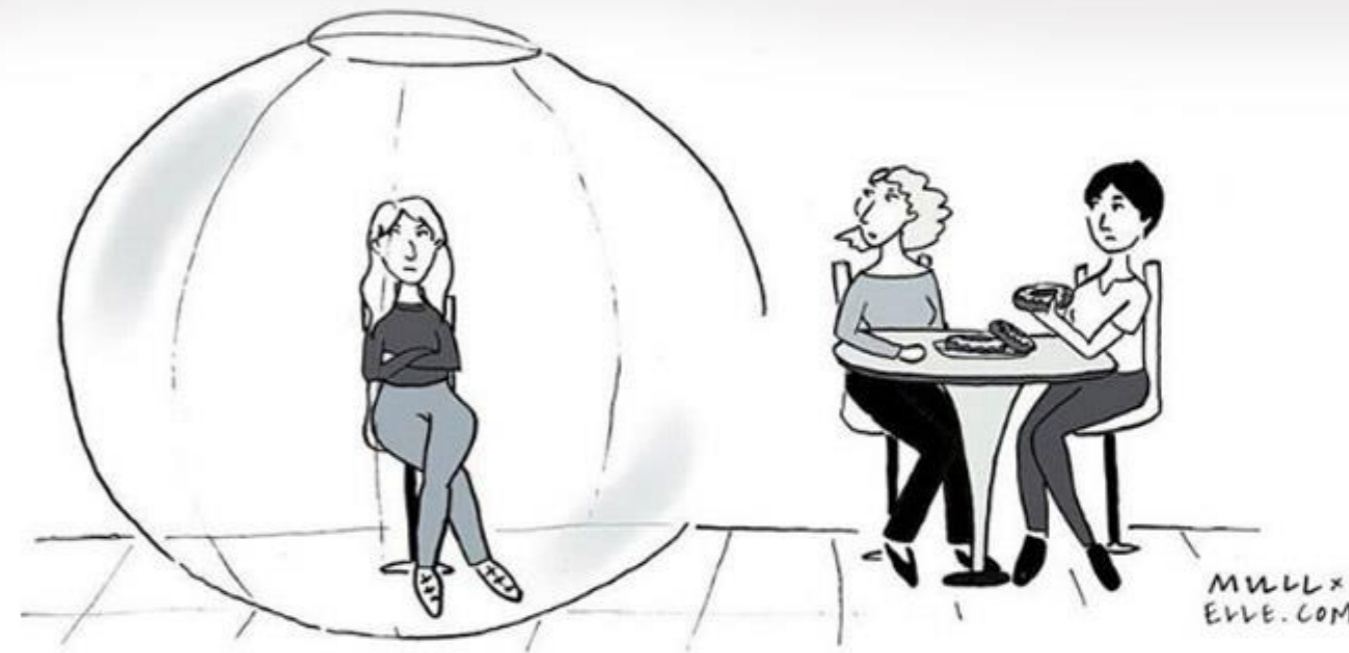






What are the Social Impacts of Celiac Disease?

- ◆ Parties/Buffer line
- ◆ School
- ◆ Business luncheon
- ◆ Holidays



"We get it, Amanda. You're gluten-free."

What about Eating Out?

- Ask!
- Online Menus



find me **GF**
GLUTEN FREE®

NEW!
Gluten Free Options

Effective 1/16/24

Kick n' Chicken

We Cater

OPEN DAILY AT 10:30



MONDAY
\$1.00 Boneless Wings

TUESDAY
5 pc. Boneless Meal & Fries \$7.95

WEDNESDAY
Kick n' Wrap \$6.95

THURSDAY
3 pc. Tender Meal & Fries \$8.50

TUESDAY FAMILY SPECIAL
8 pc. Bucket \$16.50

FRIDAY FAMILY SPECIAL
8 pc. Dinner, 2 8oz. sides & 4 rolls \$29.95

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Visit our other location in Lewes
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“Seeing the bright-side of celiac, wholesome foods forever.”



I KNOW
GLUTEN FREE
IS EXTRA
BUT SO AM I



It takes courage to be the best version of yourself.”

Resources

- ▶ Gluten Intolerance Group of North America © Copyright 2024 - Gluten Intolerance Group [Terms of Service](#) [Privacy Policy](#) www.gluten.org
- ▶ **Celiac Disease Foundation** 5850 Canoga Ave | 4th Floor Woodland Hills, CA 91367. Medical information provided on this site has been prepared by medical professionals and reviewed by the Celiac Disease Foundation's Medical Advisory Board for accuracy. Information contained on this site should only be used with the advice of your physician or health care professional. © 1998-2024 Celiac Disease Foundation. The Celiac Disease Foundation is a recognized 501(c)(3) nonprofit organization. www.celiac.org
- ▶ Find Me Gluten Free. Elmore, Jason 2010. www.findmeglutenfree.com
- ▶ Food Allergen Labeling And Consumer Protection Act of 2004. (FALCPA). <https://www.fda.gov/food/food-allergens-gluten-free-guidance-documents-regulatory-information/food-allergen-labeling-and-consumer-protection-act-2004-falcpa>
- ▶ Food Allergy Safety, Treatment, Education, And Research Act of 2021 (FASTER). <https://www.foodallergy.org/resources/how-fare-advocates-helped-pass-faster-act>

