

When in doubt, leave it out! – The gluten-free philosophy Allison Lloyd

True or False: People on a gluten-free diet only eat fruits and vegetables because they can't eat pasta or bread.

FALSE

Rice or corn pasta and bread replace wheat pasta for those on a gluten-free diet.

True or False: Milk/milk products and meats/alternatives are gluten-free

TRUE, as a general rule.

Foods to question include: Milk category – milk drinks, flavoured and frozen yogurt, cheese sauces and spreads, some ice creams; Meat category – deli meats, frozen patties (meat, chicken, fish), hot dogs.

Remember that although the meat you may be cooking is gluten-free, the sauce you put on it may not be. Read the ingredients carefully as some sauces and spices contain gluten.

For most people going grocery shopping or eating out at restaurants is an activity that isn't given a second thought. These activities however, are a little bit more complicated for those on a gluten-free diet. Gluten is a protein found in barley, rye, triticale, and wheat and is becoming increasingly eliminated from the diet of many Canadians. Many people are sensitive to gluten but those with celiac disease have a permanent intolerance to gluten.

What is Celiac Disease?

Celiac disease is an autoimmune disorder that affects **1 in 133** Canadians. The absorptive lining of the small intestine is damaged by gluten and can result in nutritional deficiencies and anemia. Celiac disease is genetically inherited and can often remain silent for many years until triggered by environmental factors such as stress, surgery, pregnancy, or an infection. It is a life-long condition that can not be outgrown and its only form of treatment is to maintain a gluten-free diet. If you have a first degree relative (parent, brother, sister, child) with celiac disease, you should get tested even if you are not showing any signs and symptoms.

How can I get tested?

There are 2 simple ways to get tested.

1. Blood Test – A blood test showing elevated levels of endomysial antibodies and anti-tissue transglutaminase antibodies have a greater than 95% chance of having celiac disease.
2. Esophagogastroduodenoscopy – A small intestinal biopsy is taken and analyzed for loss of intestinal villi, which is characteristic of celiac disease.

Gluten-free can make you feel better even if you don't have celiac disease!

Many people who experience indigestion report that cutting back on or completely taking gluten out of their diet makes them feel better even if they do not have celiac disease. Reducing or eliminating gluten intake is not dangerous to the health, as fruits, vegetables, and rice can provide an adequate supply of carbohydrates.

Can I eat on Campus Gluten-Free?

Yes! McMaster Hospitality Services is happy to accommodate students with special dietary needs. If you are on a gluten-free diet, Executive Chef David Vothknecht

will meet with you to discuss the many options that are available to you on campus. You will then be walked through the cooking procedure so that you are familiar with how the food is made. Employees are well trained in gluten-free cooking and take precautions against cross-contamination.

You can **contact David at ext. 23839 or vothkne@mcmaster.ca**.

Can I eat off Campus Gluten-Free?

Yes it is possible to eat out gluten-free! When a restaurant does not have a gluten-free menu, you can ask the chef what your options are. Make sure you are satisfied with their confidence in their ability to accommodate your dietary needs before you order. If your meal does arrive with bread or croutons that aren't gluten-free, do not be afraid to send it back – your health is more important! Here are some restaurants in the nearby Hamilton area that serve gluten-free meals,

- Montana's Cookhouse *
- Wendy's *
- Swiss Chalet*
- The Bean Bar °
- Tim Horton's °

* Check their online website for gluten-free menu

° Ask wait staff or the chef about gluten free menu items

Where can I shop for gluten-free foods nearby?

- Fortinos (organic section)
- Goodness Me (176 Locke St. South, Hamilton)
- Shoppers Drug Mart

CAUTION!

- **Gluten-free food can become contaminated with gluten** if you use the same toaster and other cooking appliances as someone else who does not eat gluten-free.
- Some **medications and vitamin/mineral supplements contain gluten**. Talk to your family doctor or pharmacist.

More Information? www.celiac.ca www.glutenfreediet.ca

FYI:

- 97% of people with Celiac Disease go undiagnosed.
- Symptoms can include: diarrhea, constipation, stomach pain, weight loss, tiredness, low iron levels, menstrual irregularities, delayed puberty, infertility in men & women, migraine, and itching and skin rash (seen in Dermatitis Herpetiformis – the skin form of celiac disease)
- Celiac Disease frequently occurs in combination with other conditions: Type 1 diabetes mellitus, rheumatoid arthritis, other autoimmune diseases (e.g. autoimmune hepatitis, autoimmune thyroid disease), osteoporosis, Down Syndrome, lymphoma

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