

## **GLUTEN INTOLERANCE (CELIAC DISEASE)**

Gluten intolerance is a celiac disease, which is due to allergic reaction to gluten, a protein found in wheat, barley, rye and oats.

### 1) Incidences:

- Ethnic - north-western European are more prone to suffer.
- Females are more prone to suffer than males.
- Children are more affected than adults.

## **CAUSES**

- a. Inability to absorb gluten
- b. Hereditary.
- c. After bowel infection.
- d. It can be triggered by over exposure to -
  - i. wheat
  - ii. severe stress
  - iii. emotional or physical trauma
  - iv. surgery
  - v. Viral infections.

## **COMPLICATIONS**

- 1) Cancer.
- 2) Irritable bowel syndrome.
- 3) Osteoporosis.
- 4) Anaemia.
- 5) Seizures.
- 6) Vitamin mineral deficiency.

## **DIETARY MANAGEMENT**

- 1) Strictly follow gluten free diet.
- 2) Avoid foods containing gluten - wheat, rye, barley, oat in your diet.
- 3) Avoid breads, cakes, biscuits, tinned and frozen foods, they contain gluten as thickeners.
- 1) Check labels for words like - farina (semolina, rava), flour, enriched flour, malt flavoring or extracts, caramel coloring, cereals, monosodium glutamate (MSG), modified food starch, stabilizers, distilled vinegar, emulsifiers, semolina, durum and triticale, avoid these products as they all contain gluten.
- 2) Note: - products labeled as wheat free are not necessarily free of gluten.
- 3) Check labels on canned soups, Ketchup, mustards, soy sauce and other sauces as gluten is used as thickener.
- 4) Consume fresh vegetables, root vegetables like potato, yam, sweet potato etc.
- 5) Consume fresh fruits, beans, rice, millets, maize, nuts and seeds, eggs, cheese, butter, honey, jam etc.
- 6) You can eat meats, fish and poultry.
- 7) You can consume gluten free sausages and biscuits available in the market.
- 8) You can eat buckwheat and quinoa as they are gluten free cereals, but avoid wild rice and spelt as they contain gluten.
- 9) Here is a list of foods that are gluten free:
  - 10) rice, cassava
  - 11) corn (maize)
  - 12) soy
  - 13) potato

- 14) tapioca
- 15) beans
- 16) sorghum
- 17) quinoa
- 18) millet
- 19) buckwheat groats (also known as kasha)
- 20) arrowroot
- 21) amaranth
- 22) flax
- 23) chia
- 24) yucca
- 25) gluten-free oats
- 26) nut flours

**NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .**