

THREE SEASONS AYURVEDA



Gluten Intolerance (Celiac Disease)

Gluten is a protein composite that is found in grains and flour products including – wheat, kamut, semolina, spelt, barley, bulgur, rye and oats which are in many products that are readily radially available and all around us including most breads, pizza dough, pastries, cereals, vegetable burgers, tortillas, soy sauce, Worchester sauce, and some salad dressings, etc.

For many people looking for alternative protein sources, wheat gluten (Seitan) is an important addition to their diets. However, for many people, gluten intolerance (known as Celiac disease) is a big concern. Celiac disease is an autoimmune disease, which affects the small intestine. Our body's immune system is designed to protect itself from foreign invaders. When people with celiac disease eat foods containing gluten, their immune system forms antibodies, which attack the intestinal lining. This causes inflammation in the intestines and damages the villi, the hair-like structures on the lining of the small intestine. Nutrients from food are normally absorbed by the villi. If the villi are damaged, the body cannot absorb nutrients properly and can result in malnutrition because of the lack of absorption. Some of the symptoms of celiac disease are – bloating, gas, diarrhea, pale stool, weight loss, skin rashes, iron deficiency, musculoskeletal problems, growth problems for children, seizures, and nerve damage.

Symptoms of celiac disease often mimic other diseases, such as irritable bowel syndrome, Crohn's disease, and diverticulitis and can be difficult to diagnosis. Having a specific blood test will determine whether you have high levels of autoantibodies, which are antibodies that react to your own body's tissues. It might be necessary to have an endoscopy to obtain a sample of the tissue (biopsy) from your small intestine, which will determine the damage to the villi.

There is no cure for celiac disease this and the only relief is switching to a gluten-free diet. This change is not an easy one to adjust to, but like anything new, it takes some getting used to. You may initially feel deprived by the diet's restrictions. However, try to stay positive and focus on all the foods you can eat. You may also be pleasantly surprised how many gluten-free products, such as bread and pasta, are now available in local stores.

One consideration, if you are affected with celiac disease, will be cross-contamination. This occurs when gluten-free foods come into contact with foods that contain gluten. It can happen during the manufacturing process, for example, if the same equipment is used to make a variety of products. Some food labels include a "may contain" statement if this is the case. Be aware that this type of statement is voluntary. You should still check the ingredient list. If you're not sure whether a food contains gluten, your options are not to buy it, check with manufacturer, or consult a dietitian or practitioner like me.

Cross-contamination can also occur at home if foods are prepared on common surfaces or with utensils that weren't thoroughly cleaned after being used to prepare gluten-containing foods. Using a common toaster for gluten-free bread and regular bread is an example of possible cross-contamination. If this condition is a concern to you, it would be wise to meet with a trained professional to map out a plan to keep your diet gluten-free.

There are many grains and starches considered acceptable for gluten-free diets. The most frequently used are corn, potatoes, rice, tapioca, amaranth, arrowroot, millet, chickpea flour, quinoa, buckwheat (not related to gluten found in wheat products) sorghum, teff, almond, coconut, pea flours and cornstarch.

I am including a list below of safe products (or foods) that can be used (consumed) in a gluten-free diet.

<u>Vegetables</u>	<u>Fruit</u>	<u>Other Protein Sources</u>	<u>Flour & Grains</u>
Acorn Squash	Acai		Almond flour
Artichokes	Apples		Amaranth
Arugula	Apricot	<u>Nuts</u>	Arrowroot
Asparagus	Bananas	All Raw	Bean flour
Avocado	Blackberries		Brown rice
Beans, fresh	Blueberries	<u>Legumes</u>	Brown rice flour
Beet Greens	Cantaloupe	Lentils	Buckwheat
Beets	Carobs	Moong Beans	Cassava
Broccoli	Cherry	Chickpeas	Chickpea flour
Brussels sprouts	Cranberries		Corn flour
Cauliflower	Currants	<u>Dairy Products</u>	Corn meal
Cabbage	Dates	Butter	Corn starch
Carrots	Figs	Cheese (except blue)	Cottonseed
Celery	Grapes	Eggs	Dal
Chards	Guavas	Milk	Flaxseed
Corn	Honeydew melons	Yogurt	Job's tears
Cucumber	Kiwis		Manioc
Eggplant	Kumquat	<u>Meat and Poultry</u>	Millet
Garlic	Lemons	Beef	Milo
Green beans	Limes	Buffalo	Pea flour
Herbs	Mandarin	Chicken	Polenta
Kale	Mangoes	Duck	Potato flour
Lettuces	Oranges	Goat	Quinoa
Mushrooms	Papaya	Goose	Rice
Mustard greens	Passion fruits	Lamb	Rice flour
Okra	Peaches	Pork	Sago
Onions	Pears	Rabbit	Soy flour
Parsley	Pineapples	Turkey	Tapioca flour
Parsnips	Plantains	Quail	Taro flour
Peas	Plums	Veal	Teff
Peppers	Persimmons	Venison	Yucca
Potatoes	Quince		
Pumpkin	Raspberries		
Radish	Strawberries		
Spinach	Tamarind		
Squash	Tangerines		
Sweet potatoes	Watermelons		
Turnips			
Watercress			