

# UNDERSTANDING CELIAC DISEASE

CELIAC DISEASE OVERVIEW			
FACTS AND FIGURES	SYMPTOMS		PREVALENCE
<ul style="list-style-type: none"> <li>It is an inherited autoimmune disorder that affects the digestive process of the small intestine</li> <li>Triggered by gluten, a protein found in wheat, rye and barley</li> <li>Immune system responds by attacking the small intestine affecting absorption of nutrients</li> <li>Undiagnosed and untreated celiac disease can lead to the development of other autoimmune disorders, as well as osteoporosis, infertility, anemia, neurological conditions and in rare cases, cancer</li> </ul>	<ul style="list-style-type: none"> <li>Bloating or Gas</li> <li>Diarrhea</li> <li>Constipation</li> <li>Fatigue</li> <li>Failure to Thrive</li> <li>Anemia</li> <li>Weight Loss</li> <li>Abdominal Pain</li> <li>Itchy Skin Rash</li> <li>Tingling/ Numbness</li> <li>Pale Mouth Sores</li> </ul>	<ul style="list-style-type: none"> <li>Joint Pain</li> <li>Delayed Growth</li> <li>Poor Weight Gain</li> <li>Thin Bones</li> <li>Infertility</li> <li>Headaches Depression</li> <li>Irritability</li> <li>Discolored Teeth</li> </ul>	<ul style="list-style-type: none"> <li>In average healthy people: <b>1 in 133</b></li> <li>In people with related symptoms: <b>1 in 56</b></li> <li>In parents, children, or siblings who have celiac disease: <b>1 in 22</b></li> <li>Celiac disease affects at least <b>3 million Americans</b>, 1% of the population</li> </ul>



## GLUTEN-FREE DIET

FACTS	PRECAUTIONS FOR SCHOOL CHILDREN
<ul style="list-style-type: none"> <li><b>A gluten-free diet is the only treatment for celiac disease and is challenging for good adherence</b></li> <li>In 2004, the Food Allergen Labeling and Consumer Protection Act became law and went into effect in 2006</li> <li>There are still no specific guidelines by the FDA in terms of defining cutoffs: 5 to 20 parts per million</li> </ul>	<ul style="list-style-type: none"> <li>Label reading</li> <li>Proper hand washing</li> <li>Avoidance of cross contamination in cafeterias, food preparation</li> <li>Effective table and desk washing with appropriate chemicals and materials</li> </ul>

Foods to eliminate	Hidden sources of gluten	Non-food items to avoid	Safe foods	
<ul style="list-style-type: none"> <li>Wheat</li> <li>Barley</li> <li>Rye</li> <li>Duram*</li> <li>Einkorn*</li> <li>Farro*</li> <li>Kamut*</li> <li>Spelt*</li> <li>Triticale*</li> </ul> <p><i>*Types of wheat</i></p>	<ul style="list-style-type: none"> <li>Modified food starch</li> <li>Hydrolyzed vegetable protein</li> <li>Hydrolyzed plant protein</li> <li>Malt vinegar</li> <li>Soy sauce or soy sauce solids</li> <li>Brown rice syrup</li> <li>Dextrin</li> <li>Textured vegetable protein (TVP)</li> <li>Vegetable gum</li> </ul>	<ul style="list-style-type: none"> <li>Lipstick</li> <li>Certain vitamins</li> <li>Certain medications</li> <li>Stamps and envelopes you have to lick</li> <li>Play-Doh</li> </ul>	<ul style="list-style-type: none"> <li>Beans</li> <li>Quinoa</li> <li>Buckwheat</li> <li>Rice</li> <li>Corn</li> <li>Sorghum</li> <li>Millet</li> <li>Soy</li> <li>Nut flours</li> <li>Tapioca</li> <li>Potatoes</li> <li>Teff</li> <li>Cornmeal</li> </ul>	<ul style="list-style-type: none"> <li>Polenta</li> <li>Amaranth</li> <li>Millet</li> <li>Sweet potatoes</li> <li>Rice</li> <li>Tofu</li> <li>Gluten-free flours made of rice, soy, or potato</li> <li>Any food product that says "gluten-free" on the box</li> </ul>

