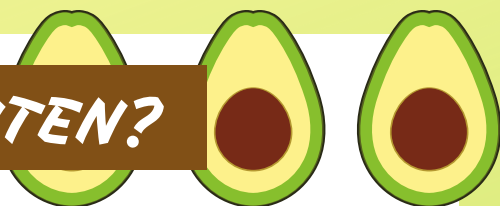
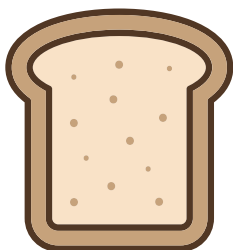


Do I Need To Break Up With GLUTEN?



Gluten Facts

- who** Gluten was not always a bad guy. In Europe most people can still tolerate him, but on this side of the ocean we just don't always get along with him, whether we know it or not.
- what** Gluten is a protein found in wheat, barley, and rye that's made up of gliadin and glutenin.
- where** Gliadin is what's causing the allergy in celiac and gluten sensitive people. Since wheat is a cheap filler, it's in unsuspecting foods, sauces and beverages and we are over-exposed.
- when** Wheat has evolved over the last several thousand years but likely became poorly tolerated over the last century when it was naturally hybridized and genetically modified.
- why** It wasn't always a problem for us to eat but we weren't really meant to mass produce and consume it the way we do now.



Are you not tolerating gluten?

Allergy

IgE positive= wheat allergy. This can cause a range of symptoms up to anaphylaxis, but doesn't always mean the person has celiac disease. Celiac Disease= Auto-immune disease. A person is diagnosed with celiac disease after they've had labs and an intestinal biopsy to validate it. If positive, that person must avoid gluten ingestion and exposure for the rest of their lives. Symptoms of exposure range in severity and include diarrhea, abdominal pain, weight loss and malabsorption. Your functional doctor may also have access to more advanced labs to get you more information.

Intolerance

A person can have an IgG blood test to see if a reaction is noted, usually within a range of low to moderate to high. This test is not conclusive. One can show sensitivities but exhibit no change in lab values; conversely, one can also have no reaction on the test but exhibit physical symptoms to gluten. There is hope that future testing will be used reliably as researchers have observed intestinal damage and immune reactions to gluten in the absence of celiac disease. (1)

Note: If you don't suspect you have celiac disease, you don't need to worry about avoiding it as if it were a true allergy. Just do your best to avoid consuming from the "foods with gluten" list. This is usually enough avoidance to test your potential intolerance/allergy. Those with celiac disease will need to follow a much more detailed list of avoidance foods.

Foods without gluten

	<u>Grains:</u>
Fish	Rice
Poultry	Cassava
Red meat	Corn (maize)
Eggs	Soy
Fruits	Potato
Vegetables	Tapioca
Nuts & seeds	Beans
Oils (all)	Oats (gluten free)
Vinegar (not seasoned)	Sorghum
Olives	Quinoa
Coconut products (all)	Millet
Dairy (all)	Buckwheat groats (also known as kasha)
Dairy alternative milks	Arrowroot
Beans & legumes	Amaranth
	Teff
	Flax
	Chia
	Yucca
	Nut flours

Foods with gluten

Barley	<u>Potential hidden sources:</u>
Bulgur	Sauces/gravies
Chapatti flour	Soy sauce/teriyaki
Couscous	Dressings
Durum	Marinades
Einkorn	Cereals
Farina	Instant coffee
Farrow	Pie filling
Gluten	Processed meat products
Gluten flour	Beer
Graham flour	Nuts/seeds
Kamut	Alcohol (distilled from wheat)
Malt (malt beverages, extract, flavoring, syrup, vinegar, etc.)	Processed potatoes
Matzoh meal	Miso
Oats (oat bran, oat syrup)	MSG/artificial flavors
Orzo	Food starch/veg protein
Rye	And more!!!
Seitan ("wheat meat")	<i>*gluten often used as a cheap filler and bulker. Cross-contamination is possible also. It can be ANYWHERE.</i>
Semolina	
Spelt	
Textured vegetable protein (TVP)	
Triticale	
Wheat, all varieties (bran, germ, starch)	

1. Intestinal cell damage and systemic immune activation in individuals reporting sensitivity to wheat in the absence of coeliac disease Uhde M, et al. Gut 2016;0:1-8. doi:10.1136/gutjnl-2016-311964.

2. Drago, S.; El Asmar, R.; Di Pierro, M.; Grazia Clemente, M.; Tripathi, A.; Sapone, A.; Thakar, M.; Iacono, G.; Carroccio, A.; D'Agate, C.; et al. liadin, zonulin and gut permeability: Effects on celiac and non-celiac intestinal mucosa and intestinal cell lines. Scand. J. Gastroenterol. 2006, 41, 408-419.

3. Based on information from Institute of Functional Medicine Guide to Eating Gluten Free 2017
Celiac Disease Foundation was another source of information used in this handout if you'd like to learn more