



COPING WITH CELIAC DISEASE

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This program is designed to give information about Celiac Disease, which will help you better cope with your diagnosis. It will also provide you with greater understanding of resources available to you.

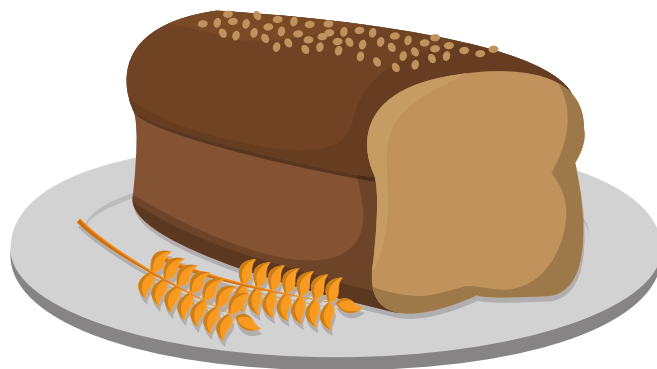
Have you officially been diagnosed by a doctor? ____ Yes ____ No

What is your experience with Celiac Disease? _____

What are your expectations for this program? _____

During this session, we will cover:

- Frequently Asked Questions
- Dealing with Diagnosis
- What You CAN Eat
- Menu Planning: Budget-Friendly Tips
- Words of Wisdom
- Resources



The first step to dealing with Celiac Disease is understanding what it is.

Frequently Asked Questions

What is Celiac Disease?

Celiac Disease (CD) is a lifelong, inherited autoimmune condition affecting children and adults. When people with CD eat food that contains gluten, it creates an immune-mediated toxic reaction that causes damage to the small intestine and does not allow food to be properly absorbed. This can lead to malnutrition and more serious problems.

What is gluten?

Gluten is the common name for the proteins in specific grains that are harmful to people with CD. These proteins are found in all forms of wheat, barley, rye, and malt. These must be eliminated from your diet.

What is the difference between Celiac Disease and gluten sensitivity or intolerance?

CD is an autoimmune disease. Gluten sensitivity or intolerance means the body doesn't tolerate gluten very well, often causing bloating or stomach pain, but this does not damage the intestines like CD does. The symptoms are often less severe and it is not life-threatening.

What is the treatment for Celiac Disease?

The only treatment is lifelong adherence to the gluten-free diet. When gluten is removed from the diet, the small intestine will start to heal and overall health improves.

How common is Celiac Disease?

1 in 133 Americans have Celiac Disease. 3 million Americans across all races, ages, and genders suffer from it. It is hereditary, so all first- and second-degree relatives should be screened.

Are there other disorders that can come from Celiac Disease?

It can lead to a number of other autoimmune disorders, including Type I Diabetes and Multiple Sclerosis. It can also lead to other conditions such as skin rashes, anemia, osteoporosis, infertility and miscarriage, neurological conditions, heart disease, and intestinal cancers.

Does getting diagnosed mean I can no longer go out to eat or socialize?

Absolutely not! The gluten free community is growing and one of the most important things you can do after being diagnosed is to find ways to incorporate your new diet requirements into your regular life. Share the diagnosis with your friends and family so they can support you and help you find ways to maintain your regular life.



Dealing with the Diagnosis

What has been most challenging for you since being diagnosed? _____

What has been most helpful for you since being diagnosed? _____

Being diagnosed with CD can be overwhelming and can cause some sadness over what you are unable to eat. Below are some tips on how to start this new lifestyle and make it work for you. Select the ones that you feel you are capable of adopting in your own life.

___1. Read Nutrition Labels. Look for items on the ingredient list that should be avoided. Packages include allergy information below the ingredient list which will state if a product contain wheat. Fermented beverages such as beer and ale should also be avoided. Many processed foods may include gluten, including, gravy, soy sauce, soup, etc. Check all packages for their ingredients.

___2. Find Support. Utah Gluten Intolerance Groups are a very good resource for learning about Celiac Disease and the Gluten Free Diet. Attend a meeting and find people around you living a similar lifestyle. Also seek the support of family and friends as you adjust to this change in your life. Encourage your family and friends to learn about the disease with you and help you.



___3. Learn About Your Diet. Make an effort to research about your diet and the resources available to you in your area. It can be beneficial to visit with a registered dietician to ensure adequate nutrition. Find websites or blogs that share gluten free recipes and resources. (<http://www.glutenfreeresourcedirectory.com/>)

___4. Find Gluten-Free Food. In order to start to enjoy eating gluten free, you have to find those foods. Grocery stores can be a good source for corn tortillas, rice, breads, and baking mixes.

___5. Take Food With You. When leaving home, it is a good idea to take food with you. You never know when you will get hungry or be in a setting with other people eating and will want to have something to eat as well. Being gluten free doesn't mean starving yourself or feeling left out. Try some gluten-free energy bars, trail mix, or fruit to take with you.



What You CAN Eat

Once someone is diagnosed with CD, it can be easy for them to only think about the foods they can no longer eat (see handout). Instead, by focusing on what they can eat, they will better embrace their new lifestyle and find ways to still enjoy eating.

Below is a list of foods that are naturally gluten free:

- Gluten-Free Oats (check the label)
- Chicken (not breaded)
- Fruits
- Dairy
- Potatoes
- Vegetables
- Fish
- Rice
- Corn
- Eggs
- Beans
- Popcorn
- Nuts
- Meat



Which ones do you eat regularly? _____

How could you better incorporate some of these foods in your diet? _____

Below is a list of safe gluten-free substitutes:

- Almond meal flour
- Amaranth
- Buckwheat
- Coconut flour
- Corn flour
- Potato flour
- Quinoa
- Sorghum flour
- Tapioca flour
- Guar gum
- Xanthum gum
- White rice flour



Which ones do you eat regularly? _____

How could you better incorporate some of these foods in your diet? _____

Menu Planning: Budget-Friendly Tips

Currently, the only treatment for CD is a gluten-free diet. This means the gluten-free diet is a lifelong commitment because eating any amount of gluten, no matter how tiny, can cause damage to the small intestines and prevent the absorption of nutrients. Sometimes this way of eating can be overwhelming and get expensive. Here are some tips for grocery shopping and menu planning. Mark which ones you want to try (or already do).

___**1. Write a "Master List"**. Start with writing down naturally gluten-free items and gluten-free specialty items you regularly eat or use. When that item runs out, add it to your "shopping list".

___**2. Create a Menu**. Plan out the menu for the week. Do your best to incorporate naturally gluten-free items in your meals. Look for ways to use ingredients for multiple meals, such as using chicken and corn tortillas for two different meals. Also look to incorporate big batches of gluten-free grains, such as rice and quinoa.

___**3. Write a "Shopping List"**. Using your master list, what you have in your pantry and fridge, and what your menu plan is, create a shopping list. Use your local grocery store's coupons and weekly ad to help determine when the best time is to stock up on certain "master list" items.

___**4. Double Up**. If something is on sale that you are planning to use in a meal, plan to make a double batch and freeze one or use it for lunches during the week.

___**5. Check the Gluten-Free Section**. Most stores will have a gluten-free section. Here you can find breads, pastas, granola bars, and desserts that are all gluten-free.

How could you better incorporate some of these tips in your life? _____



Words of Wisdom

Here are some final words of advice from the Celiac Disease Foundation.

- **Stock Up**. Keep a full stock of supplies anywhere you find yourself at mealtime or in need of a snack.
- **Experiment**. Take your favorite recipes and try converting them into gluten-free versions.
- **Double Up**. When you bake or cook, double the recipe and freeze the second half. It will come in handy on a night that you don't want to make a meal.

- **Keep it Safe.** If you find yourself empty-handed, always go for the safest available option (baked potato, rice with vegetables, chicken, fruit, cheese, etc.).
- **Always Remember You're Not Alone.** Reach out to other people and groups near you that are full of people who also have CD. Together you can share ideas and experiences to help each other on your journeys.

Goals

Resources

Below is a list of helpful resources for those wanting to know more about Celiac Disease.

- The National Foundation for Celiac Awareness - <http://www.celiaccentral.org>
- Celiac Disease Foundation - <http://www.celiac.org>
- Utah Gluten Intolerance Group - <http://www.gfutah.org> (A place to find events and meetings in your area with people that also have Celiac Disease.)



Resources: The National Foundation for Celiac Awareness & Celiac Disease Foundation



.....GLUTEN-FREE RECIPES.....



Chewy Granola Bars

Ingredients:

- 1 3/4 cups (175g) gluten-free quick-cooking oats (or an equal amount by weight of old-fashioned rolled oats processed by about half in a food processor)
- 1 cup (120g) gluten-free oat flour
- 3/4 cup (164g) packed light brown sugar
- 1 tsp ground cinnamon
- 1/4 tsp kosher salt
- 2/3 cup (80g) raw pecans, roughly chopped
- 2/3 cup (80g) raw almonds, roughly chopped
- 1 cup (about 80g) coconut chips
- 4 oz. mini chocolate chips
- 4 oz. dried raisins or blueberries
- 8 T (112g) unsalted butter, melted and cooled
- 3 T honey
- 3 T pure maple syrup
- 1 extra-large egg, lightly beaten
- 1/2 tsp pure vanilla extract

Instructions:

1. Preheat your oven to 325 degrees F. Grease a 9-inch square pan and line it with one sheet of unbleached parchment paper that overhangs two opposite sides of the pan. Grease the paper, and then place another crisscrossed sheet of unbleached parchment paper overhanging the other two sides of the pan on top of the first sheet of paper. Set the pan aside.
2. In a large bowl, place the oats, oat flour, brown sugar, ground cinnamon, and salt and whisk to combine. Add the pecans, almonds, coconut, chocolate chips, and dried fruit and mix to combine. Set the bowl aside.
3. In a separate, medium-sized bowl, place the melted butter, honey, maple syrup, molasses, egg, and vanilla and mix to combine well. Create a well in the dry ingredients and pour the wet ingredients in the well. Mix to combine. Scrape the mixture into the prepared pan and press.

Chicken Broccoli Cheese Casserole

Ingredients:

- 1 lb. cooked chicken, shredded (Note: if you don't have any cooked chicken on hand, it is very simple to poach chicken breasts. Place the chicken in a large skillet with about 2 cups of water. Bring to boiling; reduce heat. Simmer, covered, for 12–14 minutes or until chicken is no longer pink (170 degrees). Drain well. Shred chicken.
- 1 cup cooked brown rice (cooking the rice in gluten-free chicken broth works nicely)
- 1 lb. fresh broccoli, chopped
- 2 T butter
- 2 T rice flour
- 1/2 tsp salt
- 1/4 tsp pepper
- 1/2 tsp dried mustard
- 1 1/2 cups milk
- Squeeze of lemon juice (optional)
- 1 T mayonnaise (optional)
- 1 1/2 cups cheddar cheese, shredded
- 1/2 cup gluten-free bread crumbs for topping
- 1/4 cup slivered almonds for topping

Instructions:

1. Melt the butter in a medium saucepan. Add the flour, salt, pepper, and mustard, and cook 2–3 minutes until bubbly and foamy.
2. Slowly whisk in the milk and cook until thickened. Stir in the shredded cheese.
3. Place the brown rice, chicken, and broccoli in a casserole dish and pour the white sauce over the top.
4. Add the mayonnaise and lemon juice if using and mix until combined. Top with cheese, bread crumbs, and almonds if desired.



GLUTEN-FREE COOKING & BAKING



Most gluten-free flours cannot be used as a one-for-one replacement for wheat flours in recipes (ex. 1 cup of wheat does not equal 1 cup of rice flour), and are best used during cooking and baking in combination with one another. Here are some tips on how to use gluten-free flours, and how to create your own gluten-free flour mix that can serve as a one-for-one replacement in your cooking and baking.

When replacing wheat flour in recipes, **for every 1 cup use:**

- Amaranth - 1 cup
- Almond flour - 1/2 cup
- Bean flour - 7/8 cup
- Corn flour - 1 cup
- Potato flour - 5/8 cup
- Rice flour - 7/8 cup
- Quinoa - 1 cup
- Sorghum flour - 1 cup
- Tapioca flour - 1 cup

How do you incorporate these gluten-free flours into your favorite family recipes?

- **All Purpose Flour:** Find a prepared gluten-free mix to keep handy in your refrigerator. These mixtures of flours, starches, and leavening agents can usually be substituted with wheat flour on a one-for-one basis.
- **Flouring/Breading Meat and Fish:** If you don't want to purchase gluten-free bread crumbs, try cornmeal, potato flakes, or mixtures of gluten-free flours. Whirl some dry bread or corn tortilla chips in a food processor until fine.
- **Gravy:** Use arrowroot starch as a thickener.
- **Pudding and Pie Filling:** Try gluten-free starches such as cornstarch, potato starch, tapioca, or arrowroot.
- **Stuffing:** Make your favorite recipe with gluten-free cornbread or gluten-free white bread, or experiment with rice stuffing.
- **Roux or White Sauce:** Use rice flour. You will find that bean and soy flours have too strong a taste.



UNSAFE INGREDIENTS



The following grains (and ingredients derived from them) should not be consumed and may be included as undeclared ingredients.

- Barley
- Couscous
- Emmer
- Graham
- Malt vinegar
- Orzo
- Spelt
- Wheat
- Bran
- Durum
- Farina
- Kamut
- Matzo meal
- Panko
- Triticale
- Wheat germ
- Bulgur
- Einkorn
- Farro
- Malt
- Mir
- Rye
- Udon
- Wheat Starch

Hidden Sources of Gluten

These products or foods frequently contain gluten and should be checked before using or consuming.

- Bullions and broths
- Imitation seafood
- Play Dough
- Chapstick
- Licorice
- Salad dressings
- Lip gloss
- Seasonings
- Dairy substitutes
- Lipstick
- Soy sauce
- Deli meats
- Lunch meats
- Spice blends
- Dextrin
- Medication
- Toothpaste
- Gravies
- Modified food starch
- Vitamins
- Hydrolyzed protein

Oats: A Special Caution

While oats in their natural form do not contain gluten, an estimated 1-5% of Celiac patients react to oats in their pure form. Some literature suggests that protein in oats can trigger a similar response to gluten. Additionally, most mills that process oats also manufacture wheat, making the chances of cross contamination inevitable. The best advice we can offer is to take a great deal of care before introducing oats into your diet. There is no way to determine if you will react, so proceed with caution. Verify that the oats you are using are made in a gluten-free facility and are certified gluten-free.

Source: www.celiaccentral.org



.....**GLUTEN-FREE RESTAURANT OPTIONS**.....



Below is a list of some franchise restaurants located in the state of Utah that provide information regarding the gluten-free status of their products. Please contact the franchise and/or establishment to verify current gluten-free status and make your own decision as to the appropriateness of the menu items for your diet.

Fast Food:

- Chick-Fil-A
- Wendy's
- Jamba Juice
- Costa Vida
- Zao Asian Cafe

Dine-In Restaurants:

- P.F. Changs
- Carrabba's
- Outback Steakhouse
- Chili's
- Texas Roadhouse
- Olive Garden
- Biaggi's Ristorante Italiano
- Park City Pizza Company

"Find Me Gluten-Free" is a top-rated app for locating gluten-free and celiac-friendly restaurants worldwide. "Find Me Gluten-Free" helps users easily find restaurants, cafes, bars, fast food, and grocery stores that offer gluten-free options. It is designed for people with celiac disease or those following a gluten-free diet, providing a community-driven platform with reviews and ratings from other gluten-free diners.