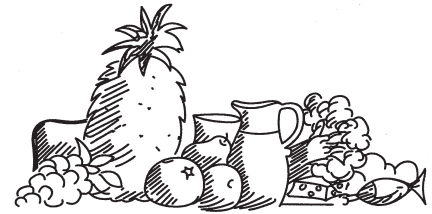


GLUTEN RESTRICTED DIET



PURPOSE:

This diet is intended to control the symptoms of Gluten intolerance, also known as Celiac disease, gluten sensitive enteropathy, celiac sprue or non-tropical sprue and to prevent malnutrition.

DESCRIPTION:

Celiac disease is a permanent intolerance to gliadin, the peptide fractions of protein, i.e., gluten in wheat, rye and barley resulting in intestinal damage. This damage often can be reversed by eliminating dietary gluten. Food absorption is limited due to damage of the absorptive epithelium of the intestinal mucosa. A temporary lactase or sucrose intolerance may develop in some individuals from mucosal damage and jejunal enzyme deficiencies. This usually returns to normal after treatment. Management of celiac disease requires strict life long elimination of gluten in the diet.

This diet excludes foods derived from wheat, rye and barley. Oats are also eliminated from this diet due to possible contamination from wheat during processing. Some oats now are labeled “wheat free”. The plant protein in arrowroot, beans, corn, potatoes, quinoa, rice, and tapioca are not restricted. Use of soy products should be individually evaluated. Millet and buckwheat may not be tolerated by some. Diet may be modified by the Registered Dietitian to meet specific individual needs.

Some individuals develop a tolerance for small amounts of gluten daily. However, during stressful life episodes this tolerance is often lost.

MENU PLANNING GUIDELINES:

- Read all labels carefully. Many ingredients contain gluten but may not list it as such. **Avoid: commercial products or mixes containing malt or malt flavorings, textured vegetable protein, hydrolyzed vegetable protein, cereal products, flour, starch, wheat, rye, barley, oat, farina, semolina, durum, triticale, gums, emulsifiers, stabilizers, vinegar, artificial colors or flavors, some monosodium glutamate, vanilla.**