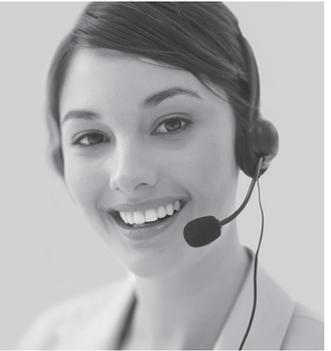


“It was great to talk with you.

Thank you for your interest in ‘gluten-free guidelines.’ I hope you find this tip sheet helpful.

Please give me a call if you have more questions about this or other topics.

As your health coach, I’m ready to help in any way I can.”



What is gluten?

Gluten is a general name for the proteins found in:

- Wheat, barley, and rye.
- Wheat varieties and byproducts (such as spelt, kamut, farina, semolina, and vital wheat gluten).
- Crosses between wheat, barley, and/or rye (such as triticale, which is a cross between wheat and rye).
- Many types of bread, pasta, cereal, crackers, cakes, cookies, and other baked goods.
- Many ingredients in prepared and packaged foods, such as soy sauce and malt.

What is celiac disease?

- In people with celiac disease (CD), the body’s immune system reacts to even small amounts of gluten. This damages the lining of the small intestine. As a result, foods are not properly absorbed.
- CD is a genetic condition. If an immediate family member has CD, your chance of having it increases. But not everyone with the genes for CD has it.
- About 3 million Americans (one in every 100) have CD.
- Symptoms vary from person to person. They can include:
 - Gas and bloating.
 - Stomach pain.
 - Diarrhea.
 - Fatigue.
 - Joint pain.
 - Weight loss.
 - Dermatitis herpetiformis (an itchy skin rash).

Not everyone with CD has symptoms.

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- There is no cure. The treatment is a strict, gluten-free (GF) diet. With treatment, people with CD can lead long, healthy lives. If untreated, CD can lead to:
 - Anemia (iron-poor blood).
 - Weight loss.
 - Nerve disorders.
 - Certain cancers.
 - Weakened bones.
 - Poor growth in children.
- See your doctor if you think you may have CD. Your doctor will review your symptoms and do a blood test. Taking a sample of tissue from your intestine may also be necessary.

What is gluten sensitivity?

People with gluten sensitivity (GS) test negative for CD but react to gluten with many of the same symptoms. In GS, the intestine is not damaged.

- GS is not completely understood. It is not clear whether other components of gluten-containing grains may be involved in causing symptoms in some individuals with GS.
- There are no specific medical tests that can be performed to confirm GS.

Is a GF diet healthier for everyone?

- Research has not shown that a GF diet improves health except for people with CD or GS.
- A GF diet has nutritional drawbacks unless you have a medical reason to be on it. Without careful planning, it can lead to a lack of nutrients.

Get tested before going gluten-free

Don't start a GF diet before being tested for CD.

- Even if you feel better on a GF diet, you may not have CD. You will be left not knowing the true cause of your symptoms. Many other disorders have signs like those of CD.
- Tests for CD won't work if you've been on a GF diet for a long time. You will need to begin to eat gluten again before being tested.
- Without careful meal planning, going GF can lead to a lack of nutrients.
- Many GF products cost two to three times more than regular products.

Screening family members is a good idea. Even if one family member has CD, others may not. It is common to have the genes for CD but not have it. Do not put your children on a GF diet before they are tested for CD.



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Tips for going gluten-free

- **Talk with a registered dietitian (RD)** to learn how to plan healthy GF meals and snacks.
- **Stay positive.** Focus on all the foods you *can* eat. Many healthy, delicious foods are naturally GF. These include, but *are not limited to*:
 - Milk.
 - 100 percent fruit or vegetable juices.
 - Fresh fruits and vegetables *not* coated with a wax or resin that contains gluten.
 - Fresh poultry, fish, meat, eggs, and cooked dry beans, split peas, and lentils.
 - Tree nuts and peanuts.
 - Wines.
 - All *distilled* alcoholic beverages and *distilled* vinegars. (Distillation removes the gluten from grains that contain it. Beware: Beers, ales, lagers, and malt vinegar are made from grains that contain gluten and are *not* distilled. They are *not* GF.)
 - The following grains, flours, plant foods, and starches:
 - Arrowroot
 - Amaranth
 - Buckwheat
 - Rice
 - Cooked dry beans, split peas, and lentils
 - Corn
 - Flax
 - Garfava
 - Indian rice grass
 - Millet
 - Montina
 - Nut flours
 - Potato
 - Quinoa
 - Rice, wild rice
 - Sago
 - Sorghum
 - Soy
 - Tapioca
 - Teff
 - Yucca
- **Explore groceries and health food stores. Look for GF products made with *whole grains*.** These foods will help you get key nutrients found in whole wheat, including carbohydrates, iron, magnesium, fiber, zinc, and B vitamins.

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- **Try GF recipes.** You may be able to make GF items, such as bread, that you like better than those you can buy.
- **Do you want to eat oats?** Most types of oats are tainted with gluten from other grains. Some oats are labeled as GF, but experts disagree about whether they are safe for people with CD. Talk with your doctor and an RD.
- **Become a label detective.** Avoid the foods and ingredients below. (*this list is not comprehensive*):
 - Barley
 - Beer (unless GF)
 - Bouillon cubes
 - Brown rice syrup
 - Candy
 - Cold cuts, hot dogs, salami, sausage
 - Many communion wafers
 - Cream of wheat
 - Farina
 - French fries
 - Fresh fruit or vegetables coated in a wax or resin that contains gluten
 - Gravy
 - Imitation fish
 - Licorice
 - Malt (malt syrup, malt extract, malted milk, malt flavoring, malt vinegar)
 - Matzo
 - Many medicines and supplements
 - Modified food starch
 - Oats, most types (see oat information above)
 - Rice mixes
 - Rye
 - Sauces
 - Seasoned snack foods (tortilla chips, potato chips, nuts)
 - Seitan
 - Self-basting turkey
 - Soups
 - Soy sauce
 - Triticale
 - Vegetables in sauce
 - Vital wheat gluten
 - Wheat (durum, graham, kamut, semolina, spelt, wheat starch)
 - Items made in a plant that processes wheat

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Check the ingredient lists on labels *every time* you shop. Food companies can change ingredients at any time. Also, **do not rely on the term “gluten free” on labels.** No law governs the claim at this time, although one has been proposed.

- **Avoid getting gluten on GF foods at home.** Wheat flour can stay airborne for hours. It can land on uncovered foods, surfaces, and utensils.
 - Keep GF foods covered.
 - Use separate surfaces to prepare them.
 - Use separate, clean utensils.
 - Do not fry foods in oil that breaded products have been fried in.
 - Do not use a common toaster or flour sifter.
 - Do not use spreadable condiments in shared containers. Knives can easily transfer crumbs into them. Examples are mustard, mayonnaise, jam, peanut butter, and margarine.
- **Take a daily GF multivitamin/mineral supplement based on your age and sex.** Talk with your doctor about what supplement is right for you.
- **Talk with a health coach about ways to manage your weight.** Weight gain is common after starting a GF diet. The body begins to absorb more nutrients and calories from food as the intestine heals.



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Take Action

	Check when completed
See your doctor if you think you may have CD or GS. Do not change your diet until you have been diagnosed.	<input type="checkbox"/>
<p>My SMART Goal for This Week</p> <p>Do your best to reach the SMART* goal you set with your health coach. Write it below. Check the box when you have completed it.</p> <p>_____</p> <p>_____</p>	<input type="checkbox"/>
<p>Staying on the Path to Wellness</p> <p>If you have CD or GS, review the ideas on this tip sheet for going gluten-free. From time to time, choose one or two ideas that you would like to put into action. Set a weekly SMART goal for each one. Write your goals below. Check the boxes when you have completed them.</p> <ul style="list-style-type: none"> • SMART goal 1: _____ _____ • SMART goal 2: _____ _____ 	<input type="checkbox"/> <input type="checkbox"/>

*SMART goals are Specific, Measurable, Appropriate, Realistic, and Timely. For example, "On Saturday, I will go to two different stores and look for varieties of GF bread. I will buy two and try them. On Monday evening, I will look for GF cookbooks in the library."

SMART goals help you succeed! If you have any trouble setting your weekly SMART goals, ask your health coach for help.

The information in this tip sheet is for educational purposes only. It is not intended or implied to be a substitute for professional medical advice. Before making changes, always talk to your doctor about what is right for you.

Sources:

- The Celiac Disease Foundation. Available at www.celiac.org. Accessed January 25, 2018.
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