



The Gluten-Free Diet: A Guide for Teens

You may have heard about the gluten free diet on TV or read about it in a magazine or newspaper. Unlike fad diets, the gluten-free is not another weight loss plan. The gluten-free diet is a diet recommended by a health care provider for people who have been diagnosed with celiac disease, an autoimmune disorder that's triggered by gluten. To heal the body, a gluten-free diet must be followed. Following a gluten-free diet can seem overwhelming at first, but it's really not as hard as it might seem. Once you learn which foods to avoid and which foods you can eat comfortably, you'll feel much better.

Gluten and Celiac Disease

What is gluten?

Gluten is a protein complex found in the grains wheat, barley, rye, spelt, and triticale. Flours made from these grains are commonly used to make foods such as breads, cereals, pasta, pizza, and baked goods. The gluten in these foods gives them the elastic texture and it helps provides the structure of the food.

Why would someone need to follow a gluten-free diet?

Anyone with celiac disease should follow a gluten-free diet.

What is celiac disease?

Celiac disease is an autoimmune disorder that is triggered when gluten-containing foods are eaten. An autoimmune disorder is one in which the body's immune system attacks an organ. When a person with celiac disease eats a food with gluten in it, the immune system launches an attack against the small intestine which damages the lining of the intestine. Noticeable symptoms of celiac disease are diarrhea, abdominal (stomach) pain, weight loss, nutritional deficiencies, anemia, poor appetite, irregular periods, delayed growth, and delayed onset of puberty. Some teens will have almost no noticeable symptoms, but their health care provider may detect low bone density.

Gluten is toxic for someone with celiac disease. Following a gluten-free diet heals your small intestine, and usually stops your symptoms of celiac disease. Following a gluten-free diet may seem hard at first, but after a little while, you will see that there are tons of delicious options for you.

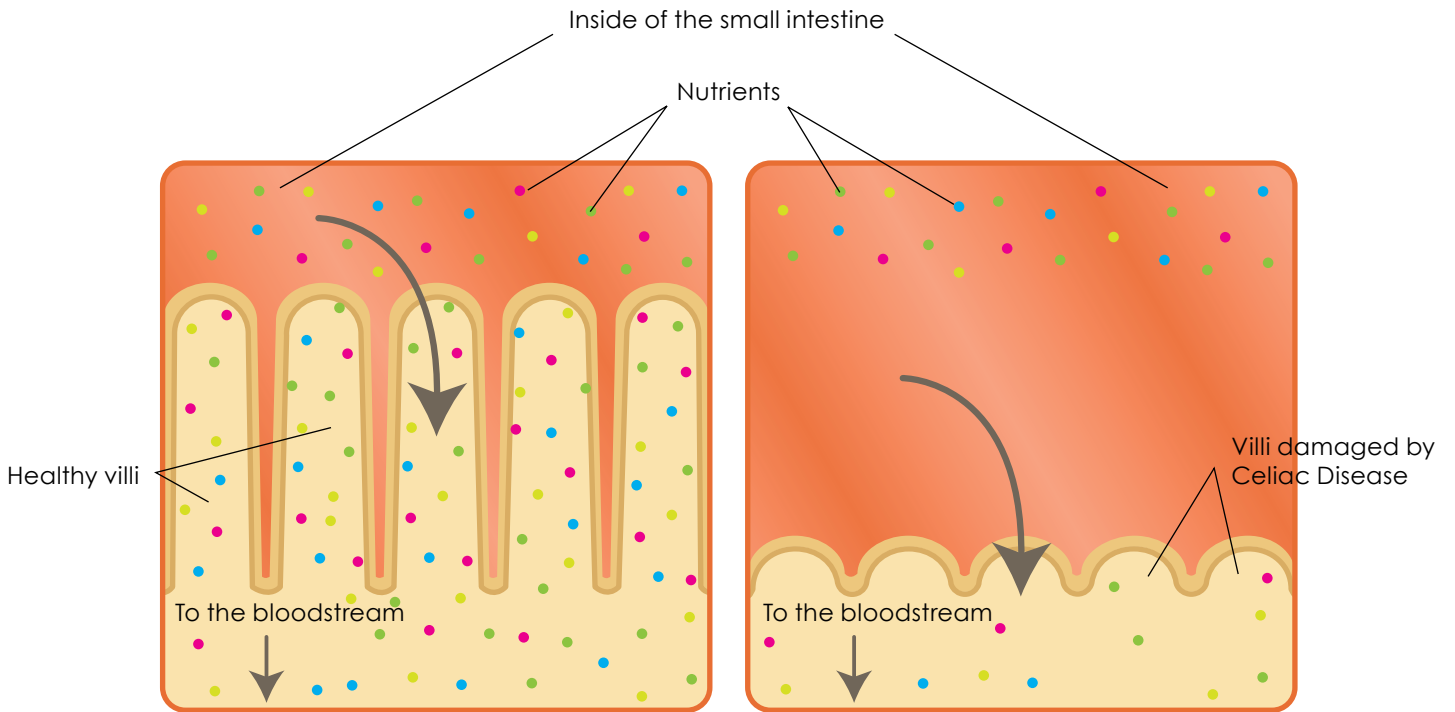
Things to keep in mind...

A gluten-free diet isn't always a healthy diet. Some people who follow a gluten-free diet may not get enough of certain nutrients, vitamins, and minerals in their diet such as fiber, iron and calcium. Also, some gluten-free products can be high in calories and sugar. If you must follow a gluten-free diet, it's best to meet with a nutritionist to develop a healthy, balanced meal plan and to identify if any vitamin or mineral supplements are necessary.

There are many hidden sources of gluten.

Remember to check products such as toothpaste, mouthwash, lipstick/gloss, stamps/envelope, glues, supplements, vitamins, and both prescription and over the counter medications. These are frequently overlooked sources of gluten.

- **Medications:** Both prescription and over-the-counter medications may contain gluten. For over-the-counter medications, check with your pharmacist. With prescription medications, ask your health care provider to write, "Medication must be gluten-free" on any prescriptions.
- **Soaps, Shampoos, and Lotions:** Many of these products contain wheat or oat. While gluten cannot be absorbed through the skin, it is important to be aware of this, especially if you have a habit of biting your finger nails.
- **Envelopes and Stamps:** Envelopes and stamps may have a gluten-containing adhesive. You should use self-adhesive envelopes or use a sponge to wet the adhesive kind.



A. In a healthy person, nutrients get absorbed by villi in the small intestine and go into the bloodstream.

B. In a person with celiac disease, the villi have been damaged by inflammation, so fewer nutrients pass into the bloodstream.

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Foods to Avoid

What foods do I avoid on the gluten-free diet?

Following a gluten-free diet means you should remove all foods that have gluten from your diet. Foods that contain gluten are "red-light foods" for anyone with celiac disease.

Ways to get rid of "red-light foods" from your diet:

- Remove grains that contain gluten from your diet. You shouldn't eat any food that contains wheat, barley, rye, or triticale. Keep in mind that wheat has many forms. Avoid products that include bulgur, durum, graham, kumut, spelt, and semolina. These are all forms of wheat!
- Avoid all obvious sources of gluten such as bagels, breads, beer, cakes, candy, cereals, crackers, cookies, dressing, flour tortillas, gravy, ice cream cones, licorice, malts, rolls, pretzels, pasta, pizza, pancakes, sauces, stuffing, soy sauce, veggie burgers, vegetarian bacon/vegetarian chicken patties (many vegetarian meat substitute products contain gluten) and waffles. Please note this is NOT a complete list.

- Look for "hidden" sources of gluten. Avoid foods that have gluten-containing ingredients listed such as ale, barley, beer, bleached flour, bran, bread flour, brewer's yeast, brown flour, brown rice syrup, bulgur, couscous, dextrin (unless the source gluten-free), durum, farina, farro, hydrolyzed vegetable (wheat) protein, gluten flour, graham flour, granary flour, groats, harina, kumut, malt, malt extract, malt syrup, malt vinegar, matzo, modified starch (unless the source is gluten-free), rye, orzo, semolina, self-rising flour, spelt, smoke flavoring, soy sauce, wheat germ, wheat and white flour, whole meal flour, and vegetable gum.

What's important to know about barley?

Barley contains gluten and frequently is used to make malt. As a general rule, you should avoid natural or malt flavorings. If a food has "natural" or "malt" flavorings listed on the ingredient list, contact the company because it's possible these flavorings came from a non-gluten source.

Do I need to avoid oats?

Oats may contain gluten because they're often processed in the same factories as wheat. It's best to check with your health care provider to see if you

can eat oats. While you are new to the gluten-free diet and still healing, it's best to avoid oats. To find out if your favorite brand of oatmeal is gluten-free, call the company or check their website. When eating out or when in doubt, avoid oats.

Safe Foods

What foods are safe to enjoy on the gluten-free diet?

Don't be discouraged! Many foods are naturally gluten-free, including milk, butter, cheese, fruits and vegetables, fresh meats, fish, poultry, eggs, beans, nuts, seeds, corn and rice. While most breads, pastas, cereals and baked goods contain gluten, there are many grains and flours that are also naturally gluten-free which can be used to make breads, cereals, pastas, snacks, and baked goods. Think of these grains and their products as "green-light foods" which are safe to eat on the gluten-free diet.

"Green-light foods" include:

Amaranth	Ragi Potato
Arrowroot	Rape
Bean Flours (romano)	Pea/lentil Flour
Brown Rice Flour	Potato Flour
Buckwheat	Potato Starch
Carob Flour	Quinoa, Quinoa Flakes
Corn (Maize), Corn Flour	Rice bran
Corn Meal	Rice (brown, white, wild)
Cornstarch	Sago Flour
Kasha	Sorghum, (Casava Flour)
Kudzu Root Starch	Tapioca Flour
Millet Masa Flour	Tarrow Root
Montina Flour Millet	Teff Flour
Nut Flour (almond, pecan)	Teff, Teff Flour
Potato, Potato Flour	Yam/Sweet Potato Flour

Gluten-Free Labeling

How can I tell if a food is gluten-free?

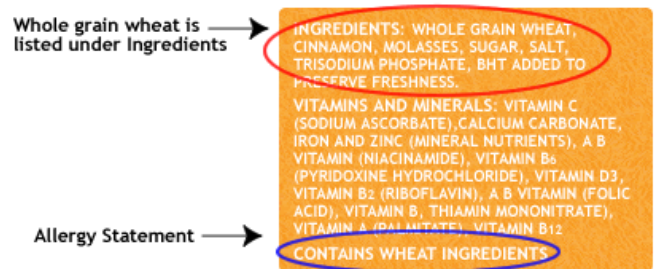
A product stamped with the Certified GF Gluten-Free label is the fastest and easiest way to spot a gluten-free product. Manufacturers can add this label if they comply with the FDA rule of "gluten-free".

Another way to tell if the product contains gluten is to read the allergen statement on packaged foods. The FDA food allergen labeling law requires food companies to label all foods that have wheat or contain wheat products. The allergen statement is found at the end of the ingredient list on packaged goods. Read the allergen statement, if it says

"contains wheat", it's a "red-light food".

The food labeling law does NOT cover barley, rye, or oats. This means if the allergy statement does not include wheat, you should then read through the ingredient list for all of the other sources of gluten described above. If you don't see any of those words in the ingredient list, then the food is most likely a "green-light food".

In the sample ingredient label below, the ingredients are circled in red and the allergy statement is circled in blue. The food, which contains whole grain wheat, is a "red-light food".



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Buying Gluten-Free Foods

How can I still eat my favorite foods?

Eating and baking gluten-free has become so much easier as more companies now make gluten-free foods. You can now buy gluten-free breads, rolls, pizza-crusts, buns, bagels, donuts, cookies, muffins, pretzels, cereals, and desserts. The following brands have a great selection of gluten-free foods which you can buy directly from their websites or at many grocery stores:

Alpsnack®	Glutino®
Amy's Kitchen®	Gluten-Free Pantry®
Bell and Evans®	Kinnikinnick Foods®
Boar's Head®	KIND®
Bob's Red Mill®	Kitchen Table Bakers®
Boomi Bar®	LaraBar®
Bumble Bar®	Lundberg Farms®
Chebe Bread®	Mary's Gone Crackers®
Crunchmaster®	No Nuttin Bars®
Ener-g Foods, Inc.®	Pamela's Products®
Enjoy Life Foods®	Omega Smart Bars®
Envirokidz®	Soy Joy®
Food For Life®	Zing Bars®
Food Should Taste Good®	

How do I shop for gluten-free foods at the grocery store?

Many grocery chains carry the gluten-free brands mentioned above. These products are commonly found in the aisles that contain natural and organic foods. It's also important to remember that most of

the fresh foods found along the perimeter of the store (outside aisles) including fruits, vegetables, meat, poultry, fish, and dairy are naturally gluten-free. Rice, beans, peanut butter, nuts, cooking oils, and corn and rice cereals are also typically gluten-free.

Watch for possible gluten cross-contamination. This means foods that have gluten in them come in contact with gluten-free foods. Be aware of gluten cross-contamination at deli's, buffets, and salad bars.

Gluten-Free Grocery List

Dairy

- Milk
- Cheese
- Plain Yogurt

Fruit

- Apples
- Bananas
- Mangoes
- Oranges
- Strawberries

Vegetables

- Plain fresh or frozen vegetables (without any added sauces or breaded toppings)

Grains: Cereals, Flours, and Grains

- Brown Rice
- Mesa Sunrise® Cereal
- Rice Chex® Cereal
- Quinoa flakes (very similar to oatmeal)
- Kinnikinnick® Bread
- Vans® GF Waffles

Proteins: Meats, Poultry, Fish, and More

- Amy's Kitchen® (frozen entrees, soups/chili)
- Bell and Evans® GF Chicken Nuggets
- Beans: black beans, chickpeas, northern beans
- Boar's Head® Luncheon Meats
- Canned Tuna
- Ground 100% Beef
- Fresh or frozen poultry
- Plain tofu
- Whole fresh Eggs

Snacks and Desserts

- Bumble® Bars
- Corn Tortilla Chips
- Crunchmaster® crackers
- Envirokidz® Rice Bars
- Fritos® Original
- Lays® Classic Potato Chips
- Mary's Gone Crackers®
- Nuts: Plain almonds, walnuts, soy nuts
- Popcorn

Condiments and Seasonings

- Salsa
- Peanut Butter (Note: reduced-fat may contain gluten)
- Jelly
- Ketchup
- Pancake Syrup
- Hummus

Eating At Home

There are two basic ways to make gluten-free foods at home. Some families choose to make their kitchen completely gluten-free by throwing out all gluten containing foods and sanitizing all cupboards, cooking equipment, and utensils.

Other families choose to keep gluten containing products in their kitchen but they have strict rules about storing foods that are gluten-free. If you and your family decide to keep foods with gluten in the kitchen, make sure you take actions to lower the risk of gluten cross-contamination.

Here are some great tips to lower the chances of gluten cross-contamination:

- Keep gluten-free products in a separate cabinet
- Store gluten-free foods in airtight containers
- Store gluten-free flours and baking mixes in airtight containers in the freezer
- Buy separate butter, condiments in squeeze bottles, peanut butter, spreads (to prevent contamination with wheat bread crumbs)
- Use separate colanders, sponges, strainers, toaster, toaster ovens, bread machines, towels, dish rags, and wooden utensils for gluten-free cooking

- Clean counter tops, cutting boards, measuring cups and spoons, the microwave, pot holders, and baking pans well and often
- Wash all shared utensils before and after each use

Whether you and your family decide to make the kitchen gluten-free or you're planning to be super careful with storing gluten-free foods, here are 5 tips for meal planning.

1. Rinse all gluten-free grains well before cooking.
2. Use a gluten-free cookbook when making foods with gluten-free flours.
3. Use a skillet or crock pot to make one dish meals with naturally gluten-free ingredients such as meats and fresh vegetables.
4. Use a rice steamer to cook amaranth, buckwheat, brown or white rice, quinoa, and sorghum. Gluten-free whole grains do require a bit more water than white rice while cooking.
5. Prepare a larger quantity and store in the freezer. Cook gluten-free whole grains, chili, stew, or homemade soup.

Eating Away From Home

The best way to stay gluten-free when away from home is by planning meals and snacks ahead of time. That may sound hard, but following these tips can make it easier:

Eating at school or on-the-go:

- Eat breakfast at home or pack a gluten-free breakfast to eat at school or on-the-go.
- Work with your parents, nutritionist, or school nurse to find gluten-free foods on the school breakfast and lunch menus.
- Pack your lunch in an insulated bag to eat at school or on-the-go.
- Keep gluten-free snacks such as trail mix, snack bars, popcorn or nuts in your backpack for times when you need a quick snack.
- Check out the The Gluten Intolerance Group's (GIG) list of 50 fast GF foods AND easy gluten-free snacks online at:
<http://www.gluten.net/learn/downloads.aspx>

Eating at a restaurant

If you're planning on eating at a restaurant, go to one that has a gluten-free menu or talk with the restaurant manager to find gluten-free menu items before ordering. Remember to tell the manager or

chef that both the meal AND its preparation must be gluten-free. More and more restaurants are becoming gluten-free friendly and making it known with this label. The GF plate label seen at restaurants shows you that they are registered to use safe practices to prepare your food.

The following restaurants offer a variety of gluten-free choices. There are many privately owned restaurants that also offer gluten-free menu choices. Don't be limited to this short list; there are always ways to modify and work with restaurants to make many meals gluten-free.

- Applebee's
- Bertucci's
- Big Fish Grill
- Burtons Grill
- Boulder Creek Dining Company
- Burger King (hamburger patty 100% beef)
- Carrabba's Italian Grill
- Charbonas
- Cheeseburger in Paradise
- Dairy Queen
- Garlic Jim's Famous Gourmet Pizza
- Go Healthy Cafè
- Gold Wok Cafè Soul Dog
- Goode Company
- L'annam Vietnamese Cuisine
- Legal Sea Foods
- Maggiano's Little Italy
- Mama Fu's Asian House
- McDonalds (hamburger patty 100% beef)
- The Melting Pot
- Nizza
- Outback Steakhouse
- PF Chang's China Bistro
- Pizzeria Uno (certain locations)
- Posana Cafè
- Texas Bar-B-Q
- The Grill on the Alley
- Wendy's

Gluten-Free Sample Menu

What does a typical day on the gluten-free diet look like?

Breakfast

- Scrambled eggs
- Gluten-free toast with butter or margarine
- 1 piece of fresh fruit
- Apple or orange juice

Lunch

- 100% beef hamburger without a bun
- Plain yogurt with added nuts and drier fruit or GF granola
- Grapes
- 1% or skim milk

After-school Snack

- String cheese
- Microwave popcorn
- Water

Dinner

- 100% beef tacos with shredded cheese, lettuce, and salsa on GF corn tortillas
- Corn nibblets
- 1% or skim milk

Dessert

- Sorbet or GF cookie

Gluten-Free Recipes

The best resources for gluten-free recipes are the internet and gluten-free cookbooks. The GI department at Children's Hospital Boston is a wonderful resource for families, and has great recipes as well as cookbook suggestions.

The following gluten-free recipes are from the Center for Young Women's Health "Quick and Easy Recipes for Teens" cookbook:

Banana Nut Smoothie

Ingredients:

- 2 ripe bananas, peeled
- 2 cups pineapple juice
- 2 tablespoons creamy peanut butter
- 2 tablespoons low-fat plain yogurt
- 2 teaspoons vanilla extract
- 6 ice cubes
- Nutmeg

Preparation:

- Combine all ingredients except nutmeg in blender
- Cover and mix on high until smooth
- Sprinkle with nutmeg
- Serve Immediately
- Makes 4 Servings

Chicken Stir Fry

Ingredients:

- 6 boneless, skinless chicken breasts, cut into bite-sized pieces
- 2 medium onions, chopped
- 2 large green peppers, diced
- Salt and pepper
- 1 tablespoon canola oil
- 3 cups brown rice

Preparation:

- Cook rice according to package directions
- While rice is cooking, heat the oil in a large skillet and carefully place the chicken in the oil
- Pan fry the chicken until it is no longer pink in the middle and set aside
- Add onions and green pepper to skillet and heat until soft
- Add chicken back to the skillet, season with salt and pepper to taste
- Serve on a bed of warm rice
- Makes 6 Servings