

WHY GLUTEN-FREE?

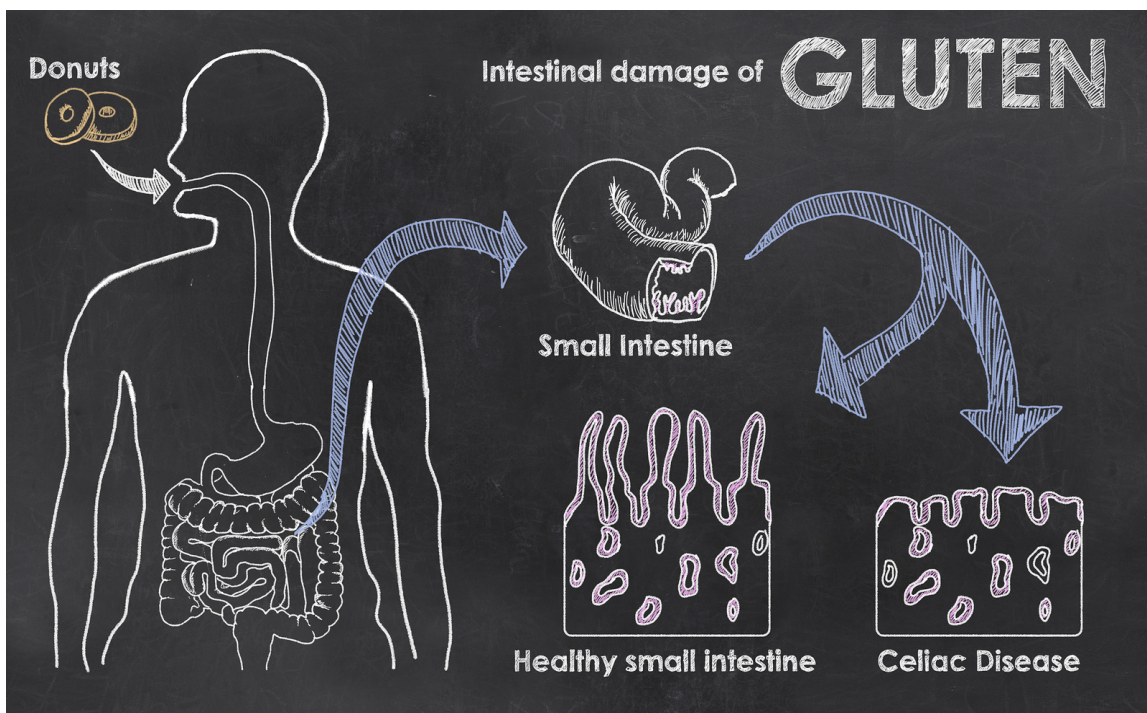
A gluten-free diet is recommended amongst other things in the treatment of celiac disease and wheat allergy. It is a diet completely free of ingredients derived from gluten-containing cereals such as: wheat (including kamut and spelt), barley, rye, and triticale, as well as the use of gluten as a food additive in the form of a flavoring, stabilizing or thickening agent. Although most patients can tolerate oat products, there is a controversy about including them in a gluten-free diet: some medical practitioners say they may be permitted, but the Celiac Society advises against them. The oats themselves do not have gluten, however, they are processed on equipment with other gluten containing products that can effect very sensitive people via cross-contamination.



CELIAC DISEASE

Gluten is the protein of wheat, rye, barley, and other related grains. Some people cannot tolerate gluten when it comes in contact with the small intestine. This condition is known as celiac disease (some-times called non-tropical sprue or gluten sensitive enteropathy). There is also evidence that a skin disorder called

dermatitis herpetiformis is associated with gluten intolerance.



In patients with celiac disease, gluten injures the lining of the small intestine. This injury results in weight loss, bloating, diarrhea, gas, abdominal cramps, or vitamin and mineral deficiencies. When patients totally eliminate gluten from the diet, the lining of the intestine has a chance to heal.

GLUTEN-FREE RESOURCES

www.glutenfreeresourcedirectory.com
www.glutenfreeliving.com

www.glutenfree.com
www.celiac.com
www.csaceliacs.org

Yum!



If you're gluten free the following **can be eaten in any amount**: corn, potato, rice, beans, soybeans, tapioca, arrowroot, nut flour, buckwheat, millet, amaranth, and quinoa.

LOOK OUT FOR GLUTEN-FREE PRODUCT SIGNS THROUGHOUT COMMUNITY MARKET



If you're gluten free **do not** eat anything that contains the following grains: wheat, rye, kamut, spelt, barley, triticale, and oats (unless certified gluten free).

Run!



Hidden Gluten

Grains are used in the processing of many products, so gluten may be hidden in ingredients. The following terms found in food labels may mean that there is gluten in the product:

- * Hydrolyzed Vegetable Protein (HVP) & Vegetable Protein- unless made from soy or corn
- * Flour or Cereal products - unless it says Gluten-Free
- * Modified Starch or Modified Food Starch - unless arrowroot, corn, potato, tapioca, waxy maize, or maize is used.
- * Malt or Malt Flavoring -unless derived from corn
- * Vegetable Gum - unless vegetable gums are carob bean gum, locust bean gum, cellulose gum, guar gum, gum Arabic or aracia, tragacanth, xanthan gum, or vegetable starch
- * Soy Sauce or Soy Sauce Solids - unless you know they do not contain wheat
- * Malt vinegar does contain gluten, while distilled white vinegar is gluten-free.
- * Buckwheat is considered acceptable for a gluten-free diet, although many commercial buckwheat products are actually mixtures of wheat and buckwheat flours, and thus, not gluten-free.
- * Cosmetics such as lipstick, lip balms, and lip chap may contain gluten and need to be investigated before use.
- * Gluten is also used in foods in some unexpected ways, for example as a stabilizing agent or thickener in products like ice cream and ketchup.

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