

# Management of Gluten Sensitivity: Nutritional Management

# Gluten Sensitivity: Nutritional Management

	Celiac Disease	Gluten Sensitive
Treatment: GFD	Yes	Yes
Strict adherence to GFD	<10 mg / day	?
Life Long	Yes	?
Improvement of symptoms on GFD	Yes	Yes
Consequence of non - compliance:		
Physical symptoms	Yes	Yes
Intestinal damage	Yes	No
Monitored by bio marker	Yes	No
Co morbidities	Yes	?

# Nutritional Aspects of the GFD

- The GFD can be missing important nutrients needed for optimal health and wellness
  - Lacks fiber
  - Lacks iron
  - Lacks B vitamins- folate, niacin, B12
  - Lacks calcium
  - Phosphorous
  - Zinc
- Nutrition deficiencies lead to:
  - Iron deficiency anemia
  - Reduced bone mineral density
  - Constipation
- Many gluten free foods are not enriched or fortified as their wheat counterpart
- Weight gain on GFD can be due to high fat, sugar and calorie content

<http://www.adaevidencelibrary.com>.

# Barriers to Compliance

- Diet too restrictive
  - Cross contamination
  - No allowance for occasional “cheating”
- Uncomfortable in social setting
  - Dining away from home
  - Religious considerations
- Too expensive
  - Gluten free foods can be 3 -5 X more expensive than their wheat counterpart
- Tasteless
- Too difficult

**Green et al. *Am J Gastroenterol.* 2001;96:126-131.**

# Gluten Free Food Labeling

- In 2006, the Food Allergen Labeling and Consumer Protection Act (FALCPA) requires that companies identify in “plain English” the eight most prevalent food allergens: egg, fish, milk, peanuts, shell fish, soybean, tree nuts and WHEAT
- Identified by listing in ( ) next to ingredient i.e.: Ingredients: Enriched flour (wheat flour), or listed in the “Contains” statement i.e.: Contains Wheat, Milk, Egg, and Soy
- FALCPA does not include:
  - Barley (malt), rye or oat (but not “hidden” ingredients)
  - Meat products covered by USDA (although 90% of manufactures follow FALCPA guidelines)
  - FALCPA covers ingredients not the contamination of the product
  - Over the counter or prescription medications
  - Alcoholic beverages (Distilled beverages are gluten free)

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/default.htm>.

# FDA GF Labeling Rule

A product may be defined as “Gluten Free” if all of the following conditions are met:

1. Will not contain a prohibited grain, (i.e. wheat, barley, rye, and crosses).
2. Will not contain an ingredient derived from a prohibited grain that has not been processed to remove gluten, (i.e. hydrolyzed wheat protein, and barley malt).
3. If the food contains an ingredient derived from a prohibited grain that has been processed to remove gluten, such as wheat starch or modified food starch, use of that ingredient in the food product may not result in the food product containing 20 parts per million or more gluten.
4. The food product contains less than **20 parts per million** gluten

This rule will become effective on August 5, 2014

<http://www.fda.gov/Food/GuidanceRegulation/GuidanceDocumentsRegulatoryInformation/Allergens/default.htm>.

# Take home message:

- Newly diagnosed patients with CD or GS need to be referred to a knowledgeable registered dietitian (RD)!
- To find a RD in your area:
  - [www.eatright.org](http://www.eatright.org) “Find a Registered Dietitian”
  - [www.mnpgdpg.org](http://www.mnpgdpg.org) “Resource”, top of home page
  - [www.glutenfreedietitian.com](http://www.glutenfreedietitian.com) “Resources” then scroll down to “Dietitians”