



GLUTEN INTOLERANCE

In-service for Foodservice Staff
Mercy Medical Center, Redding



What is Gluten?

- Protein component of
 - Wheat (gliadin)
 - Rye (secalin)
 - Barley (hordein)

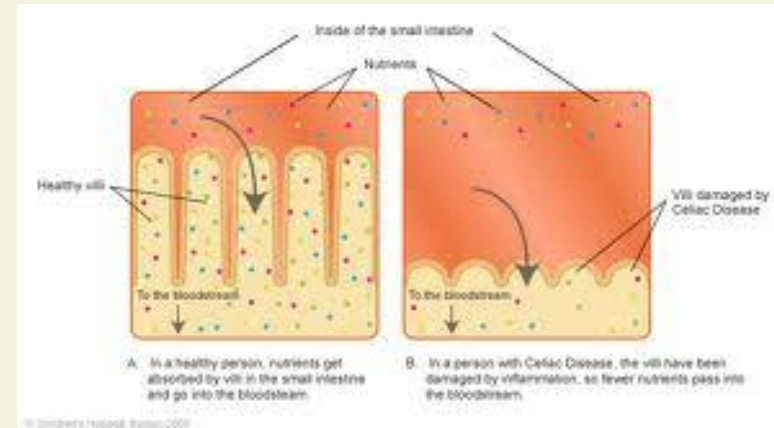


Where is Gluten Found?

- Bread, Pasta and Grains made from Wheat, Rye or Barley
- Equipment used to process gluten-containing food that has not been cleaned properly before processing gluten-free food
- Food coloring
- Packaging
- Natural flavors
- Thickeners
- Medication
- Molds grown on wheat (mold used to make Blue cheese)
- Cross-contamination during preparation
- The FDA does not mandate that companies claim gluten as an additive but many companies are starting to do so for the added convenience and safety of the consumer



What is Celiac Disease?



- Autoimmune Disease
- When gluten protein goes into the small intestine it creates an inflammatory (swelling) and toxic response
- This leads to
 1. decreased ability to digest and absorb important nutrients
 2. decreased surface area of the intestinal cells
 3. decreased production of enzymes
- After a couple weeks of complete gluten avoidance, intestinal cells will return to normal height
 - Repeat exposure leads to irreversible damage

What symptoms does a person with CD experience after gluten exposure?

- Cycle of Diarrhea and Constipation
 - Dehydration
- Weight loss
- Maldigestion, Malabsorption, Malnutrition
 - Leads to inadequate fat, protein, fiber, calorie, vitamins and minerals
 - Impairs body's ability to heal
- Extreme abdominal pain
- Temporary Lactose intolerance
- Physical appearance
 - Pale skin
 - Thin appearance
 - Pale sclera
 - Weakness/fatigue

What can we do to avoid cross-contamination?

- Read Ingredient Labels
 - Look for certification stamp for “Gluten Free” on package
- Wash and sanitize hands, surfaces and utensils before handling gluten-free products
- Store gluten-free products separately from gluten-containing products
- Use separate equipment for cooking gluten-free products
 - Toast bread on a baking sheet not in a toaster that has been used for wheat toast
 - Use separate tongs/utensils for serving
 - Change gloves and wash hands before handling

Common Key Words for Gluten Free Label Reading

Sample Label:

1. Not gf oats
2. Wheat listed in ingredients
3. Something could be hidden here
4. Malt =barley
5. Other area where companies have the option to list allergens

INGREDIENTS 1. WHOLE GRAIN OATS, SUGAR, CORN SYRUP, OAT BRAN, RICE, HON 2. SOLUBLE WHEAT FIBER, MODIFIED CORN STARCH, SOY GRITS, MOLASSES, CORN FLO, 3. NATURAL FLAVOR, SALT, ACACIA GUM, SOY PROTEIN ISOLATE, OAT FIBER, EVAPORATED CANE JU, 4. MALT FLAVORING, HIGH FRUCTOSE CORN SYRUP, NIACINAMIDE, REDUCED (IRON, BHT (PRESERVATIVE), PYRIDOXINE HYDROCHLORIDE (VITAMIN B₆), THIAMIN HYDROCHLORIDE (VITAMIN B₁), RIBOFLAVIN (VITAMIN B₂), ASCORBIC ACID (VITAMIN C), VITAMIN A PALMITATE, FOLIC ACID, FERROUS FUMARATE, CALCIUM PANTOTHENATE, VITAMIN D, VITAMIN B₁₂).

5. CONTAINS SOY AND WHEAT INGREDIENTS.

Gluten Free!

Avoid Cross Contamination

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