



Nutrition In Celiac Disease



► Dermatitis Herpetiformis ◀

Gluten intolerance can cause this itchy, blistering skin disease. The rash usually occurs on the elbows, knees, torso, scalp and buttocks. This condition is often associated with changes to the lining of the small intestine identical to those of celiac disease, but the skin condition might not cause digestive symptoms.

► Risk Factors ◀

Celiac disease tends to be more common in people who have:

- A family member with celiac disease or dermatitis herpetiformis
 - Type 1 diabetes
- Down syndrome or Turner syndrome
 - Autoimmune thyroid disease
- Microscopic colitis (lymphocytic or collagenous colitis)
 - Addison's disease

► Diet recommended for celiac patient ◀

► Allowed fresh foods ◀

Many naturally gluten-free foods can be a part of a healthy diet:

Fruits and vegetables , Beans, seeds, legumes and nuts in their natural, unprocessed forms , Eggs , Lean, non- processed meats, fish and poultry , Most low-fat dairy products



Grains, starches or flours that can be part of a gluten-free diet include:

Amaranth ,Arrowroot ,Buckwheat , Corn _ cornmeal, grits and polenta labeled gluten-free , Flax , Gluten-free flours _ rice , soy, corn, potato and bean flours , Hominy (corn) , Millet , Quinoa , Rice (including wild rice) , Sorghum , Soy , Tapioca (cassava root) , Teff

► Grains not allowed ◀

Avoid all foods and drinks containing the following:

Wheat , Barley , Rye , Triticale — a cross between wheat and rye , Oats (in some cases)

While oats are naturally gluten-free, they may be contaminated during production with wheat, barley or rye. Oats and oat products labeled gluten-free have not been cross-contaminated.

Some people with celiac disease, however, cannot tolerate the gluten-free-labeled oats.



CELIAC DISEASE

► Celiac ◀

Celiac disease, sometimes called celiac sprue or gluten-sensitive enteropathy, is an autoimmune disorder that's triggered when you eat gluten, a protein found in wheat, barley and rye. If you have celiac disease, eating gluten triggers an immune response in your small intestine. Over time, this reaction damages your small intestine's lining and prevents it from absorbing some nutrients (malabsorption). The intestinal damage often causes diarrhea, fatigue, weight loss, bloating and anemia, and can lead to serious complications.

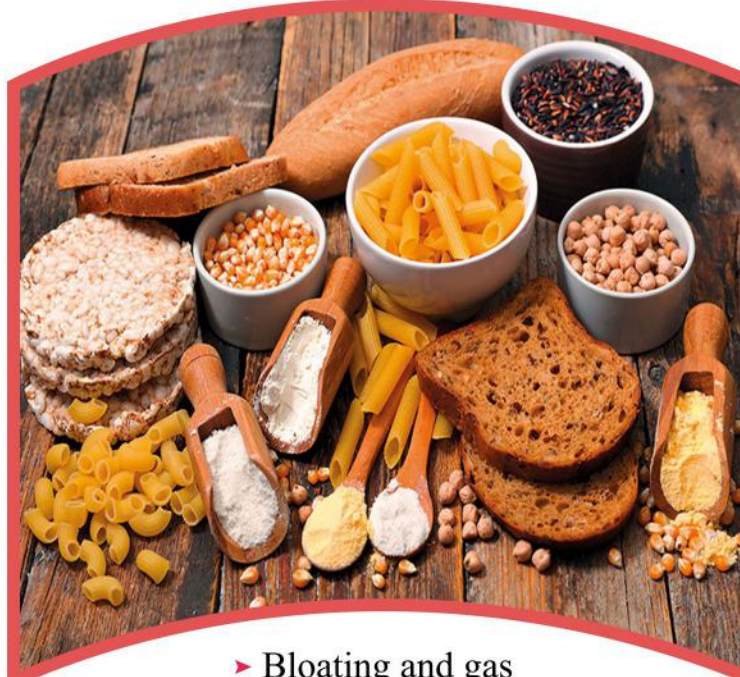
In children, malabsorption can affect growth and development, besides causing the symptoms seen in adults. There's no cure for celiac disease — but for most people, following a strict gluten-free diet can help manage symptoms and promote intestinal healing.

► Symptoms ◀

The signs and symptoms of celiac disease can vary greatly and differ in children and adults. Digestive signs and symptoms for adults include:

- Diarrhea
- Fatigue
- Weight loss

- Bloating and gas
- Abdominal pain
- Nausea and vomiting
- Constipation



However, more than half the adults with celiac disease have signs and symptoms unrelated to the digestive system, including:

- Anemia, usually from iron deficiency
- Loss of bone density (osteoporosis) or softening of bone (osteomalacia)
- Itchy, blistering skin rash (dermatitis herpetiformis)
 - Mouth ulcers
 - Headaches and fatigue
- Nervous system injury, including numbness and tingling in the feet and hands, possible problems with balance, and cognitive impairment
 - Joint pain
- Reduced functioning of the spleen (hyposplenism)