

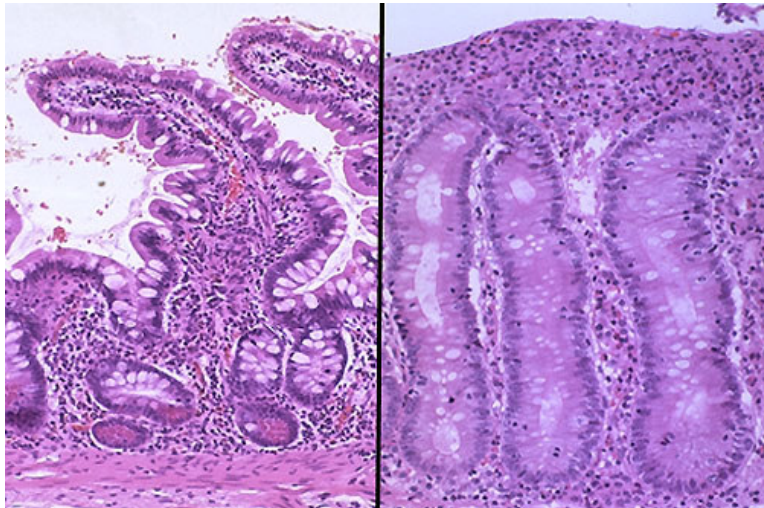


# Living with Celiac disease: Gluten-free for life!

## What is Celiac disease?

Celiac disease is a condition where the small intestines have been damaged. The small intestine helps us absorb and digest nutrients. Normally, our intestines have finger like projections called villi (Picture 1). The villi act as a delivery system by transporting the nutrients from the intestine to the rest of the body.

In Celiac disease, these villi become flattened and cannot absorb nutrients which are necessary for good health (Picture 2). The flattening of the villi occurs when gluten found in wheat, barley, rye and oats is consumed in the diet.



**Picture 1:**  
**Normal Villi**

**Picture 2:**  
**Flattened Villi**

## What are the symptoms of Celiac disease?

The symptoms of Celiac disease can be different for every person.

- Diarrhea
- Weight loss
- Stomach pain
- Loss of appetite
- Constipation
- Tiredness
- Malnutrition
- Heartburn or gas or indigestion
- Nausea or vomiting



- Other non-intestinal disorders may include:
  - Iron deficiency anemia
  - Bone disease/bone or joint pain
  - Seizures
  - Mouth ulcers
  - Nosebleeds
  - Hair loss
  - Migraine
  - Infertility
  - Growth delay in children
  - Skin disorders (dermatitis herpetiformis)
  - Muscle cramps
  - Irritability and behavioral changes
  - Hypoglycemia

## How do you know if you have Celiac disease?

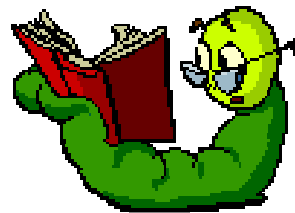
There are several blood tests that are useful in screening. Blood tests are designed to detect certain antibodies for the presence of Celiac disease. Usually, an endoscopy with a small bowel biopsy of the lower section of the intestine would show a flattening of the villi (see picture on page 1). Another biopsy is often done several months after treatment begins to see if the person is responding to treatment. A normal biopsy means that treatment is working.

## What is the treatment for Celiac disease?

Unfortunately, at this point there is no cure for Celiac disease. But it can be treated and controlled by following a gluten-free diet for **LIFE**. This will allow the intestinal villi to heal properly. Once the intestine heals, the symptoms of Celiac disease improve. Removing all damaging grains like wheat, barley, oats and rye from the diet is the most important measure you can take to becoming healthy.

## Facts about Celiac disease

- Cause of Celiac disease is still unknown
- Is an inherited autoimmune disease
- Can happen in any point in your life
- There is no way to prevent Celiac disease
- Once thought to be rare, estimated to effect 1 in 133 North Americans
- Only a small fraction of people have been diagnosed, so it probably affects more people who don't know
- Those with a family member with Celiac disease are at greater risk of developing the disease
- Most common in Caucasians and European ancestry
- Women are affected more commonly than men
- For Celiacs, even a small amount of gluten in the diet can cause damage to the intestines (even if you don't feel sick after eating gluten)
- Each country will have different standards on what is considered gluten-free. Canadian labeling guidelines are fairly strict as to what is considered gluten-free. Be careful when buying products from the US and abroad as the limits for acceptable amounts of gluten will differ from Canadian standards.



# Living with Celiac disease: Gluten-free for life!



## How do I get the right information?

The Canadian Celiac Association (CCA) is a national organization which provides information and support to people with Celiac Disease. This is done through education and research, program awareness and support.

- They provide excellent material to read.
- You can purchase excellent books and literature.
- They provide newsletters with up-to-date information and recipes.
- They meet in the region on a monthly basis and trial different foods. When you call the Celiac Association they will provide you with contact information with someone from your area.

### **THE CANADIAN CELIAC ASSOCIATION**

5170 Dixie Road, Suite 204

Mississauga, ON L4W 1E3

Phone: 1-905-507-6208 or 1-800-363-7296

Fax: 1-905-507-4673

[www.celiac.ca](http://www.celiac.ca)

## **Nutrition and Food Labels**

If you are unsure about certain products, you can call the Celiac Association or contact the food company directly to get more information.

For a directory for toll free numbers call 1-800-555-1212 of food companies or for a complete list check out the website at <http://www.sfu.ca/~jfiremont/tollfree.html>

# Living with Celiac disease: Gluten-free for life!

## The Gluten-Free Diet

- Avoid all wheat, rye barley and commercial oats
- Avoid less common sources like spelt, kamut, triticale
- Avoid HIDDEN sources of GLUTEN
  - Hydrolyzed vegetable protein (HVP)
  - Hydrolyzed plant protein (HPP)
  - Some medications, toothpaste and mouthwash
  - Malt, malt flavoring and malt vinegar
  - Modified starch (where the starch source is unknown)

\*\* Note: if the label states modified cornstarch this is acceptable

- Beware of cross-contamination. Even a small amount of gluten can cause damage to intestinal villi. At home, make sure all meal preparation surfaces, cutting boards, utensils, pots and pans are clean and free from gluten before you prepare your meal. It is a good idea to get your own toaster, peanut butter, margarine and jam containers. Cross contamination can also occur in restaurants, bulk food bins and in food manufacturing plants where both gluten and gluten-free products are produced.
- Remember “wheat-free” does NOT necessarily mean gluten-free.






## What about Oats?




Researchers have been studying the safety of oats for people on a gluten-free diet for over 20 years. Clinical studies show that a small amount of **UNCONTAMINATED OATS** may be safe for most adults and children. But, some people with Celiac disease cannot tolerate even pure oats. **COMMERCIAL OATS, OAT GUM, OAT HULL OR OAT FLOUR (that you would find in grocery store products) is NOT** gluten free. Commercial oats are contaminated with wheat or barley.




You can purchase pure oats from a company called Cream Hill Estates toll free 1-866-727-3628 or [www.creamhillestates.com](http://www.creamhillestates.com)

For more information on The Canadian Celiac Association position on oats call 1-800-363-7296 or go to the website at [www.celiac.ca](http://www.celiac.ca)

# Living with Celiac disease: Gluten-free for life!

Food	<b>What is Allowed</b> 	<b>Check Labels</b> 	<b>NOT Allowed</b> 
<b>Grain Products</b>	<p>Gluten-free breads and baked products made with: amaranth, arrowroot, buckwheat, corn bran, corn meal, cornstarch, flax, legume flour (bean, garbanzo or chickpea, five, lentil, pea), millet, potato starch, quinoa, rice bran, rice flour, sago, sorghum flour, soy flour, sweet potato flour, tapioca and teff</p> <p>Cereals: gluten-free cereals Puffed amaranth, puffed buckwheat, puffed corn, puffed rice, rice flakes, and soy cereals, hot cereals: amaranth flakes, cornmeal, cream of buckwheat, cream of rice, hominy grits, rice flakes, quinoa flakes, soy flakes and soy grits</p> <p>Pasta: gluten-free macaroni, spaghetti and noodles made from beans, corn, pea, potato, quinoa, rice, soy and wild rice</p> <p>Miscellaneous: corn tacos, corn tortillas</p>	<p>Buckwheat flour <b>(may contain wheat)</b></p> <p>Rice and corn cereal, rice and soy pablum <b>(barley malt extract or oat syrup)</b></p> <p>Buckwheat pasta <b>(may contain wheat flour)</b></p> <p>Rice crackers, some rice cakes and popped corn cakes <b>(may contain barley, oats, malt, wheat)</b></p>	<p>Bread and baked products made with wheat, rye, triticale, barley, oats, wheat germ, wheat bran, graham flour, gluten flour, durum flour, wheat starch, oat bran, bulgur, farina, semolina, spelt, kamut eiforn, emmer, faro, imported foods labeled gluten free</p> <p>Cereal made from wheat, rye, triticale, barley and oats; cereal with added malt extract or malt flavoring (e.g. Corn Pops™, Rice Krispies™)</p> <p>Pasta made from wheat, wheat starch, and other ingredients not allowed</p> <p>Wheat flour tacos, wheat tortillas</p>
<b>Fruits and Veggies</b>	<p>Fresh, frozen, and canned fruit Fruit juice</p> <p>Fresh, frozen and canned vegetables</p>	<p>Fruit pie fillings <b>(may be thickened with flour)</b>, dried fruits <b>(may be dusted with oat or wheat flour)</b>, fruit or vegetable with sauces <b>(may be thickened with flour)</b> French fries especially in restaurants <b>(may contain wheat as an ingredient)</b></p>	<p>Scalloped potatoes (containing wheat flour)</p> <p>Battered dipped vegetables</p>

Food	What is Allowed 	Check Labels 	NOT Allowed 
<b>Milk and Milk products</b>	Milk, cream, most ice cream, buttermilk, plain yogurt, cheese, cream cheese, processed cheese, processed cheese foods, cottage cheese	Milk drinks ( <b>may contain wheat starch or barley</b> ), flavoured yogurt ( <b>may be thickened with starch</b> ), frozen desserts ( <b>may have cookie crumbs or granola</b> ), sour cream ( <b>some low fat may contain oat gum</b> ), cheese sauce and cheese spreads ( <b>may be thickened with wheat</b> )	Malted milk, ice cream made with ingredients not allowed
<b>Meat and Alternates</b>	Meat, fish and chicken  Eggs  Beans, lentils, chickpeas, peas, beans, nuts, seeds, tofu	Prepared luncheon meats, bacon, meat and sandwich spreads, meat loaf, frozen meat patties, sausages, pate, wieners, bologna, salami ( <b>made contain wheat fillers</b> )  Egg substitutes, dried eggs  Baked beans ( <b>may be thickened with flour</b> ), dry roasted nuts ( <b>may contain wheat</b> ), peanut butter ( <b>may contain icing sugar with wheat</b> )	Breaded/ batter meat fish or chicken  Canned fish in broth (Containing HVP/HPP)  Basted turkey  Frozen chicken containing chicken broth
<b>Soup</b>	Homemade broth, gluten-free bouillon cubes, cream soups and stock made from allowed ingredients	Canned soups, dried soup mixes, soup bases and bouillon cubes ( <b>may contain noodles, barley, HVP/HPP</b> )	Soups made with noodles, or HVP/HPP
<b>Fats</b>	Butter, margarine, lard, oil, cream, shortening, homemade salad dressings	Salad dressings, some mayonnaise ( <b>may contain flour</b> )	Packaged suet
<b>Desserts</b>	Ice cream, sherbet, whipped toppings, egg custards, gelatin desserts, gluten free cakes, cookies and pastries, gluten-free ice cream cones, wafers and waffles	Milk puddings, custard powder, pudding mixes ( <b>may contain wheat</b> )	Ice cream with cookie, candy bars or other ingredients with gluten, cakes, cookies, muffins, pies and pastries, cones, waffles and wafers

Food	What is Allowed 	Check Labels 	NOT Allowed 
<b>Miscellaneous</b>	Beverages: tea, instant or ground coffee (regular or decaffeinated), cocoa, soft drinks, cider, distilled alcoholic beverages such as rum, gin, whiskey, vodka, wines and pure liqueurs, some soy and rice beverages	Instant tea, coffee substitutes, fruit-flavoured drinks, chocolate drinks, chocolate mixes, flavoured and herbal teas <b>(may contain grains)</b>	Beer, ale and lager, cereal and malted beverages, soy or rice beverages made with barley or oats
	Sweets: honey, jam, jelly, marmalade, corn syrup, maple syrup, molasses, sugar (brown and white)	Icing sugar (confectioner's sugar) spreads, candies, chocolate bars, chewing gum, marshmallows and lemon curd <b>(all may contain wheat or unidentified starch)</b>	Licorice, Smarties™ and other candies made with ingredient not allowed
	Snack foods like plain popcorn, nuts and soy nuts,	Dry roasted nuts, flavored potato chips, tortilla chips and soy nuts, microwave popcorn <b>(may have wheat or starch)</b>	Pizza crust
	Condiments like pickles, relish, olives, ketchup, mustard, tomato paste, pure herbs and spices, pure black pepper, vinegars (apple or cider, distilled white, grape or wine, spirit), gluten-free soy sauce	Seasoning mixes, imitation pepper <b>(may contain wheat or flour)</b>	Soy sauce (made from wheat), mustard pickles (made from wheat flour), malt vinegar, Worcestershire sauce (contains malt vinegar)
	Other: sauces and gravies made with allowed ingredients, pure cocoa, pure baking chocolate, carob chips and powder, chocolate chips, MSG, cream of tartar, baking soda, yeast, brewers yeast, aspartame, coconut, gluten-free communion wafers	Baking powder <b>(may contain starch from wheat)</b>	Sauces and gravies made from ingredients not allowed, hydrolyzed vegetable/plant protein (HVP/HPP), communion wafers

Adapted from Dietitians of Canada Gluten-Free Diet Guidelines

# Living with Celiac disease: Gluten-free for life!

## Grocery Stores

### **IGA STORES**

- St. Catharines
- Niagara Falls

### **ZEHR'S STORES**

- Fairview Mall
- Pen Centre
- Niagara Falls
- Welland

### **SOBEY'S**

- Grimsby Square 44 Livingstone Ave (905)945-9973
- 110 Hwy 20E Fonthill (905) 692-2570

### **A&P STORES**

### **FORTINO'S**

### **REAL CANADIAN SUPERSTORE**

St. Catharines (905) 984-8408

### **ANTIPASTOS DI ROMA**

87 Hannover , St. Catharines (905) 641-5211

## Health Food Stores

### **DINH DINH ASIAN FOODS**

79 Geneva Street, St. Catharines (905) 685-4977

### **NATURALLY HEALTHY**

4025 Dorchester Road, Niagara Falls, (905) 374-8919

### **NATURE'S NIMBUS HEALTH FOODS**

2-F Tremont Drive, St. Catharines (905) 685-3663

### **THE PEANUT MILL (FOOD FOR LIFE)**

191 Welland Avenue, St. Catharines (905) 685-8848



**WELL, WELL, WELL**

318 Ontario Street, St. Catharines (905) 684-3312

**PISTACHIO'S BULK AND HEALTH FOOD STORE**

210 Bunting Road, St. Catharines (905) 684-3312

**MY SILVER LINING**

(905) 945-2273 Email: [myra.v.louis@sympatico.ca](mailto:myra.v.louis@sympatico.ca)

**VITA HEALTH FOODS**

3 Helliwell Lane, St. Catharines (905) 682-6866  
Niagara Square, Niagara Falls (905) 357-1093

**GOOD EARTH SHOP**

1 Main Street, Grimsby (905) 945 9391

**HEATH WISE**

Seaway Mall, Welland (905) 735-4490

**NUTRITION HOUSE**

Pen Centre  
221 Glendale Ave. St. Catharines (905) 704-0612

Fairview Mall

285 Geneva Street St. Catharines (905) 935-1872

**AUGUST VITAL FOODS DISTRIBUTION**

286 Cushman Road St. Catharines, (905) 646-0050

**THE HEALTH POST**

4958 King Street Beamsville (905) 563-6663

**ROSEMARYS NATURAL CHOICE (pasta only)**

Welland, (905) 714-0586

**DOUGLAS MEMORIAL MEDICAL CENTRE**

238 Bertie Street, Fort Erie (905) 991-9575

**NATURES PANTRY**

253 Niagara Blvd, Fort Erie (905) 994-1040

**NATURES WAY**

289 Ridge Road, Ridgeway (905) 894-8983

**PORT WHOLE PANTRY**

238 West Street , Port Colborne (905) 834-6586

## **Bakeries/Farmers Market**

### **STERK'S BAKERY**

3866 23<sup>rd</sup> Street, Vineland ON OR **NEW** Thorold location  
(905) 562-3086 or (905) 680-5054

### **BUNSMaster BAKERY**

203 Carlton Street, St. Catharines (905) 682-6848

### **SCHWENKERS'S FARMERS MARKET**

2024 Third Street, St. Catharines (905) 682-3999

## **Bulk Food Stores**

### **SELECT BULK FOODS**

5233 Stanley Avenue, Niagara Falls (905) 354-BULK Or 2855

### **BULK BARN**

FAIRVIEW MALL 285 Geneva Street, St. Catharines (905) 934-8012

SEAWAY MALL 800 Niagara Street, Welland (905) 714-4440

PEN CENTRE 221 Glendale Ave (905) 685-1708

## **Direct Distributors**

### **EL PETO**

2-41 Shoemaker Street Kitchener, ON 1 800 387 4064

### **KINNIKINNICK FOODS**

1-877-503-4466

### **GLUTINO, INC**

1-800-363-3438

### **JUBILEE KAFE**

25 Baseline Road West

London ON

1-519-432-1683

### **SPECIALTY FOOD SHOP**

Toll free: 1-800-737-7976 [www.specialtyfoodshop.com](http://www.specialtyfoodshop.com)