Gluten-Free

CURRENT TRENDS IN THE FOOD INDUSTRY
Copyright © Texas Education Agency, 2014. These Materials are copyrighted © and trademarked ™ as the property of the Texas Education Agency (TEA) and may not be reproduced without the express written permission of TEA, except under the following conditions:

1) Texas public school districts, charter schools, and Education Service Centers may reproduce and use copies of the Materials and Related Materials for the districts' and schools' educational use without obtaining permission from TEA.

2) Residents of the state of Texas may reproduce and use copies of the Materials and Related Materials for individual personal use only, without obtaining written permission of TEA.

3) Any portion reproduced must be reproduced in its entirety and remain unedited, unaltered and unchanged in any way.

4) No monetary charge can be made for the reproduced materials or any document containing them; however, a reasonable charge to cover only the cost of reproduction and distribution may be charged.

Private entities or persons located in Texas that are not Texas public school districts, Texas Education Service Centers, or Texas charter schools or any entity, whether public or private, educational or non-educational, located outside the state of Texas MUST obtain written approval from TEA and will be required to enter into a license agreement that may involve the payment of a licensing fee or a royalty.

For information contact: Office of Copyrights, Trademarks, License Agreements, and Royalties, Texas Education Agency, 1701 N. Congress Ave., Austin, TX 78701-1494; phone 512-463-7004; email: copyrights@tea.state.tx.us.
What is Gluten?

A protein found in wheat, barley and rye and all foods made with these grains.
Gluten

(click on link)
Common Foods with Wheat

- Beer
- Bread
- Cakes
- Cereals
- Cookies
- Couscous
- Crackers
- Dressings
- Flour Tortillas
- Gravy
- Muffins
- Oats
- Pasta
- Pastries
- Sauces
Foods also containing Gluten

- Breadcrumbs
- Bouillon cubes
- Broth in soups
- Candies (some)
- Croutons
- Fried foods
- Hot dogs (some)
- Imitation fish
- Lunch meats (some)
- Malt
- Matzo
- Modified food starch
- Salad dressings
- Seasoned chips and other seasoned snack foods
- Seasoned pasta mixes
- Seasoned rice
- Self-basting turkey
- Soy sauce
Gluten-Free Foods

- Beans
- Dairy
- Fruits
- Nuts
- Vegetables

- Quinoa
- Rice
- Gluten-free versions of foods
Celiac Disease

SYMPTOMS

TREATMENT
Celiac Disease

- Digestive disorder
- Small intestine could be damaged
- Abdominal pain
- Nutrient loss

National Institute of Diabetes and Digestive and Kidney Diseases, National Institutes of Health
Symptoms - Children

- Abdominal bloating and pain
- Chronic diarrhea
- Vomiting
- Constipation
- Pale, foul-smelling, or fatty stool
- Weight loss
- Fatigue
- Irritability and behavioral issues
- Dental enamel defects of the permanent teeth
- Delayed growth and puberty
- Short stature
- Failure to thrive
- Attention Deficit Hyperactivity Disorder (ADHD)
Symptoms - Adults

- Unexplained iron-deficiency anemia
- Fatigue
- Bone or joint pain
- Arthritis
- Bone loss or osteoporosis
- Depression or anxiety
- Tingling numbness in the hands and feet
- Seizures or migraines
- Missed menstrual periods
- Infertility or recurrent miscarriage
- Canker sores inside the mouth
- An itchy skin rash called dermatitis herpetiformis
Gluten Intolerance

- Also called Gluten Sensitivity
- Experience same symptoms
- Test negative for Celiac disease
- Avoid food with gluten to ease symptoms
Treatment

- Gluten-free diet
- Visit with a dietitian
- Avoid foods containing gluten

How to Start Eating Gluten-Free (click on link)

*Image taken from video
Questions?
References and Resources

Images:
• Microsoft Office Clip Art: Used with permission from Microsoft.

Textbook(s):

Website(s):
• American Diabetes Association®
  We lead the fight against the deadly consequences of diabetes and fight for those affected by diabetes.
• Celiac Disease Foundation
  A non-profit, public benefit corporation driving diagnosis of celiac disease, dermatitis herpetiformis, and other gluten related disorders through advocacy, education and advancing research.
  http://celiac.org/

YouTube™:
• Gluten
  Gluten is a sticky protein composite found in cereal grains. Hank gives us some insight into the importance of gluten in history, as well as its impact on health in our own time.
  http://youtu.be/p6CK_QlagWA

Video:
• How to Start Eating Gluten-Free
  Wondering how to start eating a gluten-free diet? This video from About.com provides six helpful tips about what to avoid and what to keep or add in to your gluten-free lifestyle.