

GLUTEN-FREE EATING

We're hearing more about gluten and gluten-free foods lately. Could a gluten-free diet be healthier for you? Let's look at the facts.

What is gluten?

Gluten is a type of protein that is found in many grains such as:

- barley
- bulgur
- couscous
- durum semolina
- farro
- kamut
- rye
- spelt
- wheat
- wheat bran
- wheat germ

Gluten is also found in foods that are made with any of these grains, such as bread, cereal, pizza, pasta, cookies, cakes and crackers.

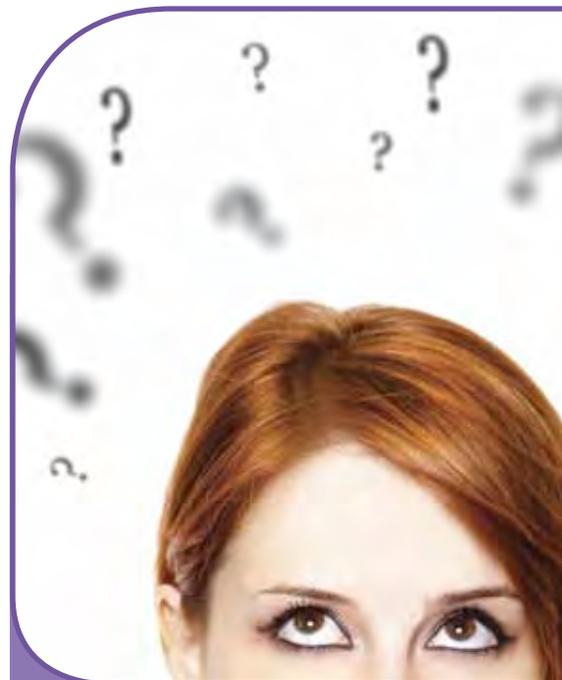
Do you need to avoid gluten?

Less than one percent of Canadians have celiac disease. In celiac disease, the small intestine is damaged by gluten which makes it hard for the body to absorb nutrients like protein, fat, carbohydrates, vitamins and minerals. This may lead to certain nutrient deficiencies and health problems such as osteoporosis.

Common symptoms of celiac disease are: anemia, bloating, chronic diarrhea, cramps, fatigue, irritability and weight loss. If you have been diagnosed with celiac disease, you must follow a gluten-free diet.

Some people may have a condition called "non-celiac gluten sensitivity". This is not the same as celiac disease and does not lead to nutrient deficiencies, even though the symptoms may be similar. People with gluten sensitivity tend to feel better when they follow a gluten-free diet.

Gluten-free diets seem to be popular among people who are interested in losing weight. However, there is no research to show that gluten-free diets can help with weight loss.



COULD A
GLUTEN-
FREE DIET
BE HEALTHIER
FOR YOU?

GLUTEN-FREE FOODS

Vegetables and Fruit

All plain vegetables and fruit are gluten-free. (If they come with sauces, then they may contain gluten. Check the labels to be sure.)

Grain Products

- Amaranth
- Arrowroot
- Buckwheat
- Corn
- Flax
- Bean-based flours (chickpea, lentil, soya, etc.)
- Pure oats (Look specifically for “pure oats.” Oats that are not “pure” will contain barley and wheat.)
- Millet
- Potato flour
- Quinoa
- Rice
- Sorghum

Milk and Alternatives

- Cheese
- Milk
- Soy beverage
- Yogurt

Meat and Alternatives

- Eggs
- Fresh poultry, fish and meat (Read the ingredients list on breaded or marinated products to see whether they contain gluten.)
- Legumes such as beans, chickpeas, dried peas and lentils
- Nuts and seeds
- Tofu

Source: Canadian Celiac Association (www.celiac.ca)



RED QUINOA & CHICKEN RICE TORTILLA WRAPS

Serves: 6

Nutritional information per serving (210 g):

calories 260 | protein 15 g | total fat 11 g | saturated fat 2 g | carbohydrate 33 g | fibre 3 g | sugar 8 g | cholesterol 30 mg | sodium 320 mg | potassium 11% | calcium 2% | iron 10% | vitamin A 4% | vitamin C 10% | vitamin B6 21% | vitamin B12 7% | folate 22% | magnesium 23% | zinc 13%

This recipe and others, including a food journal, are available at www.chicken.ca.

Is gluten the same as wheat?

No. Wheat is a grain that contains gluten. However, gluten is also found in other grains, such as barley and rye. So, even though a food is “wheat-free”, it may still contain gluten.

Tips for Gluten-Free Eating

- **Know which foods are gluten-free.** Check out the list of gluten-free foods on the side bar and eat a variety every day. Try pasta made from buckwheat or rice. Bake with amaranth, arrowroot or bean-based flours. Look for gluten-free breakfast cereals made from corn or rice.
- **Read food labels.** Check the ingredients list to see if any of the ingredients contain gluten. For example, crackers made with wheat flour will show “wheat flour” in the ingredients list. There may also be a statement following the ingredients list telling you that the food contains a gluten-containing grain. For example, a food made with barley may show the statement “Contains barley” so that you’ll know the food contains gluten. Read the ingredients list and food label often since products change without notice. If you’re not sure, call the company and ask.
- **Ask questions.** When eating out, ask questions about how the food is prepared and whether it is gluten-free. Gluten is often found in deli meat, hot dogs, sausages, sauces, gravy and marinades. Beer, flavoured coffee and tea, as well as some chocolate bars may also contain gluten.
- **Talk to your health care professional about supplements.** Generally, gluten-free foods may not have the same amount of iron, B-vitamins and fibre as gluten-containing foods. If you are following a gluten-free diet, be sure to ask your health care professional whether you need to take any supplements.
- **Stay informed.** Visit the Canadian Celiac Association www.celiac.ca for more information and tips.

