

GLUTEN FREE DIET

Allowed Foods*

Plain fruits, vegetables, meat, fish, sweet potatoes, buckwheat, millet, soy, corn, potatoes, tapioca, rice, Indian rice grass, yucca, wild rice, Quinoa, flax, nuts, cassava, sorghum, seeds, legumes, arrowroot, sago, amaranth, and Job's tears.

**List not all inclusive. Always review ingredients before consuming.*

Foods to Avoid

All grains, pastas, cereal, and processed foods that contain barley, rye, triticale, wheat, wheat starch, wheat bran, wheat germ, cracked wheat, hydrolyzed wheat protein, einkorn, emmer, spelt, kamut, semolina, farina, plain flour, white flour, enriched flour, bromated flour, graham flour, durum flour, phosphated flour, and self-rising flour.

Some processed foods, medicine, and everyday products may contain barley, rye, or wheat. Your doctor may suggest working with a dietician (a specialist in food and nutrition) to learn more about a gluten-free diet, reading supermarket labels, and inquiring about how food is prepared when dining at restaurants. Despite the gluten-free diet restrictions, you can eat a healthy well-balanced diet.

The Celiac Disease Center was established in 2007 within the Department of Pediatrics at Stony Brook University Medical Center

Mission

To increase awareness and early detection of Celiac Disease through education to patients, families, and the medical community, as well as fostering ongoing medical research as it relates to Celiac Disease.

Staff	
Pediatric GI 631-444-KIDS	Adult GI 631-444-5220
<ul style="list-style-type: none">● Anupama Chawla, MD Director● Mark Lowenheim, MD● Jeffrey Morganstern, MD● Janet DiFalco, CPNP● Kathleen Usmani, CPNP	<ul style="list-style-type: none">● John Birk, MD● Edward Cheng, MD● Peter Ells, MD




CELIAC DISEASE CENTER
Department of Pediatrics
T11 080 Health Sciences Center
Stony Brook University Medical Center
Stony Brook, New York 11794-8111
Phone 631-444-8115
Fax 631-444-6045

www.stonybrookmedicalcenter.org/pediatrics

CELIAC DISEASE CENTER



AT
STONY BROOK UNIVERSITY MEDICAL CENTER

 **STONY BROOK UNIVERSITY MEDICAL CENTER**

www.stonybrookmedicalcenter.org/pediatrics

CELIAC DISEASE

Celiac Disease is sometimes called celiac sprue. It is an inherited (occurs in families) digestive disease.

People with Celiac Disease have an intolerance to foods containing gluten, a protein found in barley, rye, and wheat. When gluten containing products are consumed by a person with Celiac Disease, the immune system (autoimmune) responds by damaging the small intestine — specifically, the villi (finger-like projections). This damage can prevent absorption of nutrient foods. Unhealthy villi can lead to malnutrition despite the quantity and quality of the foods you eat.

Celiac Disease may be misdiagnosed or underdiagnosed since the symptoms can vary greatly and may be similar to many other diseases. In the United States, Celiac Disease is estimated to affect 2 million people.

SYMPTOMS OF CELIAC DISEASE

Symptoms vary greatly from one person to another. Some people with Celiac Disease develop symptoms as a child, some as an adult, and some never develop symptoms at all. You may or may not have digestive symptoms.

Symptoms may include:

- Irritability in children
- Failure to thrive in babies
- Delayed growth
- Gas
- Chronic diarrhea
- Constipation
- Recurring abdominal pain and bloating
- Pale, foul-smelling or fatty stool
- Weight loss or gain
- Unexplained anemia (low red blood cells)
- Tiredness
- Osteoporosis (weak, brittle bones)
- Muscle cramps
- Tingling/numbness in legs
- Seizures
- Infertility
- Recurrent miscarriage
- Pale sores in mouth (aphthous ulcers)
- Tooth discoloration or loss of enamel
- Skin Rash (dermatitis herpetiformis)

HOW IS CELIAC DISEASE DIAGNOSED?

Blood Test

Your doctor will probably have your blood tested for several antibodies (protective proteins in our immune system that respond to something threatening your body). You will be asked to continue eating foods with gluten since a gluten free diet may affect the results of the blood test.

Small Bowel Biopsy

If the blood test and your symptoms suggest Celiac Disease, your doctor will want you to have a small bowel biopsy.

This is a procedure where a long, thin tube (endoscope) is passed through your mouth and into your stomach and small intestine (while you are asleep) to take a tiny sample of your small intestine to examine more closely.

Treatment

At present, the only treatment for Celiac Disease is a life-long gluten free diet. For most, the diet will stop your symptoms and begin healing the damage to your small intestine.