

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Celiac Disease Nutrition Therapy

Description

- You have a sensitivity to gluten, which are proteins found in wheat, barley, and rye.
- Gluten-free nutrition therapy will allow your intestine to heal.
- It also will help prevent complications like bone disease that can happen if celiac disease goes untreated.

Oats

- In the past, oats were believed to be harmful to persons with celiac disease.
- If you would like to eat gluten-free oats, you should discuss their use with your physician and dietitian.
 - Manufacturers of gluten-free oats include Cream Hill Estates, Only Oats, Gluten-Free Oats, Bob's Red Mill, and Gifts of Nature.

Notes:



Recommended Foods

Following are examples of the many grains and plant foods that you can safely eat:

- Amaranth
- Arrowroot
- Buckwheat
- Cassava (manioc)
- Corn
- Flax
- Indian rice grass (Montina)
- Job's tears
- Legumes (dry beans, peas, lentils)
- Millet
- Finger millet (Ragi)
- Nuts
- Potatoes
- Quinoa
- Rice
- Sago
- Seeds
- Sorghum
- Soy
- Tapioca
- Tef (or teff)
- Wild rice
- Yucca

You may not be familiar with all of these grains and plant foods. However, they are used in gluten-free foods, and you will often find them in food ingredient lists for gluten-free products.

Foods Not Recommended

Do not eat any foods containing any of the following ingredients:

- Wheat (all types, including einkorn, emmer, spelt, and kamut)
- Barley
- Rye
- Malt
- Oats (unless gluten free)

These ingredients are found in many food products, including flours, bread products, pasta, breakfast cereals, cakes, and cookies.

Notes:

Sample 1-Day Menu

A gluten-free meal plan does not have to be all that different from a wheat-based meal plan. There are gluten-free versions of almost all foods that are usually made from wheat. Following are some food choices you can try.

Breakfast	Whole-grain, gluten-free waffle
	Maple syrup and strawberries
	Low-fat milk or orange juice
Lunch	Pizza made with whole grain, gluten-free pizza crust (homemade or ready-to-eat) topped with low-fat cheese, grilled chicken, fresh vegetables, and pineapple slices
	Homemade lemonade
Snack	Low-fat yogurt mixed with whole grain, gluten-free cereal
Evening Meal	Whole grain or enriched, gluten-free pasta topped with pesto and chick peas
	Mixed greens salad topped with orange slices and walnuts and served with oil and vinegar dressing
	Seltzer water with lime
Snack	Whole-grain, gluten-free rice crackers with hummus or low-fat cheese slices

Approximate Nutrition Analysis:

Calories: 2,442; Protein: 89g (14% of calories); Carbohydrate: 315g (51% of calories); Fat: 94g (35% of calories); Sodium: 1,750mg; Cholesterol: 122mg; Fiber: 28g

This sample menu uses foods commonly available in grocery stores. The meals do not require the use of any specially made gluten-free foods.

Breakfast	Egg omelet made with low-fat natural cheese, such as cheddar or monterey Jack, and fresh vegetables
	Rice cake (check the ingredient list to make sure it is gluten free) topped with jam, jelly, or preserves
	Orange juice
Lunch	Black bean tacos made with corn tortillas, black beans, fresh vegetables, low-fat natural cheese, and topped with fruit salsa (diced tropical fruit, lime juice, cilantro)
	Seltzer water with lime
Evening meal	Chicken and fresh vegetables stir-fried in oil and spices
	Plain brown rice or plain enriched white rice
	Sorbet topped with fresh fruit
	Cranberry juice mixed with seltzer water
Snack	All-natural yogurt mixed with blueberries or another fruit

Approximate Nutrition Analysis:

Calories: 1,615; Protein: 67g (17% of calories); Carbohydrate: 272g (68% of calories); Fat: 26g (15% of calories); Cholesterol: 273mg; Sodium: 2,890mg; Fiber: 21g