What is Celiac Disease and Low FODMAP Diet

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Celiac disease is an autoimmune disease that occurs in where the ingestion of gluten leads to damage in the small intestine. It is estimated to affect 1 in 100 people worldwide.
What is Celiac Disease

- Celiac disease is hereditary, meaning that it runs in families.
- It is an immune reaction to eating gluten, a protein found in wheat, barley and rye.
- If you have celiac disease, eating gluten triggers an immune response in your small intestine causing inflammation. Over time, this reaction damages your small intestine's lining and prevents it from absorbing some nutrients (malabsorption)
- Left untreated, celiac disease can lead to health problems such as other autoimmune diseases, osteoporosis, thyroid disease and certain cancers.
Symptoms of Celiac Disease

Some common signs and symptoms of celiac disease include:

- Anemia
- Anxiety
- Bloating or gas
- Brain fog
- Constipation
- Delayed growth in children
- Depression
- Diarrhea
- Discolored teeth
- Fatigue/tiredness
- Headaches or migraines
- Infertility
- Irritability
- Itchy skin rash (dermatitis herpetiformis)
- Joint pain
- Liver disease
- Pale mouth sores
- Poor weight gain
- Thin bones
- Tingling/numbness/neuropathy
- Vomiting
The Big 3: Wheat, Barley, Rye

What is Gluten?
Gluten is a general name for the proteins found in wheat (wheatberries, durum, emmer, semolina, spelt, farina, farro, graham, KAMUT® wheat and einkorn), barley and rye. Gluten helps foods maintain their shape, acting as a glue that holds food together.

What is Celiac Disease?
Celiac disease is also known as coeliac disease, celiac sprue, non-tropical sprue, and gluten sensitive enteropathy. Ingesting small amounts of gluten, like crumbs from a cutting board or toaster, can trigger small intestine damage.

Currently, the only treatment for celiac disease is lifelong adherence to a strict gluten-free diet. People living gluten-free must avoid foods with wheat, rye and barley, such as bread and beer.
So many choices!!

Gluten Free Foods to Enjoy

Check CF = Check product label for gluten-containing ingredients or gluten/wheat warnings.

Bread & Pizza
- Crisp bread made from rice or buckwheat (check CF)
- Gluten-free bread
- Gluten-free wraps
- Gluten-free tortillas
- Gluten-free wraps

Pasta & Noodles
- Gluten-free pasta made from rice, corn, buckwheat quinoa, chickpea pasta (check CF)
- Rice noodles
- Rice or bean vermicelli

Grains
- Amaranth
- Buckwheat, grits
- Millet
- Quinoa (white, red, black)
- Rice (brown, white, red, sushi, glutinous)
- Teff

Chips, Crackers & Muesli Bars
Look for certified gluten free options.
- Gluten-free corn chips
- Gluten-free muesli/granola bars
- Gluten-free potato chips/dbls
- Gluten-free rice or buckwheat cereals

Baking Ingredients
- Baking powder (check CF)
- Baking soda (check CF)
- Gluten-free cocoa powder
- Guar gum
- Xanthan gum

Breakfast Cereals
- Gluten-free cornflakes/Wheat-Bits
- Gluten-free muesli
- Gluten-free rice/bubbles/pops/buffs
- Puffed quinoa/amaranth/millet
- Quinoa flakes
- Rice flakes

Cooking Oils
- All cooking oils are gluten free

Canned Fruit & Vegetables
These are usually gluten free. The exception is when the vegetables are canned with sauce (e.g., mushrooms, creamed corn or baked beans). Sometimes the sauce is thickened with wheat, check the ingredient list to ensure gluten-free.

Dairy Products
Many of these products are naturally gluten free, however you should always check the label.
- Cheese
- Condensed milk
- Cream cheese
- Ice cream (check CF)
- Milk
- Milk shakes (check CF)
- Sour cream
- Flavoured milk (check CF)
- Yoghurt (check CF)

Milk Alternatives
Many of these products are naturally gluten free, however some might be fortified with gluten-containing ingredients. Check the label.
- Almond milk
- Cashew milk
- Hemp milk
- Macadamia milk
- Quinoa milk
- Soy milk

Avoid oat milk.

Protein
These are naturally gluten free. Check product label for gluten-containing ingredients.
- Eggs
- Fish
- Meat (beef/pork)
- Poultry
- Seafood
- Tofu

Always check the ingredient label for gluten-containing ingredients or gluten/wheat warnings.

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Even more!!
Celiac Disease

• What if I am still having stomach discomfort even with the Gluten free Diet?
What is low FODMAP

FODMAPs are a group of sugars that are not completely digested or absorbed in our intestines. When FODMAPs reach the small intestine, they move slowly, attracting water. When they pass into the large intestine, FODMAPs are fermented by gut bacteria, producing gas as a result.

About FODMAPs and IBS | Monash FODMAP - Monash Fodmap
Low FODMAP

‘F’ stands for fermentable. Your healthy gut bacteria love to eat FODMAPs. As your gut bacteria break down the FODMAPs, they ferment them. This process creates gas and can lead to wind, bloating, abdominal pain and altered bowel movements (constipation and diarrhoea).

‘D’ is for disaccharide. The only disaccharide we really need to think about is lactose, which is found in foods like cow’s milk, yoghurt, ice cream and milk chocolate. To digest lactose we need an enzyme called lactase. Fun fact – there are more people in the world who don’t have enough of this enzyme than those who do. If you don’t have enough lactase enzymes, your body won’t be able to break down the lactose and it can trigger symptoms.

‘O’ stands for oligosaccharides. This carbohydrate group is broken down into galactans (found in foods like beans, legumes, almonds) and fructans (found in foods like wheat, rye, barley, dried fruit, onion, garlic). These foods contain prebiotic fibres that feed our gut bacteria and aren’t meant to be broken down by our digestive system. This means they can make everyone windy but for people with sensitive guts they can trigger unpleasant symptoms.

‘M’ is for monosaccharide, the most basic form of carbohydrate. Excess fructose is the monosaccharide we need to look at. When foods contain equal amounts of glucose and fructose it’s easy for our body to absorb the fructose. When there is more fructose than glucose, we can malabsorb the fructose and it can trigger symptoms for some people. Foods that contain excess fructose include: honey, boysenberries, feijoas, fig, high fructose corn syrup and orange juice.

What is the Low FODMAP Diet? - A Little Bit Yummy – Learn
What is the Low FODMAP Diet?

Low FODMAP Continued

This letter stands for ‘And’ – it’s the easiest part of the FODMAP acronym to remember!

‘P’ stands for polyols. These are sugar alcohols but don’t worry they won’t make you drunk! They occur naturally in a wide range of fruit and vegetables. They can also be manufactured and used as artificial sweeteners in commercially made products. We classify polyols into sorbitol (found in foods like apples, apricots, avocado, blackberries, nectarines, peaches, pears) and mannitol (found in foods like sweet potato, portobello mushrooms, button mushrooms, cauliflower).
Let’s get cooking

Gluten free Pizza
Gluten Free Pizza

• Tomato sauce which we will make today and we can use this base for so many different things
  • Spaghetti
  • Dipping Sauce for polenta
  • Shakshuka base
1 can of tomato (whole tomato)
1 cup of water
2 bay leaves
1 tsp salt and pepper
1 tbsp olive oil

combine ingredients and let come to simmer. Simmer for 1 hour. Let cool. Put in food processor.
(take out bay leaves first)
****simmer for another hour ****
Gluten free crust → April 2023

• For now you can use one of the premade gluten free crusts such as UDI’s.

• Trader Joes has cauliflower crusts.

*Let’s create*
Thank you!

See you next year 😊