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# November 2017 (Issue 1) : Celiac Disease and Nutrition

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# NUTRITION UPDATE

NOVEMBER

2017

## CELIAC DISEASE AND NUTRITION

### WHAT IS CELIAC DISEASE?

Celiac disease is a digestive disorder that damages the small intestine. People with celiac disease cannot tolerate gluten, a protein found in wheat, barley and rye. The disease can cause long-term digestive problems by preventing the body from absorbing important nutrients including carbohydrates, fats, minerals, proteins and vitamins. Celiac disease is estimated to affect 1% of the population worldwide.

### WHAT ARE THE SYMPTOMS OF CELIAC DISEASE?

Celiac disease can occur at any age, once solid foods are introduced in the diet. The most common symptoms of the disease are:

- vomiting
- weight loss
- constipation
- short stature
- failure to thrive
- chronic diarrhoea
- delayed growth and puberty
- abdominal bloating and pain
- pale, foul-smelling or fatty stool
- irritability and behavioural issues
- Attention Deficit Hyperactivity Disorder (ADHD)

### HOW IS CELIAC DISEASE TREATED?

Presently, there is not definitive cure for Celiac Disease. This is a permanent condition and a strict gluten-free diet is the only possible way to manage the disease. Once gluten is removed from the diet, the symptoms resolve making it possible to lead a healthy life. In addition to wheat, barley, rye and triticale (a hybrid wheat and rye cereal), other foods that may contain gluten include:

- potato chips
- candy and candy bars
- processed meats and soups
- sauces and salad dressings

### WHAT FOODS CAN BE CONSUMED?

The following foods are safe for patients with celiac disease, if free from gluten contamination:

- rice, corn (*maka*), millett (*bajra*)
- sorghum (*jawar*)
- lentils and pulses (*daal*)
- oats (only if pure and uncontaminated)
- nuts and seeds
- fruits and vegetables
- milk and dairy products
- types of fresh meats
- eggs
- salt, pepper, turmeric and other fresh spices
- water, tea, fruit juices and most other beverages

### FOOD LABEL READING GUIDE

Label reading is very important in avoiding foods that contain gluten. The following points should be kept in mind when reading the ingredients label:

- Look for the term 'gluten free'
- Educate yourself about cross contact e.g wheat getting mixed with other gluten free flours in mills
- Be cautious of hidden sources of gluten

Opt for good quality branded flour packs especially which guarantee strict manufacturing standards that prevent cross contamination.



References:

[www.celiac.org/wp/wp-content/uploads/2016/11/CDF](http://www.celiac.org/wp/wp-content/uploads/2016/11/CDF)  
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