

Celiac Disease

(Gluten-Sensitive Enteropathy)

Celiac disease is a genetic and immune response to gliadin, the alcohol soluble component of gluten, causing damage to the villi of the intestinal mucosa. The atrophy and flattening of the villi in the small intestine result in the malabsorption of most nutrients.

Symptoms

- Individuals can be symptom free.
- GI distress: bloated abdomen, vomiting and stools that are abnormal in appearance, odor and quantity.
- Growth failure
- Weight loss
- Weakness and fatigue
- Lactose intolerance

Dietary Recommendation

- Gliadin free diet: omit wheat, rye, barley, and oat.
- Use corn, potato, rice, soybean, tapioca and arrowroot in place of gliadin products.
- Carefully read food labels for gliadin containing foods.
- Omit dairy products if lactose intolerant.