

Wegmans



GLUTEN-FREE

Making a Special Diet
Easier to Swallow

Contents

What is Gluten?	1
What is Celiac Disease?.....	1
Underlying Problems & Symptoms ...	1
Tip-offs & Tie-ins	2
Diagnosis & Treatment	2
Diet & Supplements	2
What Can You Eat?.....	2
Safe	3
Unsafe	3
Questionable.....	3
Individual Needs	4
Making the Most of your Diet.....	4
How We Can Help	5
Nature’s Marketplace Can Help	5
Resources For More Information	6

What is Gluten?

Gluten is a protein found in grains such as Wheat, Rye, Barley, and Oats*

* Studies continue to evaluate the effect of oats in people with Celiac Disease.

What Is Celiac Disease?

Celiac Disease is a chronic, inherited trait that results in an immune-mediated response to the intake of gluten (from wheat, rye and barley). It’s estimated that one in 133 Americans suffer from Celiac Disease, which can occur in any ethnic group and at any age. If left untreated, Celiac Disease can lead to serious gastrointestinal symptoms, damage to the intestinal tract, and even malnutrition.

Underlying Problems & Symptoms

The lining of a normal small intestine is made up of tiny finger-like projections called “villi,” which absorb nutrients during digestion of food. When a person with Celiac Disease consumes gluten, the villi become damaged and flattened, unable to do their job. Instead of foods being broken down in the small intestine and absorbed into the blood stream, the food passes undigested through the intestines.

The symptoms of Celiac Disease can range from the list below to virtually no symptoms at all.

- Abdominal gas, pain and bloating
- Diarrhea
- Constipation
- Fatigue or irritability
- Weight loss
- An itchy skin rash (called Dermatitis Herpetiformis)
- Infertility
- Joint pain
- Unexplained iron-deficiency anemia
- Delayed growth

Some individuals develop symptoms of gas or bloating after eating foods that contain gluten but DO NOT have Celiac Disease. The symptoms go away when they stop eating foods containing gluten. These individuals are considered to be gluten sensitive and are often referred to as having a gluten sensitivity. Persons with gluten sensitivity may also choose to follow a gluten-free diet.

Tip-offs and Tie-ins

Some people with Celiac Disease are symptom free, unaware that damage to the villi is occurring. The disease may only be suspected when there is unexplained anemia or osteoporosis. Frequently, people with Celiac Disease are more likely to have type 1 diabetes and thyroid disease. To confirm a diagnosis of Celiac Disease, testing must be done to rule out other medical causes with similar symptoms and get you on the road to good health.

Diagnosis and Treatment

Generally blood work will reveal the disease, but in some cases more intensive tests may be necessary. It's important to note that a "false negative" may result if a gluten-free diet is followed BEFORE testing for Celiac Disease is completed. Why? You need to be reacting to dietary gluten for the test to be accurate. However, once Celiac Disease is confirmed, banishing gluten begins the healing process of the small intestine and typically brings symptom relief.

Diet and Supplements

Though a gluten-free diet helps reverse the ravages of Celiac Disease, it can be low in B vitamins. That issue and continuing poor nutrient absorption means a multivitamin providing 100% of the Daily Value is generally advisable. But, ask your doctor what supplement is right for you. She or he will also tell you that "once a Celiac, always a Celiac," and recommend a lifelong gluten-free diet. Even if symptoms seem to disappear, the disease does not go away.

What Can You Eat?

The ONLY treatment available for Celiac Disease is following a gluten-free diet. It can be overwhelming to think of the long list of foods you can not eat on a gluten-free diet. Good news—lots of foods are naturally gluten-free and are safe to eat. These include:

- Fresh, unseasoned fruits & vegetables
- Plain, unseasoned meat, poultry, fish, eggs, nuts, peas, and beans
- Plain milk
- Naturally gluten-free grains: Amaranth, Buckwheat, Rice, Corn, Potato, Tapioca, Bean, Sorghum, Soy, Arrowroot, Quinoa, Tef, Nut Flours, or Wild Rice
- Also allowed are vinegars (except for malt vinegar) and vanilla

Anytime one of these foods is combined with other ingredients you need to take a closer look to see if a gluten-containing ingredient is used. You also need to consider if the food was produced in a facility where it could have come in contact with gluten (known as cross-contact).

The following are three lists of ingredients that are considered safe, unsafe (need to be avoided) or questionable (as they may be derived from unsafe grains).

▶ Safe

The following are generally safe to use: Amaranth, Buckwheat, Rice, Corn, Potato, Tapioca, Bean, Sorghum, Soy, Arrowroot, Quinoa, Tef, Nut Flours, or Wild Rice. Also allowed are Beans, Peas, Nuts, Unseasoned Meats, Poultry, Fish, Eggs, Fruits, Vegetables, Vinegar (except for malt vinegar), Vanilla, Milk, and Plain Cheeses.

▶ Unsafe

Avoid Wheat (durum, semolina), Rye, Barley, Spelt, Triticale, Kamut, Farina, and possibly Oats. Although oats do not contain the specific type of gluten that triggers the Celiac Disease response, oats are likely to be cross-contaminated by other gluten-containing grains. Until final research can be done, oats should be avoided or only eat oats that are certified to be gluten-free.

Safe foods prepared in areas where gluten-containing flours or bread crumbs are used or displayed have the

TIP: High fat, high fiber or dairy foods may not be well-tolerated until the intestines have a chance to heal.

potential for cross-contact and may not be safe. Cookies, service salads, and prepared food cases are examples of service areas where cross-contact might occur.

▶ Questionable

These ingredients may be derived from unsafe grains. Do not consume the following ingredients unless you can verify they are gluten-free: Brown Rice Syrup (frequently made with barley), Dextrin (usually corn, but may be derived from wheat), Flour or Cereal products, Hydrolyzed Vegetable Protein (HVP), Vegetable Protein, Hydrolyzed Plant Protein (HPP), or Textured Vegetable Protein (TVP), Malt or Malt Flavoring (usually made from barley; okay if made from corn), Modified Food Starch or Modified Starch, Natural and Artificial Flavors, Soy Sauce or Soy Sauce Solids (most soy sauces contain wheat), Blue Cheese (may be cultured on rye or dusted with flour). The only way to know if a food item is gluten-free or free of the risk of cross contact is to read ingredient statements (or ask food suppliers) every time you shop. For example, if a

Typically, you may find these ingredients in processed meats, sauces, bouillon, selected condiments, salad dressing, baking powder, sour cream, ice cream, processed cheeses, etc.

label or package states "wheat-free" it does not necessarily mean the product is "gluten-free." Because it is important to verify if a product is gluten-free, it means it may take longer to grocery shop.

▶ Individual Needs

As with the general population, certain individuals may also have sensitivity to lactose, monosodium glutamate (MSG), soybeans or other substances.

A Gluten-Free Diet for Life Is Imperative!

Tips to make the most of your gluten-free diet:

- Start Simple. Enjoy the variety of foods that are naturally gluten-free and season these foods with the basics (like naturally gluten-free spices and herbs). Include safe whole grains like brown rice, buckwheat, quinoa, or sorghum. They are nutritionally superior to their refined counter parts. Go easy on the white rice flour and the starches (not whole grains). Make eating a variety of these foods a priority because a variety of foods means variety of nutrients.
- Use products specifically labeled as gluten-free. Look for the gluten-free Wellness Key on Wegmans products and recipes. Use complete gluten-free baking mixes or prepared gluten-free foods to supplement naturally gluten-free foods.
- Read labels. Watch for ingredients that can be derived from gluten-containing grains. Ingredients and manufacturing/plant conditions can change frequently so label reading never ends!
- Call food companies with questions. Keep a log with the date, contact information, product UPC codes, and gluten status.
- Avoid cross contact. Keep separate food prep areas and utensils/equipment at home; avoid buffets and salad bars as well as fried and grilled foods; watch out for crumbs in toasters, on cutting surfaces, and in the condiments (squeeze bottles help here!).

Gluten-Free: How we can help

Shopping for a gluten-free diet can be challenging. At Wegmans, we have developed three tools to help make it easier for you to identify gluten-free products. We regularly maintain a list of Wegmans brand products that are gluten-free (we also have a list of Wegmans brand Products that are gluten-free and lactose-free).

We update these lists weekly, so visit the Special Diets—Gluten-Free pages of wegmans.com to get the most up-to-date version. In addition to the list, we place the Gluten-Free Wellness Key on Wegmans brand foods to save you time when shopping. And, as always, recheck label ingredient statements at time of purchase.

To assist in meal planning, we include a Celiac Meal of the Week in every Fresh News email. The meal is taken from the pages of Wegmans Menu Magazine or our vast database of recipes.



Look for this symbol on Wegmans brand products to quickly identify gluten-free items.

GLUTEN-FREE

Occasionally, the recipe will require a simple ingredient substitution to make the recipe gluten-free. If a substitution is required, it is clearly stated in the Celiac Meal of the Week article. To sign up for emails, simply go to wegmans.com and scroll down to Fresh News (you'll need to register if you haven't already), then follow the prompts.



Nature's Marketplace Can Help!

In addition to Wegmans brand gluten-free products, we carry a variety of national brand items that are also gluten-free. Many of these are located in Nature's Marketplace (in most stores), including bread and cookies! Our Nature's Marketplace employees will be happy to assist you in finding Gluten-Free products located in their department.

For More Information

Log on to wegmans.com for:

- The most current listing of Gluten-Free Wegmans Brand Products
- Information on local and national Celiac Disease support groups
- Contact information for national brand products
- Registration to receive our Fresh News emails that contain the Celiac Meal of the Week

If you do not have internet access, you may also obtain this information by calling our Consumer Affairs Department at 1-800-WEGMANS ext. 4760.

Revised and updated by Trish Kazacos, R.D., C.P.T., and Jennifer Felice, R.D., Wegmans Corporate Nutritionists.

References:

Thompson, Tricia. Celiac Disease Nutrition Guide, Second Edition. Chicago: American Dietetic Association, 2006.

Green, Peter H and Jones, Rory. Celiac Disease: A Hidden Epidemic. New York: HarperCollins Publishers, 2006.

The logo for Wegmans, featuring the word "Wegmans" in a stylized, cursive, gold-colored font.

Have questions or comments?

Call Wegmans Consumer Affairs
Monday - Friday 8 a.m.-5 p.m. (585) 464-4760
or toll free at 1-800-WEGMANS ext. 4760.



visit us at wegmans.com