

CELIAC DISEASE

Celiac Disease is a medical condition in which the absorptive surface of the small intestines is damaged by Gluten, a protein found in wheat, rye and barley. When these tissues are damaged, the body can no longer absorb the nutrients that support health.

Symptoms can include weight loss, fatigue, diarrhea and many others. Malnutrition disorders are the result, including osteoporosis, anaemia and intestinal lymphoma.

Once thought a disease of childhood, it is now recognized that Celiac Disease can occur at any age. There is often a huge delay in diagnosis because the symptoms can be vague and misleading.

Once diagnosed, the only treatment for Celiac Disease is a strict gluten-free diet for life.

The gluten containing grains and grain products that must be avoided include:

| | | | |
|-----------------|--------------|----------------|--------------|
| Barley | Bulgur | Cereal binding | Couscous |
| Durham | Einkorn | Emmer | Filler |
| Farro | Graham flour | Kamut | Malt |
| Malt flavouring | Oats* | Oat gum | Roux |
| Rye | Semolina | Spelt (Dinkel) | Triticale |
| Wheat | Wheat bran | Wheat germ | Wheat starch |

The Safe Grains and Grain Substitutes that are allowed on the gluten-free diet include:

| | | | |
|--------------|-----------|---------------|---------|
| Amaranth | Arrowroot | Buckwheat | Cassava |
| Corn (Maize) | Dahl | Dried legumes | Flax |
| Millet | Nuts | Poi | Polenta |
| Potatoes | Quinoa | Rice | Sago |
| Sorghum | Soy | Tapioca | Teff |
| Wild rice | | | |

There are many food products that contain gluten. All ingredient labels must be checked carefully for hidden sources



of gluten. A more complete list of these questionable food products can be found in the Awareness Package on the Celiac Association website, www.calgaryceliac.com

Recent population studies in North America indicate that Celiac Disease affects almost one percent of the population. With the increased recognition of this digestive disorder through improved diagnostic tools, there is an ever-increasing demand for gluten-free foods and food products.

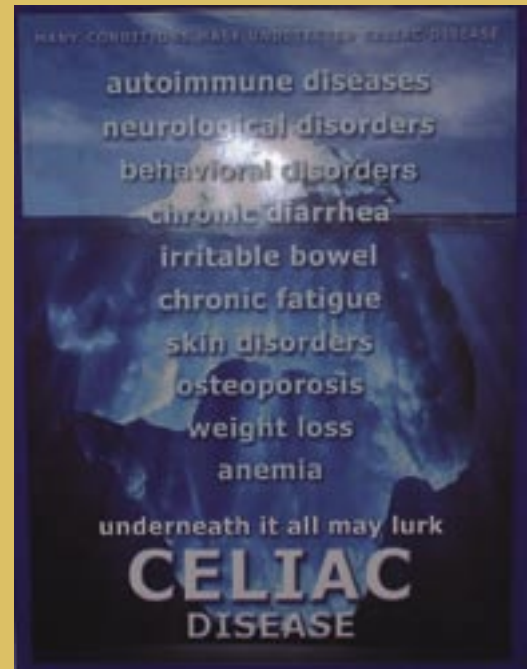


Buckwheat bread

Restaurants, health care facilities, cafeterias and other food service venues are faced with increasing requests to meet special dietary needs. In the case of Celiac Disease, food, and specifically gluten-free food, is truly the medicine to restore and maintain health for people with this condition.

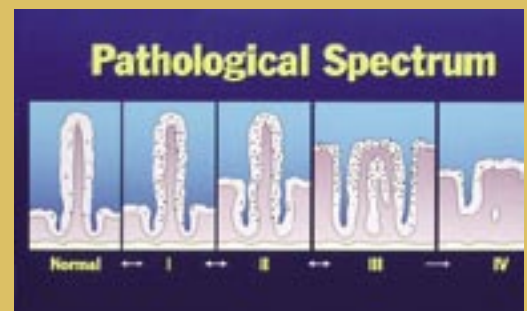
SYSCO Calgary and the **Calgary Chapter of the Canadian Celiac Association** are working together to identify at source, gluten-free foods in the SYSCO product lines and to increase awareness of this now common disorder and the dietary needs associated with it.

**It has been determined that oats are not a gluten containing grain. However, in North America, it is difficult to obtain oats that are not contaminated by other gluten containing grains. Oats continue to be excluded from the diet for this reason.*



Celiac Disease, The Tip of the Iceberg

Scientific research indicates that these conditions are frequently the result of undiagnosed and untreated Celiac Disease.



Celiac Disease, the Pathway to Destruction

When Celiac Disease remains undiagnosed and untreated, the villi of the small bowel become damaged and disappear. This reduces the absorption of nutrients and causes malnutrition and other related diseases.