




# What is Gluten

Gluten is a protein found in wheat, rye, and barley.

Gluten allows for foods to hold their shape and act as an adhesive component. This is what makes gluten so popular as an ingredient in many recipes today.

- 
- Baked Goods
  - Pastas
  - Breads
  - Sauce bases
  - Soups
  - Desserts

## Contact Us!



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## Resources

**Office of Accessibility Services**  
[dsst.fsu.edu/oas](https://dsst.fsu.edu/oas)

**National Celiac Association**  
[nationalceliac.org](https://nationalceliac.org)

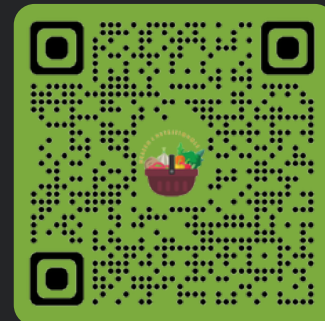
**Celiac Disease Foundation**  
[celiac.org](https://celiac.org)

\*Students with Celiac Disease should register with the Office of Accessibility Services

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# The Scoop on Gluten

Celiac Disease, Intolerance and Diets



 @SEMINOLE\_DINING    @SEMINOLEDINING

# Celiac Disease & Gluten Intolerance

Gluten intolerance is when gluten in the diet causes GI distress with symptoms of:

- bloating
- diarrhea
- cramping
- gas

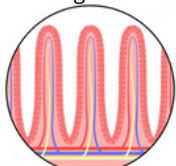
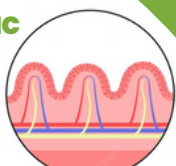
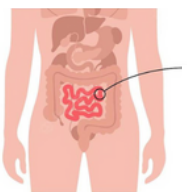
Gluten intolerance however does *not* cause damage to the small intestine.

Celiac disease is an autoimmune chronic digestive disease that causes damage to lining of the small intestine. Celiac can cause many complications down the line due to its effect on the digestive tract.

Including:

- Malnutrition
- Type 1 diabetes
- Coronary Heart Disease
- Multiple Sclerosis

## Small Intestine Damage Caused By Celiac Disease



# Building a Gluten-Free plate

Gluten-free (GF) diets are important for those with celiac or gluten intolerance to follow. It can be tricky to make a GF plate, so here are some tips to help you get started!



GF protein options:

- Grilled Chicken
- Seared Salmon
- Crispy Tofu



GF starch options:

- Baked potato
- GF pasta
- Steamed rice



GF veggies:

- Sautéed carrots
- Roasted broccoli
- Leafy greens (i.e., spinach, kale, collard greens)



# Gluten-Free is not for everyone

A new dieting trend has risen claiming that eating GF is better for you and is associated with "good health." The truth is a person who can tolerate gluten should *not* cut gluten out of their diet.



GF food alternatives are typically higher in starches and simple sugars. Some side effects of eating these gluten-free alternatives suddenly in one's diet are:

- weight gain
- increased hunger
- constipation

## DIETARY SOURCES

### Vitamins Table



Cutting out gluten will limit the intake of important Micronutrients.

Instead try focusing on adding: fruits, veggies, whole grains, and lean proteins. While eating less sugar, sodium, and highly processed foods.