

NUTRITION Talk

Week 9: What does it mean to be Gluten-free?

1. **Objective:** The purpose of this week's tabling is to test students' knowledge on how much they know about gluten-free products and what it means to be gluten-free.
2. **Activity:** Attach the wheel templates onto the wheel. Student spins the wheel, answers the question s/he lands on.
3. **Gluten-free diet questions and answers:**

True or False: Those who have Celiac disease require a gluten-free diet

Answer: TRUE!

- Those who have celiac disease require a gluten-free diet.
- Celiac disease is an autoimmune (disease which is caused by antibodies produced against substances that are present in the body) disorder that can occur in genetically pre-disposed people where ingestion of gluten leads to damage in the small intestine.
- Gluten: wheat, rye, and barley

List some food items that commonly contain gluten

Answer: commonly found in breads, pastas, baked goods made with gluten-containing flours.

- Anything containing wheat, rye, or barley
- Less commonly found in: sauces, salad dressings, soups, any processed foods (might contain gluten-containing grains)
- Oats are naturally gluten-free

True or False: An individual has a higher risk of developing Celiac disease if his/her parent, child, or sibling had or has celiac disease

Answer: TRUE!

- People with a first-degree relative with celiac disease have a 1 in 10 risk of developing celiac disease.

True or False: Fiber is not an issue for those following a gluten-free diet.

Answer: FALSE!

- There are gluten-free sources of fiber: fruits, gluten-free whole grains, legumes, nuts and seeds, and vegetables

True or False: Those with celiac disease following a gluten-free diet can consume large amounts of commercially prepared foods.

Answer: FALSE!

- Someone with celiac disease following a gluten-free diet should not consume large amounts of commercially prepared foods, even if it is gluten-free because they tend to substitute starch for flour, which ends up lacking in fiber as well as iron and folate.

Yes/No: If an individual follows a gluten-free diet for several years, will s/he be cured of celiac disease?

Answer: No

- Celiac disease is a chronic autoimmune disease (disease which is caused by antibodies produced against substances that are present in the body) which means that individuals who have it will not be cured of it.
- The treatment is life-long adherence to a strict gluten-free diet.

4. **Prize system:** Prize for whoever comes to the table and participates! ☺

5. **More resources:**

<https://www.gluten.org/resources/getting-started/the-gluten-free-diet-facts-and-myths/>

<https://celiac.org/celiac-disease/understanding-celiac-disease-2/what-is-celiac-disease/>

