

## An Introduction to Celiac Disease

Celiac Disease affects 1 out of every 133 people in the US, and is a genetically – inherited autoimmune disorder in which the immune system attacks and damages the intestine in response to the consumption of **gluten (found in wheat, barley ,and rye)**. When a person with Celiac Disease consumes gluten, it leads to damage to the intestine and causes poor absorption of nutrients.

Celiac Disease is hard to diagnose, with highly variable **symptoms** that may include: weight loss, diarrhea, fatigue, gas, bloating, skin rashes, vitamin and mineral deficiencies, and even anxiety and depression. If you suspect you have Celiac Disease, a simple blood test may be recommended to screen for antibodies.

The only **treatment** for Celiac Disease is the lifelong observance of a **Gluten-Free Diet**, which excludes all sources of gluten (i.e., wheat, barley, and rye). Although oats do not contain gluten, oat products often are cross contaminated with wheat, barley, or rye; as a result, people on a gluten-free diet should make sure you only consume pure, uncontaminated oats.

## Is Drinking Alcohol Okay for People with Celiac Disease?

All beer products (including lagers, ales, and stouts), flavored wine coolers and malt liquors contain gluten and should be avoided on a gluten-free diet. Wine and distilled alcoholic beverages like vodka, gin, or rum do not contain gluten. Tufts University wants to stress that alcohol should **ONLY** be consumed by people 21 years of age or older and should always be consumed in moderation.

## Additional Resources

- Celiac Disease Foundation ([www.celiac.org](http://www.celiac.org))
- Celiac Sprue Association ([www.csaceliacs.org](http://www.csaceliacs.org))
- Celiac Disease and Gluten-Free Diet Information ([www.celiac.com](http://www.celiac.com))
- American Celiac Disease Alliance ([www.americanceliac.org](http://www.americanceliac.org))
- American Dietetic Association ([www.eatright.org](http://www.eatright.org))

<http://dining.tufts.edu>



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# Dining with Celiac Disease

## A Guide for Gluten-free Dining at Tufts



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## How Tufts Can Help People with Celiac Disease

At Tufts, we do our best to accommodate students who have special dietary needs. Nutrition Fact Cards, which contain ingredient lists, allergy information, and nutritional values for key nutrients, are posted by all multi-ingredient foods served in Dewick and Carmichael Dining centers.

**People with Celiac Disease should always check the Nutrition Fact Cards so you can:**

- **Avoid foods containing wheat** (which will be noted as an allergen when wheat is present)
- **Avoid foods containing barley & rye** (which will be noted as ingredients, but will not be labeled as a wheat allergen)
- **Oats** contaminated with wheat, barley or rye

### Good Nutrition

It is especially important for people on a gluten-free diet to select nutritionally-balanced food because most gluten-free foods are not enriched and so are low in thiamin, riboflavin, niacin, iron, and folate.

You may want to meet with Julie Lampie, Tufts Dining's registered dietitian, to gain a better understanding of what foods to eat, what foods to avoid, and how to optimize your diet for nutrients and fiber.

### Gluten-Free Foods at Carmichael & Dewick

- **Breads:** Gluten-free bread, hamburger buns, bagels, wraps, rice cakes, & corn tortillas
- **Pizza Crusts:** Your favorite pizza can be prepared to order using a gluten-free pizza crust.
- **Pastas:** Brown rice pasta & rice noodles
- **Grains:** White & brown rice & quinoa
- **Cookies:** Gluten-free chocolate chip cookies
- **Cereals:** Gorilla Munch & Corn Crunchems
- **Condiments:** Peanut butter & jelly are available in their original jars to avoid cross contamination.
- **Salad Dressings:** All salad dressings are gluten-free except the Ken's Creamy Caesar
- **Toast:** A toaster specifically designated to toast gluten-free breads is available in each of our two Dining Centers.

### Additional Recommendations to Boost Your Dietary Fiber

Gluten-free diets are typically low in fiber due to the elimination of whole wheat breads and cereals. To boost your dietary fiber, eat plenty of the following foods:

Vegetables	Fruits	Nuts
Seeds	Brown Rice	Legumes
Corn Bran	Quinoa	Oats*
Lentils	Wild Rice	Flaxseed
Buckwheat	Sorghum	Amaranth
Beans: kidney, garbanzo, pinto		

\*Make sure oats are pure/uncontaminated.

### Foods to Avoid at Tufts That Contain Hidden Gluten

- All deep fried foods (because fryers are used for many foods, including breaded items)
- All beef & chicken based soups & soups thickened with roux or culinary thickener
- Other thickened items made with roux, like gravies, casseroles, & sauces
- All foods containing soy, teriyaki, & Asian-inspired sauces, including the Pan Asian cuisine in Hodgdon
- Meatballs at the Dewick and Carmichael
- Rice mixtures containing gluten
- Couscous & bulgur
- Seitan (also known as wheat gluten)

### Helpful Contacts at Tufts

We work hard to accommodate students on special diets; if there is something you would like, contact Julie Lampie, Tufts Dining's registered dietitian.

#### Julie Lampie, R.D.

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A **student Celiac Support Group** meets regularly for dining, and camaraderie. Please contact Deb Mailand at [Deborah.Mailand@tufts.edu](mailto:Deborah.Mailand@tufts.edu) for information.

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