Celiac disease affects 1 out of every 133 people in the United States. It is an inherited autoimmune disorder in which the immune system attacks and damages the intestine in response to the consumption of gluten, leading to poor absorption of nutrients.

Celiac disease is hard to diagnose. It has highly variable symptoms, including 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 can screen for antibodies.
The only treatment for celiac disease is the lifelong observance of a gluten-free diet by excluding all sources of gluten: wheat, barley and rye. Although oats do not contain gluten, oat products often are cross-contaminated with items that do. Consequently, people on a gluten-free diet should make sure to consume only pure, uncontaminated oats.

**How Tufts Can Help People with Celiac Disease**

Entering first-year students with celiac disease, along with any returning Tufts students who have been newly diagnosed, may find it helpful to speak with Julie Lampie, Tufts Dining’s registered dietitian. Julie can help students gain a better understanding of what foods to eat, what foods to avoid, and how to optimize their diet for nutrients and fiber. 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.

At Tufts, we do our best to accommodate students who have special dietary needs. Food Fact Cards, which contain nutrient facts, ingredients and allergens, are posted by all multi-ingredient foods served in Carmichael and Dewick-MacPhie Dining Centers.

**People with Celiac Disease should always check the Food Fact Cards so you can:**
- Avoid foods containing wheat (which will be noted as an allergen when wheat is present)
- Avoid foods containing barley and rye (which will be noted under the allergen statement as “contains gluten”)
- Avoid foods containing oats, as they may be cross-contaminated with wheat, barley or rye
Gluten-free Foods at Carmichael & Dewick-MacPhie

To provide students on gluten-free diets with greater food options, Tufts Dining stocks a variety of gluten-free foods in designated areas at both Carmichael and Dewick. For food that requires refrigeration, there is a designated refrigerator/freezer in Dewick and a countertop refrigerator in Carmichael that contain food for students with allergies and intolerances.

Gluten-free foods include:
- Breads: gluten-free bread, English muffins, hamburger buns, bagels, wraps, rice cakes and corn tortillas
- Pizza crust: your favorite pizza can be prepared to order using a gluten-free crust
- Pastas: brown rice pasta and rice noodles
- Grains: white and brown rice and quinoa
- Cereal: Gorilla Munch
- Protein salad and deli: on request, portions of tuna, egg and chicken salad as well as any of the deli meats and cheeses can be individually portioned and stored in the refrigerators to eliminate the potential for cross-contamination
- Condiments: individual packs of cream cheese, peanut butter and jelly are available to prevent exposure to food containing gluten
- Salad dressings: all salad dressings are gluten-free except Ken’s Creamy Caesar
- Asian sauces including shoyu, teriyaki, yakitori and ponzu sauces are free of gluten because they contain less than 20 parts per million of gluten (wheat is an ingredient, but the gluten is removed in the processing)
- Cookies: gluten-free chocolate chip
- Brownie: gluten-free chocolate
- Toast: a toaster specifically designated to toast gluten-free breads is available in each of our dining centers
How to Boost Dietary Fiber

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

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Fruits</th>
<th>Nuts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seeds</td>
<td>Brown Rice</td>
<td>Legumes*</td>
</tr>
<tr>
<td>Quinoa</td>
<td>Wild Rice</td>
<td>Oats**</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>Sorghum</td>
<td>Amaranth</td>
</tr>
</tbody>
</table>

* Kidney, garbanzo and pinto beans; edamame, or soybeans; and lentils
** Uncontaminated

Foods to Avoid at Tufts That Contain Hidden Gluten

- All deep-fried foods including French fries (because fryers are used for many foods, including breaded items; deep-fried foods include the words “fryolator canola oil” on the Food Fact Card)
- All beef- and chicken-based soups, including any soup thickened with roux or culinary thickener
- Thickened items made with roux, like macaroni and cheese, gravies and sauces
- Meatballs at Carmichael and Dewick
- Rice mixtures containing gluten
- Couscous and bulgur
- Seitan (also known as wheat gluten)
- Seafood salad

Concerned About Cross-Contamination? Just Ask

If you have a concern about cross-contamination of any food in one of our dining centers, please ask to speak to the manager on duty or the person in charge. Most of the time, we should be able to get you a serving that has not been put out for service yet.
Online Resources
On the Tufts Dining website, http://dining.tufts.edu, we are proud to offer a useful Nutrition Analysis tool that allows you to review menus and access nutrition facts, ingredients and allergens. It covers food being served in Carmichael, Dewick-MacPhie, Hodgdon, Hotung Café, Mugar Café, The Commons, The Tower Café and Brown & Brew.

To access this tool, look under “Quick Links” on the left, and click on “Menus.” On the menu screen, click on the dining location you would like to look at. The dining location screen has three meals—breakfast, lunch and dinner—across the top. Next to each meal is a red apple. Click on that apple to get a list of all the menu items served that meal period. Then, you can click on any menu item to access nutrition facts, ingredients and allergens.

Is 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 and rum do not contain gluten.

Tufts University wants to stress that alcohol should ONLY be consumed by individuals 21 years of age or older and should always be consumed in moderation.

QUESTIONS?
We work hard to accommodate students on special diets. If you have any questions or comments about our services for students with celiac disease, please contact Julie Lampie, Tufts Dining’s registered dietitian.

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