

Going Gluten Free for Health Benefits?

Many people who are not effected by gluten may try to eliminate it from their diet in order to lose weight or feel healthier. This has not been proven to be beneficial. If anything, it is just a fad diet in today's society. A majority of products that contain gluten are rich in fiber and fortified with iron and Vitamin B. Gluten free products on the other hand are not fortified with iron and Vitamin B and are lacking in fiber. These products usually contain less flavor and tend to be drier than the products that do contain gluten. Because of the lack of flavor and dryness, individuals usually add butter, oils, and eggs to their gluten free products to make them taste better. This causes them to be higher in fats, sugar, and carbs than the food options that contain gluten.



Gluten Free on Campus

All of the Dining Halls on campus have options for students who are gluten free.

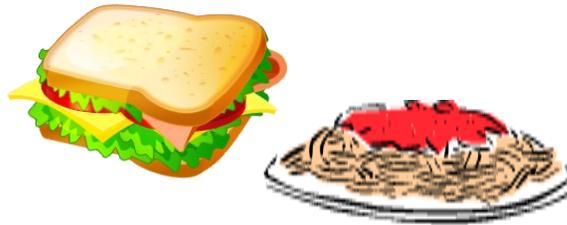
Breads: *All Dining Halls*

Pastas: *Marycrest and VWK*
(upon request)

Snacks: *Emporium*

Deli meat and cheese:
All Dining Halls

**Speak with a manager or supervisor about specific questions*



References: National Foundation for Celiac Awareness and University of Kentucky College of Agriculture

**University of Dayton
Dining Services**

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GLUTEN FREE



The Benefits and Drawbacks of Gluten in Your Diet

What is Gluten?

Gluten is a protein found in the grains wheat, rye, barley, and oats*

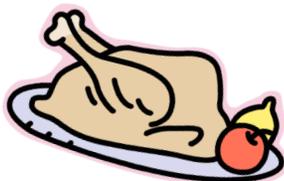
Gluten Sensitivity /Intolerance:

A non-autoimmune response to the ingestion of gluten that does not cause inflammation to the intestinal wall

Celiac Disease:

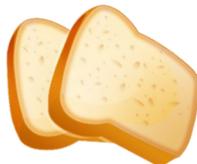
Genetically based autoimmune disease characterized by chronic inflammation of the small intestinal wall which may lead to malabsorption of nutrients

Celiac Disease occurs in 1/133 people



Symptoms

- * Diarrhea
- * Stomach pain
- * Fatigue
- * Joint pain
- * Weight loss
- * An itchy skin rash



*Oats do not contain gluten but are often contaminated with other gluten-containing grains (Look for *certified oats* to be gluten free)

Common Foods That Contain Gluten

- * Breads that include wheat, rye, barely, and oats
- * Cookies and crackers
- * Processed meats
- * French fries
- * Salad dressings
- * Vegetables in sauces
- * Seasonings
- * Candies

Common Foods That Do Not Contain Gluten

- * Fresh Eggs
- * Fresh Meats, fish, and poultry
- * Unprocessed beans, nuts and seeds
- * Fruits and vegetables
- * Most dairy products

Alternative Grains that are Gluten Free

- | | |
|-------------|---------------------|
| * Amaranth | * Indian rice grass |
| * Corn | * Lentils |
| * Quinoa | * Potato |
| * Millet | * Sago |
| * Rice | * Soy |
| * Sorghum | * Tapioca |
| * Arrowroot | * Wild rice |
| * Buckwheat | * Yucca |
| * Flax | |

Why Go Gluten Free?

1. It can help ease digestion
2. May help people feel healthier
3. Has shown to help with autism, attention deficit, and hyperactivity



The Dangers of a Gluten Free Diet

Although going gluten free has shown to have positive effects for people, there are still things to be aware of when eliminating gluten from your diet such as:

Malnourishment in iron, calcium, fiber, and the B-vitamins thiamin, riboflavin, niacin, and folate

Weight gain because the body is now absorbing the nutrients and calories it wasn't before

Expenses because gluten free options tend to be 2-3 times more expensive than those options that do contain gluten