



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University

Celiac Disease

(Gluten sensitivity)



What is celiac (gluten sensitivity)?

Celiac disease **is an autoimmune disorder characterized by a genetic sensitivity to gluten**, which is a protein found in barley, wheat, and rye. The consumption of gluten triggers an immune response that damages the mucosa of the small intestine. Therefore, resulting in the malabsorption of macro and micronutrients.



What are the symptoms of celiac (gluten sensitivity)?

Chronic diarrhea.

Cramps and bloating.

Weight loss.

Anemia.

Irritability.

Fatigue.

What are Healthy Eating Tips?

Include whole grain, gluten-free products as much as possible, such as whole grain millet, whole grain corn.

Avoid refined gluten-free products and choose enriched and fortified ones.

Eat plant foods that are high in fiber such as quinoa and buckwheat, they are excellent sources of fiber, iron, and some vitamin B.



What are Healthy Eating Tips?

Ensure eating a good amount of nongrain sources of nutrients that are essential to your body such as:



Lean cuts of meat, legumes (lentil, peas, dry beans), fish, and nuts are useful sources of thiamin, niacin, and iron.

Green leafy vegetables, nuts, legumes, mushrooms, and dairy products are good for riboflavin.


Consider taking gluten-free multivitamins and minerals.





What is the Food permitted and prohibited in gluten restricted diet?

Food Group	Food permitted	Food Prohibited
<p data-bbox="120 406 322 523">Cereals and flour</p> 	<p data-bbox="361 406 680 1026">Corn, potato, bean and lentil buckwheat, flax, millet flour, quinoa, breakfast cereals (rice or corn based), homemade popcorn.</p>	<p data-bbox="708 406 994 770">Wheat, rye, barley, flour bulgur, couscous, all wheat based breakfast cereal.</p>
<p data-bbox="137 1069 294 1106">Potatoes</p> 	<p data-bbox="361 1069 652 1353">All fresh potatoes, homemade chips made from fresh potatoes.</p>	<p data-bbox="708 1069 994 1273">Processed potatoes example potato chips.</p>



What is the Food permitted and prohibited in gluten restricted diet?

Food Group	Food permitted	Food Prohibited
<p data-bbox="116 560 344 679">Bread, cakes, and biscuits</p> 	<p data-bbox="378 480 633 767">Bread made from corn flour, rice flour, and potato flour.</p> <p data-bbox="378 810 605 1262">Gluten free products specially manufactured (found in supermarkets).</p>	<p data-bbox="673 480 994 1430">All bread and bread products are made of wheat, rye, oats (unless gluten free), barley and bran for example: croissants, bagels, Arabic bread, chapatti, naan bread, crackers, pizza, pancakes, ice-cream cones, pastries.</p>



What is the Food permitted and prohibited in gluten restricted diet?

Food Group	Food permitted	Food Prohibited
<p data-bbox="128 491 322 691">Pasta, rice, and noodles</p> 	<p data-bbox="361 406 645 691">All types of fresh rice, rice noodles, gluten free pasta, corn pasta.</p>	<p data-bbox="694 406 1005 691">Any fresh, dried, or tinned pasta and noodles, processed rice.</p>
<p data-bbox="112 895 331 1094">Meat, fish, poultry, and legumes</p> 	<p data-bbox="361 895 664 1262">All fresh meat, fish and poultry, egg, canned fish (tuna). Dried beans (peas, lentil, and beans).</p>	<p data-bbox="694 895 981 1430">Some processed meat or products coated with breadcrumbs, fish fingers, chicken nugget, burgers, and hotdog.</p>


What is the Food permitted and prohibited in gluten restricted diet?

Food Group	Food permitted	Food Prohibited
<p data-bbox="154 571 309 691">Dairy products</p> 	<p data-bbox="378 403 673 938">Fresh milk, cream, condensed milk, soy milk, yogurt, goat milk, coconut milk, almond milk, powdered milk.</p>	<p data-bbox="703 403 991 691">Commercial chocolate milk, yogurt containing cereal.</p>
<p data-bbox="169 986 294 1023">Cheese</p> 	<p data-bbox="378 986 624 1023">Natural cheese.</p>	<p data-bbox="703 986 991 1023">Processed cheese.</p>

What is the Food permitted and prohibited in gluten restricted diet?

Food Group	Food permitted	Food Prohibited
<p data-bbox="157 560 351 683">Fruits and vegetables</p> 	<p data-bbox="426 480 698 683">Fresh, dried, or canned fruits/vegetables.</p>	<p data-bbox="731 480 975 847">Commercial chocolate milk, yogurt containing cereal.</p>
<p data-bbox="154 1011 357 1046">Fat and oils</p> 	<p data-bbox="426 1011 678 1378">Vegetable oil, olive oil, butter, margarines, nuts, peanut butter.</p>	<p data-bbox="731 1011 969 1299">Commercial salad dressings containing gluten.</p>

What is the Food permitted and prohibited in gluten restricted diet?

Food Group	Food permitted	Food Prohibited
<p>Soups, sauces, and seasonings</p> 	<p>Fresh salt and pepper, herbs, spices, vinegar, homemade fresh soaps, gluten free soups, sauces, and seasonings.</p>	<p>Packet soups, sauces, gravies, soy sauce, ketchups, mayonnaise, mustard sauce, steak sauce.</p>
<p>Drinks</p> 	<p>Tea, coffee, fresh juices.</p>	<p>Some milkshakes and sport drinks.</p>



**Remember to always read the
food label to avoid gluten in the
product.**

Sources and references:

- Academy of Nutrition and Dietetics (Nutrition Care Manual) , 2021-2022
- All illustration used are from Canva.com

Review and audit:

The content of this booklet was written and reviewed by clinical nutrition specialists at King Fahd University Hospital.

Clinical Nutrition Department
Health Awareness Unit
IAU-22-104



جامعة الإمام عبد الرحمن بن فيصل
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي
King Fahad Hospital The University