

Current Trends in the Food Industry: Gluten-Free Notes (Key)

Complete the sections with information from the slide presentation.

Gluten	<ul style="list-style-type: none">• A protein found in wheat, barley and rye and all foods made with these grains
Common Foods with Wheat	<ul style="list-style-type: none">• Beer, Bread, Cakes, Cereals, Cookies, Couscous, Crackers, Dressings, Flour Tortillas, Gravy, Muffins, Oats, Pasta, Pastries, Sauces
Foods also containing Gluten	<ul style="list-style-type: none">• Breadcrumbs, Bouillon cubes, Broth in soups, Candies (some), Croutons, Fried foods, Hot dogs (some), Imitation fish, Lunch meats (some), Malt, Matzo, Modified food starch, Salad dressings, Seasoned chips and other seasoned snack foods, Seasoned pasta mixes, Seasoned rice, Self-basting turkey, Soy sauce
Gluten-Free Foods	<ul style="list-style-type: none">• Beans, Dairy, Fruits, Nuts, Vegetables, Quinoa, Rice, Gluten-free versions of foods
Celiac Disease	<ul style="list-style-type: none">• Digestive disorder, Small intestine could be damaged, Abdominal pain, Nutrient loss
Symptoms - Children	<ul style="list-style-type: none">• Abdominal bloating and pain, Chronic diarrhea, Vomiting, Constipation, Pale, foul-smelling or fatty stool, Weight loss, Fatigue, Irritability and behavioral issues, Dental enamel defects of the permanent teeth, Delayed growth and puberty, Short stature, Failure to thrive, Attention Deficit Hyperactivity Disorder (ADHD)
Symptoms - Adults	<ul style="list-style-type: none">• Unexplained iron-deficiency anemia, Fatigue, Bone or joint pain, Arthritis, Bone loss or osteoporosis, Depression or anxiety
Gluten Intolerance	<ul style="list-style-type: none">• Also called Gluten Sensitivity, Experience same symptoms, Test negative for Celiac disease, Avoid food with gluten to ease symptoms
Treatment	<ul style="list-style-type: none">• Gluten-free diet, Visit with a dietitian, Avoid foods containing gluten