



GLUTEN INTOLERANCE FACTS

People with gluten sensitivities are unable to digest the protein gluten, which is found in wheat, rye and barley. The main cause of Gluten Intolerance is Celiac Disease, where ingesting gluten can set off an autoimmune response that causes damage to the small intestine. This damage hinders absorption of nutrients in the small intestine and can lead to malnutrition.

LIVE Well WITH GLUTEN INTOLERANCE



BE INFORMED.
 There is a lot of information available regarding Gluten Intolerance, Gluten allergies and Celiac Disease. Do your research and consult trusted and reputable sources to inform yourself. Signs and symptoms of gluten intolerance can vary greatly from person to person. Most people who have some difficulty with gluten often have general gastric complaints, which can range from poor immune function, IBS, abdominal pain to iron deficiency. Some, but not all specific symptoms are listed below. Keep in mind everyone is different and your symptoms may vary.

WEIGHT LOSS OR WEIGHT GAIN	DEPRESSION	IRRITABILITY (OR OTHER BEHAVIOURAL CHANGES)
LOW IRON LEVELS (OR OTHER NUTRITIONAL DEFICIENCIES DUE TO MAL ABSORPTION)	ECZEMA	IRREGULAR MENSTRUAL CYCLE
GASTRO-INTESTINAL PROBLEMS (BLOATING, PAIN, GAS, CONSTIPATION OR DIARRHEA)	HEADACHES	CRAMPS, TINGLING, NUMBNESS
ACHING JOINTS	EXHAUSTION	DECLINE IN DENTAL HEALTH

If you suspect that you may be affected, feel free to contact the Student Health Clinic (503-838-9486), or make an appointment with the University Registered dietitian.

GLUTEN FREE AT WOU

CAMPUS DINING OFFERS GLUTEN FREE SELECTIONS AT THE WERNER UNIVERSITY CENTER RESTAURANTS AS WELL AS IN THE VALSETZ DINING HALL. FOR DETAILED INFORMATION, SEE OUR GLUTEN FREE BROCHURE

CONSULT SARAH WEBER, RD, LD AT THE STUDENT HEALTH CENTER, 503-838-8313 OR 503-838-9486 FOR PERSONAL GUIDANCE AND MORE INFORMATION ABOUT LIVING WELL WITH GLUTEN INTOLERANCE.

TIPS ON EATING OUT

Remember to share with restaurant staff that you have an intolerance to gluten, being aware will allow them to take the necessary precautions on your behalf. In addition, consider the following tips:

1. Cross contamination is your biggest concern.
2. Avoid deep-fried foods due to cross contamination.
3. Blue Cheese and Soy Sauce always contain gluten. Check other dressings closely.
4. Avoid crispy items, they are usually breaded.
5. Check soup ingredients - many are thickened with flour.
6. Hold the croutons.
7. READ LABELS! Know other names/forms of wheat to avoid.