

2009 Selected Gluten-Free Resources for Dietitians

ADA Resources

DIGID-Dietitians in Gluten Intolerance Diseases

A sub-unit of the Medical Nutrition Practice Group
www.mnpgdpg.org

Evidence Analysis Library (EAL)

www.adaevidencelibrary.com

Celiac disease topic sponsored by the MNPG
www.adaevidencelibrary.com

Conclusion statements on oats, wheat starch, nutritional adequacy, bone density, iron deficiency anemia, villous atrophy, pregnancy outcomes, neurological outcomes, gastrointestinal outcomes, and quality of life

Published on the library in 2009: Evidence-based Nutrition Practice Guidelines for Celiac Disease

Journal of the American Dietetic Association

www.eatright.org

Type “gluten-free” in the search engine

On-Line Nutrition Care Manual

www.nutritioncaremanual.org

Pediatric Manual of Clinical Dietetics

www.eatright.org

Celiac Disease Nutrition Guide, 2nd Edition

Tricia Thompson, MS, RD

www.eatright.org

Delicious, Nutritious, and Gluten Free

Tricia Thompson, MS, RD & Marlisa Brown MS, RD

To be jointly published by ADA and Wiley in 2010

Celiac Education & Research Centers

Celiac Center at Beth Israel Deaconess Medical Center, Harvard Medical School

www.bidmc.harvard.edu/ceciaccenter

Dietitian: Melinda Dennis, MS, RD

Celiac Disease Center at Columbia University

www.celiacdiseasecenter.columbia.edu

Dietitian: Suzanne Simpson, RD

Celiac Disease Clinic at Mayo Clinic

www.mayoclinic.org/ceciac-disease

Dietitian: Jackie See, MS, RD

Kogan Celiac Center

www.saintbarnabas.com/SERVICES/ceciac/index.html

Dietitian: Margaret Weiss Masiello, RD

Maryland Center for Celiac Research

www.celiaccenter.org

Dietitian: Pamela Cureton, RD

University of Chicago Celiac Disease Program

www.celiacdisease.net

Dietitians : Elizabeth Wall MS, RD, LD, CNSD & Lara Field MS RD

Wm. K. Warren Medical Research Center for Celiac Disease, University of California, San Diego

<http://ceciaccenter.ucsd.edu>

Dietitian: Susan Algert, PhD, RD

Celiac Organizations

Celiac Disease Foundation

Studio City, CA
818-990-2534, www.celiac.org

Celiac Sprue Association

Omaha NE
402-558-0600, www.csaceliacs.org

Gluten Intolerance Group of NA

Seattle, WA
253-833-6655, www.gluten.net

Canadian Celiac Association

Mississauga, ON
www.celiac.ca

American Celiac Disease Alliance

www.americanceliac.org

National Foundation for Celiac Awareness

www.celiaccentral.org

Books/Guides

Acceptability of Foods and Food Ingredients for the Gluten-Free Diet Pocket Dictionary

Canadian Celiac Association
www.celiac.ca

Beyond Rice Cakes: A Young Person's Guide to Cooking, Eating & Living Gluten-Free

Vanessa Martin
www.celiaccentral.org

Celiac Disease: A Guide to Living with Gluten Intolerance

Sylvia Bower
www.barnesandnoble.com

Celiac Disease: A Hidden Epidemic

Peter Green, MD & Rory Jones
www.celiacdiseasecenter.columbia.edu

Cooking Free: 200+ Flavorful Recipes for People with Food Allergies and multiple Food Sensitivities

Carol Fenster, Ph.D.
www.savorypalate.com

Counting Gluten-Free Carbohydrates: A Guide for those with diabetes and celiac disease

Tricia Thompson, MS, RD and Suzanne Simpson, RD.
Will be available in 2010 free of charge from the following websites: www.glutenfreedietitian.com, www.celiacdiseasecenter.columbia.edu, www.csaceliacs.org

Gluten-Free Baking with The Culinary Institute of America: 150 Flavorful Recipes from the World's Premier Culinary College.

Richard J Coopedge Jr and George Chookazian
www.amazon.com

Gluten-Free Diet: A Comprehensive Resource Guide, Expanded Edition, 2008

Shelley Case, RD
www.glutenfreediet.ca

Gluten-Free Friends: An Activity Book For Kids

Nancy Patin-Falini, MS, RD
www.savorypalate.com

Gluten-Free Quick & Easy - From Prep to Plate without the Fuss: 200+ Recipes for People with Food Sensitivities

Carol Fenster PhD
www.savorypalate.com

Gluten-Free 101: Easy, Basic Dishes without Wheat,

Carol Fenster, Ph.D
www.savorypalate.com

Nearly Normal Cooking for Gluten-Free Eating

Jules E.D. Shepard
www.nearlynormalcooking.com

Real Life with Celiac Disease: Troubleshooting and Thriving Gluten Free

Published by the American Gastroenterological Association Press.
Coauthors and editors, Daniel Leffler, MD, MS and Melinda Dennis, MS, RD, LDN.
Available on www.gastro.org or www.amazon.com early next year and in bookstores by summer 2010

The Complete Idiot's Guide to Gluten-Free Eating

Eve Adamson and Tricia Thompson, MS, RD
www.glutenfreedietitian.com

Books/Guides Cont

The Gluten Free Kid: A Celiac Disease Survival Guide

Melissa London
www.woodbinehouse.com

The Gluten-Free Nutrition Guide

Tricia Thompson, MS, RD
www.glutenfreedietitian.com

The Gluten-Free Vegan: 150 Delicious Gluten-Free Animal-Free Recipes

Susan O'Brien
www.amazon.com

The Wheat-Free Cook: Gluten Free Recipes for Everyone

Jacqueline Mallora
www.amazon.com

The Ultimate Guide to Gluten-Free Living

Third Edition, 2009
Celiac Disease Center at Columbia University
www.celiacdiseasecenter.org
cb2280@columbia.edu or 212-342-4529

Wheat-Free Recipes & Menus: Delicious Dining without Wheat or Gluten

Carol Fenster, PhD
www.savorypalate.com

100 Best Gluten-Free Recipes

Carol Fenster, PhD available in 2010
www.savorypalate.com

1,000 Gluten-Free Recipes

Carol Fenster, PhD
www.savorypalate.com

Websites

Food Allergen Labeling and Consumer Protection Act of 2004

www.cfsan.fda.gov/~dms/algact.html

Food and Drug Administration's Proposed Rule Gluten-Free Labeling of Food

www.cfsan.fda.gov/~lrd/fr070123.html

National Institutes of Health Consensus Development Conference Statement on Celiac Disease

<http://consensus.nih.gov/2004/2004CeliacDisease118html.htm>

Celiac Disease Awareness Campaign National Institutes of Health

<http://celiac.nih.gov>

Children's Digestive Health and Nutrition Foundation

www.celiachealth.org

Steve Plogsted Pharm D Medication List

www.glutenfreedrugs.com

Celiac Disease: The Road to Diagnosis

<http://celiacstories.ca>

Canadian Celiac Association Resource Guide for Health Professionals

www.celiacguide.org

Zeer (gluten-free food information resource)

www.zeer.com

CSA Recognition Program

<http://www.csaceliacs.org/CSASealofRecognition.php>

Gluten Free Certification Organization

www.GFCO.org

Gluten Free Food Service Accreditation Program

www.GFFoodService.org

Gluten Free Restaurant Awareness Program

www.GlutenFreeRestaurants.org

Canadian Celiac Association handout *Hidden and Dangerous*

<http://www.celiac.ca/pdfs/Hidden&Dangerous.pdf>

Magazines

Gluten-Free Living Magazine

www.glutenfreeliving.com

Living Without Magazine

www.livingwithout.com

Gluten-Free Diet Series in Journal of Practical Gastroenterology

The entire series is available at:
www.healthsystem.virginia.edu/internet/digestive-health/nutrition/resources.cfm

Topics covered include:

- *The Gluten-Free Diet: An Updater for Health Professionals*
- *Whole Grains and the Gluten-Free Diet*
- *Gluten-Free Dining Out: Is it Safe?*
- *Heart Health and Celiac Disease*
- *Medications and Celiac Disease: Tips from a Pharmacist*
- *Kids and the Gluten-Free Diet*
- *Combining Diabetes and Gluten-Free Dietary Management Guidelines*
- *The Gluten-Free Diet: Can your Patient Afford It?*
- *The Gluten- Free Vegetarian*
- *Management of Dialysis Patients with Celiac Disease*

Guide to Selected Downloadable Patient/Client Education Materials

DIGID-Dietitians in Gluten Intolerance Diseases

www.mnpgdpg.org

- *Gluten Free High Fiber*
- *Eating Out*
- *Diabetes and Celiac Disease*
- *Glycemic index*

On-Line Nutrition Care Manual

www.nutritioncaremanual.org

- *Education resources updated yearly*

Gluten Intolerance Group

www.gluten.net

- *Quick Start Guide*
 - *Celiac Disease*
 - *Hospital Stays Made Safe*
 - *Easy to Find and Fix Foods*
 - *Students with Celiac Disease*
- This Site has many more handouts*

Children's Digestive Health and Nutrition Foundation

www.celiachealth.org

- *Gluten-Free Diet Guide for Families (English & Spanish)*

Celiac Disease Foundation

www.celiac.org

- *Quick Start Guide*

Schar

www.schar.com

- *Living with Celiac Disease*
- *Quick Guide to the Gluten Free Diet*
- *Retailer Quick Guide to the Gluten Free Diet –*
- *Retailer Simple rules to avoid cross contamination*
- *Celiac Disease - Learn all about it - a children's guide to celiac disease*
- *Gluten Free School packet: Sample letter to the teacher, School planning strategies, Avoiding the school cafeteria blues, Gluten free school meal guide, When children travel alone (camp, school trip, vacation issues)*

Canadian Celiac Association

www.celiac.ca

- *Gluten Free Eating (English & French)*

Canadian Celiac Association Resource Guide for Health Professionals

www.celiacguide.org

- *Go Gluten-Free*

American Celiac Disease Alliance

www.americanceeliac.org

- *FALCPA Fact Sheet*

Shelley Case

www.glutenfreediet.ca

- *Tips for Adding more Nutrition to the Diet*
- *New Horizons for Whole Grains and the Gluten -Free Diet*

Tricia Thompson, MS, RD

www.glutenfreedietitian.com

- *Allergen Advisory Labeling*
- *Celiac Disease versus Gluten Sensitivity*
- *Choosing Healthy Gluten-Free Grains*
- *Ensuring Your Food Is Gluten-Free*
- *Gluten in Personal Care Products*

This site has many more handouts