

Food Allergy Action Month

May 2017

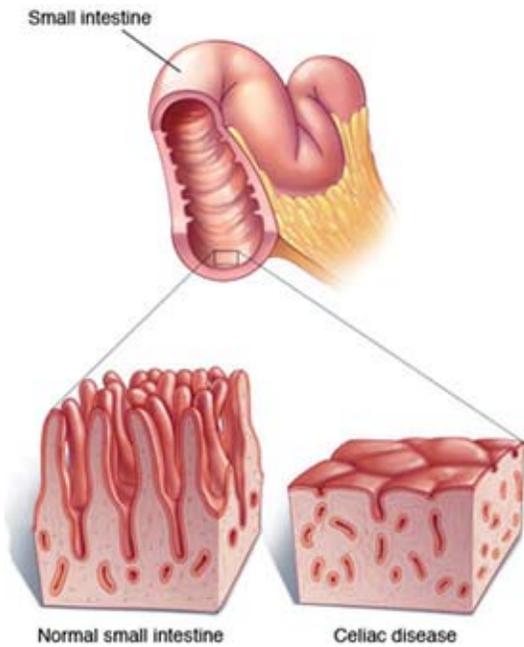
WHEAT ALLERGY, CELIAC DISEASE, AND NON-CELIAC GLUTEN/ WHEAT SENSITIVITIES

WHEAT ALLERGY

Wheat allergy is an immune reaction to one or more of the many proteins found in wheat. White blood cells send out immunoglobulin E (IgE) antibodies to “attack” the wheat protein when consumed. Children who are allergic to wheat may outgrow it, but adults usually have it for life.

Symptoms may include: itching, swelling, nausea, vomiting, trouble breathing, or anaphylaxis, a potentially life-threatening hypersensitivity (see Recognize & Respond to Anaphylaxis below). Symptoms typically occur within minutes to hours after exposure.

Did you know ? Children with a wheat allergy have a 20% increased risk of being allergic to another grain.



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CELIAC DISEASE

Celiac disease is an autoimmune disease in which there is a permanent intolerance to a specific protein found in wheat, barley, and rye called gluten. When people who have celiac disease consume gluten, their immune system responds by damaging the inner lining of the small intestine.

Approximately 1% of the US population, or 3 million people, have celiac disease.

Symptoms may include: diarrhea, bloating, gas, constipation, fatigue, brain fog, skin rash, and nutritional imbalances.



NON-CELIAC GLUTEN/ WHEAT SENSITIVITIES

Non-celiac gluten/wheat sensitivity is a term used to describe individuals who can't tolerate gluten but who don't have celiac disease. It is not completely understood yet how gluten triggers a reaction, but one theory is the proteins lead to increased intestinal permeability and ultimately inflammation in certain people.

Symptoms may include: all symptoms listed for celiac disease with an emphasis on brain fog, fatigue, and irritability.

GETTING TESTED

It is usually best to confirm a diagnosis through appropriate testing before starting a wheat-free or gluten-free diet.

Wheat Allergy: diagnosed by an allergist. Involves a blood test to detect specific IgE antibodies (RAST test) and/or skin-prick testing and a double-blind oral challenge using the allergen.

Celiac Disease: generally diagnosed by a gastroenterologist. Includes a blood screening followed by a small intestine biopsy, and reduction or elimination of symptoms when on a gluten-free diet.

Non-celiac gluten/wheat sensitivities: generally diagnosed by a gastroenterologist or primary care physician. Involves testing for and ruling out celiac disease, wheat allergy, and other disorders. If improvement is seen after eliminating gluten/wheat, gluten/wheat sensitivity may be diagnosed.

RECOGNIZE AND RESPOND TO ANAPHYLAXIS

Recognize these symptoms:

Lung: short of breath, wheezing, repetitive cough

Heart: pale, blue, faint, weak pulse, dizzy

Throat: tight, hoarse, trouble breathing/swallowing

Nose: itchy runny nose, sneezing

Mouth: swollen and itchy tongue, lips

Skin: hives, widespread redness and itching

Gut: repetitive vomiting, nausea, diarrhea

Other: feeling something bad is about to happen, anxiety, confusion

1 INJECT EPINEPHRINE IMMEDIATELY

2 Call 911
Request ambulance with epinephrine.

Consider Additional Meds

(After epinephrine):

- » Antihistamine
- » Inhaler (bronchodilator) if asthma

Positioning

Lay the person flat and raise legs. If breathing is difficult or they are vomiting, let them sit up or lie on their side.

Next Steps

- » If symptoms do not improve, or symptoms return, more doses of epinephrine can be given about 5 minutes or more after the last dose.
- » Transport to and remain in ER for at least 4 hours because symptoms may return.



GLUTEN-FREE VS WHEAT-FREE DIETS

Gluten-free diet ≠ Wheat-free diet

People with celiac disease or a non-celiac gluten/wheat sensitivity need to avoid gluten for life, while those with a wheat allergy need to avoid wheat. Gluten is a protein found in wheat, as well as barley, rye, and some oats.

A gluten-free diet excludes all wheat, barley, rye, and products not labeled gluten-free, while a wheat-free diet avoids wheat

FOODS TO ENJOY

- ♦ Fruits
- ♦ Vegetables
- ♦ Meat , poultry, eggs
- ♦ Fish and seafood
- ♦ Dairy
- ♦ Legumes (beans, lentils, peas)
- ♦ Nuts and seeds
- ♦ Fat and Oils
- ♦ Grains/Flours:
 - Amaranth
 - Arrowroot
 - Buckwheat
 - Corn
 - Millett
 - Oats (GF)*
 - Quinoa
 - Rice
 - Sorghum
 - Tapioca
 - Teff

Those following a wheat-free diet can enjoy:

- Barley
- Rye
- Regular oats

*Oats are often contaminated with gluten, therefore look for certified gluten-free oats

FOODS TO AVOID

- ♦ Wheat
 - ⇒ bran, bulgar, durum, emmer, einkorn, farina, farro, kamut, semolina, spelt, triticale, graham, couscous, orzo
- ♦ Barley (gluten-free diet)
- ♦ Rye (gluten-free diet)
- ♦ Malt
- ♦ Brewer's yeast
- ♦ Beer (unless explicitly gluten-free)
- ♦ Processed foods that are not labeled gluten-free and/or wheat-free



Look for Gluten-Free or Wheat-free alternatives to these foods or choose from Foods to Enjoy list.

NUTRITION TIPS

Whole wheat and enriched wheat products have many nutrients including carbohydrate, B-vitamins (thiamin, niacin, riboflavin, folic acid), iron, and fiber.

You will need to eat other foods or alternative grains such as buckwheat, millet, rice, corn, or oats to replace the nutrients that wheat provides.

- ◆ B-vitamins: Enriched rice, corn, or oat cereals.
- ◆ Iron: Instant grits, oatmeal, white rice, lentils, white beans, spinach, beef, soy milk, almonds.
- ◆ Fiber: Beans, pears, quinoa, baked potato with skin, berries, peas, apple, dates.



COOKING TIPS

To replace 1 Tbsp wheat flour as a thickener:

- ◆ 1.5 teaspoons cornstarch, potato flour, or rice starch
- ◆ 1 Tbsp brown or white rice flour
- ◆ 2 Tbsps quick cooking tapioca, tomato paste, or vegetable puree

To replace 1 cup wheat flour in a recipe:

- ◆ 1 cup Bob's Red Mill Gluten-free flour mix
- ◆ 3/4 cup + 2 Tbsps rice flour
- ◆ 1/2 cup potato starch + 1/2 cup soy flour
- ◆ 1 cup corn flour or fine corn meal



HOW TO READ A FOOD LABEL FOR ALLERGENS

Read product labels each time you purchase an item, even if you have purchased the item before. Ingredients may change at any time without notification.

Food manufacturers are required by law to label foods that contain any of the top eight food allergens (milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soy), and they must list them in plain language. They can do this in 1 of 2 ways:

Within the ingredients list:

INGREDIENTS: UNBLEACHED ENRICHED FLOUR **WHEAT** FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), SUGAR, SOYBEAN OIL, HIGH FRUCTOSE CORN SYRUP, PARTIALLY HYDROGENATED COTTONSEED OIL, WHEY (FROM **MILK**) **EGGS**, SALT, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), EMULSIFIERS (MONO- AND DIGLYCERIDES, **SOY** LECITHIN), ARTIFICIAL AND NATURAL FLAVOR.

Or listed separately:

CONTAINS: WHEAT, MILK, EGG, SOY.

Some food manufacturers *voluntarily* print advisory statements if there is a risk that a “safe” food came into cross-contact with a food allergen. The absence of an advisory statement does not necessarily mean there is no risk of cross-contact with the allergen. You may need to call the manufacturer for more information.

MANUFACTURED ON EQUIPMENT THAT PROCESSES PEANUT, MILK.

MAY CONTAIN: NUTS, WHEAT, SOY.

Note: non-food items (lotions, meds) are not required by law to label allergens.



For a Wheat-Free Diet

Avoid foods that contain wheat or any of these ingredients:

bread crumbs	<i>protein, instant,</i>	semolina
bulgur	<i>pastry, self-rising, soft</i>	spelt
cereal extract	<i>wheat, steel ground,</i>	sprouted wheat
club wheat	<i>stone ground, whole</i>	triticale
couscous	<i>wheat)</i>	vital wheat gluten
cracker meal	hydrolyzed wheat	wheat (<i>bran, durum,</i>
durum	protein	<i>germ, gluten, grass,</i>
einkorn	Kamut®	<i>malt, sprouts, starch)</i>
emmer	matzoh, matzoh meal	wheat bran hydrolysate
farina	<i>(also spelled as</i>	wheat germ oil
flour (<i>all purpose,</i>	<i>matzo, matzah, or</i>	wheat grass
<i>bread, cake, durum,</i>	<i>matza)</i>	wheat protein isolate
<i>enriched, graham,</i>	pasta	whole wheat berries
<i>high gluten, high</i>	seitan	

Wheat is sometimes found in the following:

glucose syrup	soy sauce	surimi
oats	starch (<i>gelatinized</i>	
	<i>starch, modified</i>	
	<i>starch, modified food</i>	
	<i>starch, vegetable</i>	
	<i>starch)</i>	

Please visit www.foodallergy.org for additional “ingredients to avoid” lists for the other top 8 allergens.

For additional resources, visit:

www.gluten.org

www.foodallergy.org

acaai.org/allergies

www.kidswithfoodallergies.org



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