What Does Gluten Free Mean?

Posted On Apr 02, Posted by Sam Chae Category Uncategorized

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Celiac Disease

According to a recent study done at the University of Maryland Center for Celiac Research , 1 in 133 Americans suffer from a gluten intolerance known as celiac disease. Celiac is a genetic disease that causes an abnormal immune system reaction in the small intestines. Due to damage to the walls of the small intestines, celiacs may suffer from malnourishment or vitamin deficiency. The only treatment for celiac disease is a permanent gluten-free diet. Celiacs must also find alternate sources for the thiamine, niacin, riboflavin and other vitamins normally consumed with wheat products.

Gluten Free Lifestyle

We take the ability to eat bread, cake and pizza for granted. But celiacs must be very careful in their dietary choices. Gluten can be found in breads, pastas, cookies, cakes, soups, sauces, salad dressings, beer, processed meats and other foods. Gluten can also be found hidden in lipstick, lip balm, toothpaste and medication.

Celiacs may be exposed to gluten through cross-contamination. Cross-contamination can occur when a factory makes gluten and non-gluten foods together. Or it can also occur in the kitchen through cookware. Gluten from wheat pasta is sticky and difficult to wash off.

GF Certification, Labeling and Proposed FDA Regulations

Facing the Challenge

Although there is no cure for celiac disease, there is hope for celiac sufferers. With strict adherence to a gluten-free diet, damage done to the small intestine is repaired. There are many support groups. The Internet is full of resources. The FDA's new labeling standards mean greater understanding of food allergies and the problems faced by celiacs.

Spicely® Organic Spices are certified gluten free by the Gluten Free Certification Organization, the world's largest independent gluten free certifying agency. Spicely spices are generally well-tolerated by celiacs and those with food allergies. Consult a physician about your diet.

Tags: sugar , spice , organic , home , gluten , gluten free