

EATING 101

RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health



Ghosting Gluten? Guess Again.

Recently, many college students in the United States have made the decision to follow a gluten-free diet. Is this diet a matter of medical necessity or just another glorified dietary fad? Before you bypass your beloved breakfast bagels, get the facts on going gluten-free.

WHAT is gluten?

Gluten is a protein found in wheat, rye and barley. It can be found in all products using these grains, and sometimes in products containing oats.

Individuals diagnosed with Celiac Disease are unable to eat gluten. If someone with this autoimmune disease consumes gluten, it triggers an immune response. The resulting damage and inflammation can inhibit the absorption of essential nutrients.

WHO should

avoid gluten?

WHY is the gluten-free diet so crucial for individuals with Celiac Disease?

There is only one known treatment for Celiac Disease: a gluten-free diet. If gluten is not avoided, the severity of the disease increases. Symptoms of Celiac Disease include abdominal cramping, gas, bloating of the stomach, diarrhea, constipation, anemia and weight loss. For otherwise healthy individuals not diagnosed with Celiac Disease, avoiding gluten is not generally recommended. In fact, going gluten-free can reduce your intake of beneficial vitamins, minerals, and fiber found in whole grains.

Awareness regarding the prevalence of Celiac Disease has risen. Currently, approximately 1% of the US population has been diagnosed with Celiac Disease.

HOW many people have Celiac Disease?

WHERE can you go to learn about finding gluten-free options in the Rutgers University Dining Halls?

Rutgers Dining Services has a system in place to meet the medical nutritional needs of students with all types of special dietary requirements. Contact the Rutgers Dining Services Dietitian, Marina Vineis at mvineis@dining.rutgers.edu to create a nutrition plan that works for you.

G(r)ain Some Gluten Knowledge

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