



MANAGING CELIAC DISEASE OR GLUTEN INTOLERANCE

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What is Gluten?

Gluten is the general name for one of the proteins found in wheat, barley, and rye. Gluten-containing foods can be part of a healthful, balanced diet; however, some people may suffer from conditions that require elimination of gluten from the diet.

There are three common medical conditions associated with gluten that susceptible individuals may encounter— celiac disease, gluten sensitivity, and gluten intolerance. These conditions are commonly used to describe individuals with adverse physiological conditions related to gluten. It is harmful for someone with celiac disease to eat foods that contain gluten; however, a gluten-free diet is harmful to individuals that do not suffer from one of these conditions.

What is Celiac Disease?

Celiac disease affects 1 out of every 133 people in the United States. In people with a genetic susceptibility, celiac disease results from eating gluten, which triggers an immune response to attack the lining of the small intestine. The process may also damage other areas of the body. Damage to the small intestine interferes with absorption of nutrients and increases the risk for diseases like bone disease, anemia and intestinal cancer. Right now, the only effective treatment for celiac disease is a lifelong, gluten-free diet.

What is Gluten Sensitivity?

Non-celiac gluten sensitivity is used to describe people with non-specific symptoms such as nausea, abdominal cramps, or diarrhea after eating gluten. Gluten sensitivity involves an immune reaction to gluten. However, unlike celiac disease, that reaction does not involve the production of damaging antibodies that cause intestinal damage.

What is Gluten Intolerance?

Gluten intolerance is commonly used to describe individuals who have symptoms after eating gluten, and who may or may not have celiac disease. Similar to gluten sensitivity, these symptoms may include nausea, abdominal cramps, or diarrhea.



How can WKU Restaurant Group help?

Contact our dietitian to gain a better understanding of what foods to eat, what foods to avoid, and how to optimize diets.

All resident students with serious questions are encouraged to speak with a manager or the executive chef in Fresh Food Company. All are familiar with food preparation, handling techniques, ingredients of all items served, and dining at WKU.



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Who else can help?

For more assistance, contact the Student Accessibility Resource Center (SARC) to coordinate services and accommodations for students with documented disabilities. This could include reviewing disability documentation, meeting with students to determine appropriate accommodations, and partnering with other areas on campus to implement these accommodations.



Student Accessibility Resource Center
Downing Student Union 1074
E: sarc.connect@wku.edu
P: (270)745-3030

Even More Resources

American Academy of Allergy, Asthma, and Immunology
www.aaaai.org

Academy of Nutrition and Dietetics
www.eatright.org

Gluten Intolerance Group
www.gluten.net

WKU Dietitian
www.wku.edu/wholesomewku

QUICK TIP:

Gluten-free diets are typically low in fiber. To boost your dietary fiber, eat plenty of the following foods:

Vegetables	Buckwheat
Fruits	Garbanzo Beans
Nuts	Edamame
Seeds	Lentils
Brown Rice	Kidney Beans
Wild Rice	Amaranth
Oats	

MADE WITHOUT GLUTEN FOODS AT WKU



- Beef or Vegan Burger
- Gluten-Free Bun on request



- Corn tortillas and corn chips
- Beef, Chicken, and Rice fixings
- Special assembly upon request to avoid cross-contamination



- Salads with no croutons or pita points
- Grilled Chicken Tenders
- Fresh Seasonal Fruit
- Hummus and Veggie Plate
(substitute more veggies for pita bread)
- Hilltopper Scrambler without toast
- Big Red Veggie Omelet without toast
- Double Play Omelet without toast
- Coleslaw
- Cottage Cheese



- Fresh Fruit Cup
- Caesar salad without croutons
- Garden Salad without croutons
- Mediterranean Salad without pita wedges
- Kale Slaw
- Legume of the Day



- Different menu everyday--ask the staff or manager if foods are gluten-free
- Ask for the recipe if necessary



- Everything is gluten-free except for tortillas
- All smoothies, boosters, and white rice seasonings
- Meals can be prepared in the morning, before the wraps are out, to avoid risk of cross-contamination



- Breads: bread, hamburger buns, wraps, and corn tortillas
- Pizza crust: Gluten-free crust upon order
- Grains: brown rice, quinoa
- Pasta: Rotini
- Soups: All made with a gluten-free base
- Cereal: Chex, rice crispies
- Fried Chicken: made with rice flour
- Toast: Specific toaster for gluten-free bread
- Beans: available daily
- Salad Bar: croutons and nuts are separated from salad bar
- Dressings: Ken's dressings are mostly gluten-free, use vinegar and oil to be safe
- Fruit: always available