

Gluten-free Diet for People with Celiac Disease

Source of wheat gluten:

The protein fraction of gluten that affects Celiac Disease, is found in wheat, rye, barley and oats. Individuals who have wheat allergies or have a variety of malabsorption disorders avoid the gluten in wheat products and these other grains. Most foods made with these grains, such as bread, pasta, and cereals, must be avoided. Many foods contain these grains as a hidden ingredient, so it is necessary to read labels to know if a food is free of the offending glutens.

What people need to know:

The gluten-free diet has a greater impact on the Maintenance and Healthy Solutions[®] diet than the all-shake diet. HMR[®] Entrees and Shakes are not made in gluten-free environments. Individuals who are extremely sensitive to gluten should be aware that the potential for cross-contamination exists in the four HMR Entrees whose ingredients do not contain gluten.

HMR product restrictions:

The following products should **not** be used:

- HMR 500 Chicken Soup (wheat gluten in the flavoring)
- Lasagna with Meat Sauce (pasta)
- Mexican-Style Bean and Beef Enchilada with Sauce (tortilla)
- Vegetable Stew with Beef (wheat gluten in the flavoring)
- Chicken Pasta Parmesan (wheat pasta)
- Five-Bean Casserole (contains wheat maltodextrin)
- Mushroom Risotto (wheat gluten)
- Cheese and Basil Ravioli with Tomato Sauce (pasta)
- Peanut Butter BeneFit[®] Bar (wheat germ)
- Chocolate Chocolate BeneFit Bar (wheat starch)
- Honey Graham BeneFit Bar (oat bran)
- Blueberry BeneFit Bar (barley malt extract)
- HMR Multigrain Hot Cereal
- Beef Pot Roast with Vegetables and Gravy (wheat flour)
- Beef Stroganoff with Noodles (wheat noodles)
- Pasta Fagioli (wheat pasta)

The following products may be used without restrictions*:

- HMR 500, 800, 70 Plus, or 120 Shakes
- HMR Vitamin Tablets
- Chicken with Barbeque Sauce with Rice and Beans (contains corn starch)
- Chicken Creole (has corn gluten, corn starch)
- Turkey Chili with Beans
- Savory Chicken

*** These HMR meal replacements are all made without wheat gluten, but are not manufactured in a gluten-free facility.**

Background Information:

Gluten is the general name for specific storage proteins (prolamins) present in wheat, barley and rye. These prolamins are not present in corn or rice glutens. Oats are often cross-contaminated with wheat during storage, and are therefore also restricted.

People who have the medical condition known as Celiac Sprue, or Celiac Disease, cannot tolerate gluten. Even small amounts of gluten can cause bloating, gas, and diarrhea due to malabsorption. This condition is not as rare as originally thought and a gluten-free diet is the only effective treatment for this complicated disorder.

Eliminating foods from the diet that contain select gluten controls this chronic condition.