



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

May is Celiac Disease Awareness Month!

What is Celiac Disease?

- It's an immune system reaction triggered by gluten (a protein found in wheat, barley, and rye grains).
- Gluten causes digestive problems and damages the lining of the small intestine (where most nutrients are absorbed).
- Currently, there are no medications to treat it, so a Gluten Free diet is the only way to manage it.
- Intestinal lining damage causes vitamin and mineral deficiencies, anemia, infertility, weak and brittle bones, and other serious health conditions.

In recent years, Gluten Free products have become easier to find in grocery stores. More products are labeled with "Gluten Free" or "Free from Gluten" on the package. Some stores also have Gluten Free symbols on shelf tags to help find items quickly.

The food industry does **NOT** require products to be identified as Gluten Free, so it's important to scan the ingredients list for wheat, barley or rye listed. Also, look for package statements that indicate it was manufactured in a facility where foods containing wheat, barley or rye may have been processed, since cross-contamination is a concern.

Learn about hidden sources of gluten in other products

by reviewing <http://eatrightforlifeonline.com/home/where-does-gluten-hide/>.

Celiac.org has a variety of recipes and feature many gluten-free ingredients and brands. Try this spin on Shrimp Cocktail from Dole.

Tropical Fruit Shrimp Cocktail

Ingredients:

- 1 Tbsp. olive oil
- 24 jumbo shrimp, peeled & deveined, with tails on
- Salt and pepper (to taste)
- 1/3 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1/2 cup pine nuts, toasted
- 1 can (15.25 oz.) **Dole Tropical Fruit**, drained



Directions:

1. Heat olive oil in large skillet over medium heat. Season shrimp with salt and pepper. Sauté shrimp until pink, about 5-7 minutes.
2. Combine cooked shrimp, onion, cilantro, and tropical fruit in a large bowl. Toss to incorporate ingredients.