

Digestive Disorders- Celiac Disease/ Gluten Intolerance

1) Define the term celiac disease.

Celiac disease is an immune reaction to eating gluten, a protein found in wheat, barley, and rye.

2) Define the term gluten intolerance.

Gluten intolerance is similar to Celiac disease but it is a different issue with different long term effects.

3) What is the main difference between the two (celiac disease and gluten intolerance)?

if a person is gluten intolerant, the consumption of gluten will cause short -term bloating and belly pain.

Unlike celiac disease, gluten intolerance doesn't usually cause long-term harm to the body.

4) List 4 symptoms of celiac disease.

Four symptoms of C eliac disease would be diarrhea, bloating, gas, and fatigue.

5) What foods should a person with celiac disease avoid eating?

They should avoid eating foods such as wheat, spelt, Rye, and Barley.

6) What are the four grains that have gluten in them?

The four grains are spelt, khorasan wheat, faro and Durum

7) What are treatment options for someone with celiac disease?

Currently the only treatment for celiac disease is a gluten free diet.

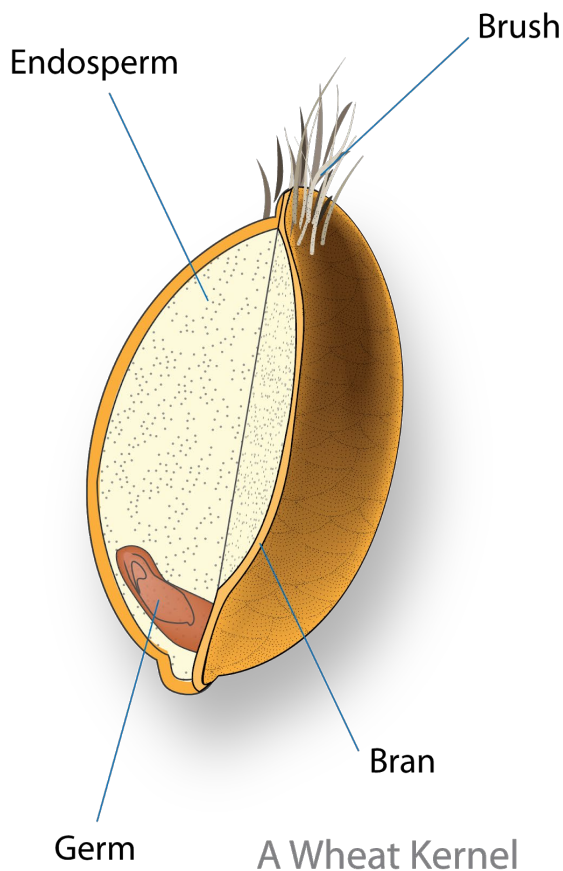
8) How does a person develop this food related disorder?

This disorder can be developed due to genetics or even due to your environment.

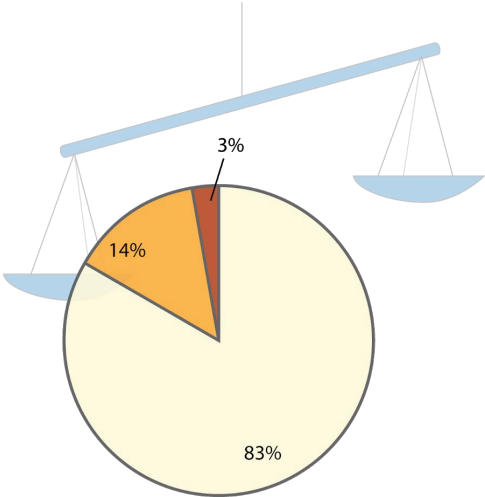
9) Can a person be cured of celiac disease?

There is currently no cure for Celiac Disease




10) Find a picture of a kernel of wheat that outlines all the parts of the kernel.



A Wheat Kernel



Composition by weight

	Carb./g	Protein/g	Fat/g	Fiber/g	Iron (% daily req.)	Others
 Bran	63	16	3	43	59	vitamin Bs
 Endosperm	79	7	0	4	7	
 Germ	52	23	10	14	35	vitamin Bs omega-3/6 lipids

Nutritional Value (per 100g)