

# Gluten-Free Diets: Are You Prepared?

*Donna Manning DTR, Senior consultant with Maun-Lemke, LLC, is ready to put her extensive dietary expertise to work for you in helping to ensure your organization is fully prepared to serve customers who require Gluten-Free lifestyles.*

*As you may be aware, recent studies have found that Celiac Sprue (also known as Celiac Disease) is arguably the most common autoimmune disorder, estimated to affect 1 out of every 133 Americans, and yet it remains highly undiagnosed/ misdiagnosed. The only treatment currently available for those affected is the total elimination of wheat, rye and barley (and cross-contaminated oats) from ingestion/ contact.*

*Unfortunately, as many people are discovering, these ingredients are found in an overwhelming number of sources (not only in food items) we come in routine contact with everyday. As such, gluten avoidance relies heavily on self-education as well as the education/ awareness of others. Even very small exposures can result in problematic symptoms and can possibly contribute to additional health complications.*



Are you prepared?



Quality healthcare facilities are expected to effectively manage complex patients, some requiring a gluten-free diet. Are you prepared to handle these cases at a moment's notice? Do you understand what gluten-free is? In addition to celiac disease, non-celiac gluten intolerance is now being recognized and some people are choosing a wheat-free diet as a lifestyle choice. ***The growing prevalence of celiac disease has increased the need for all facilities to be able to competently manage residents who require this special diet.***



Successfully managing gluten-free diets, like other food allergies, depends on **facility-wide awareness**. Ingredient labels must be scrutinized, dishes must be prepared and plated separately to avoid cross-contamination, and patients must be assured that the meals being served to them are safe. Participants at this session will receive resource information on foods that contain gluten and an educational handout for training their teams.

## Get Educated!

- ✓ Learn which foods and medications to flag as possibly containing gluten
- ✓ Learn techniques to prevent cross contamination while preparing meals
- ✓ Learn symptoms and signs of gluten intolerance
- ✓ Develop and implement facility policy and procedures on gluten-free diets

**Review Donna Manning's Biography and References at <http://www.maunlemke.com> or call Kathy Cain or Chad Maun at (800) 356-2233 for more information**



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