

## Athlete's Plate for Gluten Free Diet

### What is Gluten?

- Gluten is a protein found in wheat, rye and barley
- Helps to give baked goods their structure
- Popular belief that gluten free diet is healthier



### What is celiac disease and why does it require a gluten free diet?

- Celiac disease is an auto-immune disorder
- Gluten damages the intestinal lining and causes malabsorption of nutrients
- Treatment is a gluten free diet (no wheat, rye, or barley)

### Are there other reasons to try a gluten free diet?

- Some people associate gastrointestinal discomfort with eating gluten – non-celiac gluten sensitivity (no specific way to diagnose this yet)
- Some athletes link avoiding gluten with improved performance – no research to support this so far

### What foods are gluten free?

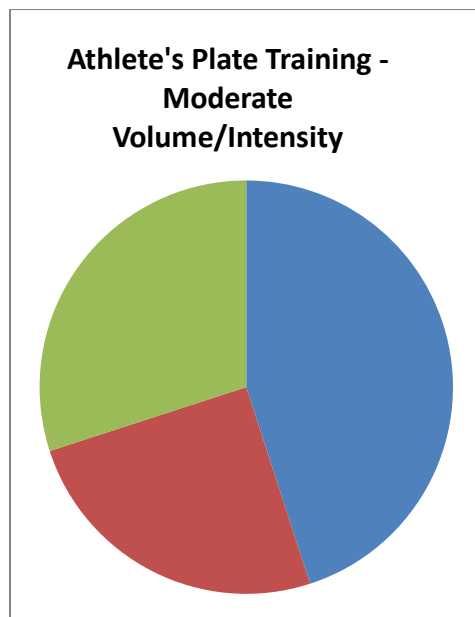
- Vegetables
- Fruits
- Dairy products
- Meats, poultry, fish
- Rice, corn, quinoa, gluten free oats
- Potatoes, sweet potatoes
- Nuts, seeds and legumes

- Gluten free foods made with alternate ingredients (gluten free breads, crackers, pastas)



## Is a gluten free diet nutritionally adequate?

- Generally OK as long as a variety of foods is included
- Can be low in fiber
- Gluten free grains not enriched, so may be low in B-vitamins and iron



Green = Grains or Starch  
Blue = Fruits and Vegetables  
Red = Protein

### Sample Menu:

Corn Tortilla w/grilled chicken,  
veggies, avocado, shredded cheese &  
salsa

Vegetable Soup (no pasta) w/rice  
crackers

Apple

Milk