

# impact



THE UNIVERSITY OF CHICAGO  
**CELIAC**  
DISEASE CENTER

IMPROVING LIVES THROUGH AWARENESS,  
EDUCATION, AND RESEARCH

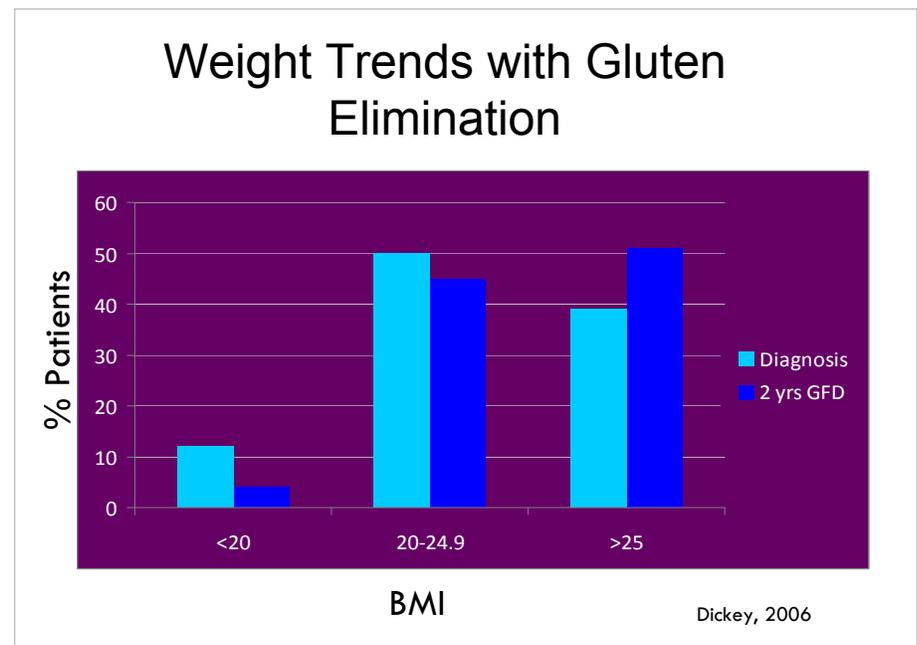
## The Problem of Weight Gain in Adults with Celiac Disease

Elizabeth Wall, MS, RD, CNSD, LDN The University of Chicago Celiac Disease Center

While weight loss can be a symptom of celiac disease, weight gain is common in patients who are compliant with the gluten-free diet. A

recent study from Northern Ireland (1) followed the weights of 188 patients on strict gluten-free diets for two years. Eighty-one percent of those patients experienced weight gain, 4% of patients maintained weight, and 15% lost weight during the study. These findings are similar to results from other European studies.

The physiologic mechanism for the weight gain is unknown. One explanation is that when the small intestine heals in response to a gluten-free diet, nutrients are absorbed more normally, and therefore dietary carbohydrates, proteins, and fats are contributing calories to the body. In addition, many gluten-free substitutes for wheat-based foods contain higher amounts of fats and sugars than their gluten versions, so the calorie count is higher to begin with. Finally, adults with malabsorption from active celiac disease often become accustomed to eating large portions of food without gaining weight. Once the disease is treated and nutrient absorption improves, it can be difficult for adults to modify their eating habits and reduce the quantity of food consumed in order to



maintain a healthy weight..

The treatment for weight gain in people with celiac disease is the same for other overweight populations: Create a calorie deficit. People with weight control problems must reduce calorie intake and expend more energy through physical activity. Lifestyle changes that include a balanced diet and regular physical activity will facilitate weight control. The website [www.MyPyramid.gov](http://www.MyPyramid.gov) can provide basic guidelines for the appropriate

number of portions from each food group that a person should consume each day. Following the MyPyramid guidelines will help balance the diet to optimize nutrient intake. Foods with empty calories such as juices, soda pop, candy, and snack foods should be limited or avoided all together if weight loss is desired. Again, many gluten-free products contain more calories and fat per serving than gluten-containing foods. Many also have a dense texture which results in smaller sized portions

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The University of Chicago Celiac Disease Center is dedicated to raising awareness rates and meeting the needs of people affected by celiac disease nationwide through education, research and advocacy.

The contents of this newsletter are not intended to diagnose or recommend treatment for celiac disease. Please consult your healthcare provider with questions about your condition.

For more information about the University of Chicago Celiac Disease Center, please contact our office:

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compared to wheat-based foods. When using a gluten-free substitute product, for example gluten-free bread, always read product labels for serving size information. Nutritious foods such as fruits and vegetables are naturally gluten-free and can be eaten as snacks and desserts. Water is a great choice for a between meal beverage.

Regular exercise is essential with respect to maintaining good health. The current recommendation from the American College of Sports Medicine (2) is for adults to participate in physical activity for 30 minutes most days of the week. This means exercising 30 minutes, at least five days a week. People do not have to train for a marathon, but rather find an enjoyable activity and try to do it most days of the week. People who don't have the time or endurance to exercise in one 30-minute block of time can start with two 15-minute blocks, or three 10-minute bursts of activity. A good goal is to increase exercise sessions to 30 – 40 minutes at a time. Examples of physical activity include household chores, gardening, walking, riding a bike, swimming, and/or resistance training.

Changing eating and lifestyle habits can be difficult for adults. People who have trouble modifying their diets to control weight may benefit from a visit with a registered dietitian. A dietitian can help design a healthy eating pattern and teach portion control while



maintaining the gluten-free diet. Many Americans struggle with weight control – it is not easy, but it is essential to maintain health and an active life.

1. Dickey, W. and Kearney, N. Overweight in celiac disease: Prevalence, clinical characteristics, and effect of a gluten-free diet. *Am J Gastroenterol* 2006;101:2356 – 2359.
2. [www.acsm.org/AM/Template.cfm?Section=Home\\_Page&TEMPLATE=/CM/HTMLDisplay.cfm&CONTENTID=7764](http://www.acsm.org/AM/Template.cfm?Section=Home_Page&TEMPLATE=/CM/HTMLDisplay.cfm&CONTENTID=7764)

## THIRD ANNUAL PRECEPTORSHIP PROGRAM COMING UP

Attention, doctors, nurse practitioners and dietitians: If you see patients with celiac disease, or you suspect you do and you want to learn more about it, you can apply to the University of Chicago Celiac Disease Center's Third Annual Preceptorship Program, which will take place on December 4 and 5, 2008. This two-day program is a once-in-a-lifetime opportunity to learn about celiac disease and its many manifestations firsthand from the experts at The University of Chicago Medical Center. You will attend seminars and lectures as well as shadow our experts with patients and present cases of your own during the two-day period. The Program includes a formal dinner on December 4<sup>th</sup> with a Keynote address from the director of our research center, Dr. Bana Jabri.

To apply for the Preceptorship Program, please visit our website, <http://www.celiacdisease.net/>, and download the application. If you are selected to attend, your transportation and lodging expenses will be covered by the University of Chicago Celiac Disease Center.



A sellout crowd raises record funds for the Celiac Center.



## Spring Flours Annual Benefit a Major Success!

The University of Chicago Celiac Disease Center held its annual fundraising benefit on April 16. This year, the theme of the event was Spring Flours. The event was like none other in the past. It took place in the evening, at Chicago's University Club, and showcased 18 wonderful restaurants and chefs from the Chicago area and as far away as Los Angeles. The restaurants and chefs featured were:

### *Adobo Grill*

**[www.adobogrill.com](http://www.adobogrill.com)**

CHEF: GABY ARRIGIA

Tasting selections served: Guacamole with jicama chips, quesadillas with grilled zucchini, tomato, cheese, tomatillo guacamole

### *Anthony's Italian Chophouse Doubletree Chicago Oakbrook*

**[www.doubletreeoakbrook-px.rtrk.com/dining.htm](http://www.doubletreeoakbrook-px.rtrk.com/dining.htm)**

CHEF: AARON FLORES

Tasting selections served: pear & walnut salad, seafood risotto

### *The Balanced Kitchen*

**[www.gfreev.com/balancedkitchen.html](http://www.gfreev.com/balancedkitchen.html)**

EXECUTIVECHEF: ZACHARY J. BELLO, PASTRY CHEF: ELIZABETH B. ALPER

Tasting selections: Cashew nut cheese with vegetable/flax seed crackers, organic-vegan-gluten free pizza with tofu pistachio nut cheese, tomato sauce and seasonal vegetables, mini lemon tarts

### *Ben Pao Chinese Restaurant*

**[www.benpao.com](http://www.benpao.com)**

CHEF: JIM HOVEKE

Tasting selections: Thai beef salad, Bon Bon chicken salad on sesame rice cracker

### *Café Ba Ba Reebe & Mon Ami Gabi*

**[www.cafebabareeba.com](http://www.cafebabareeba.com), [www.monamigabi.com](http://www.monamigabi.com)**

CHEF: MICHAEL BRIAND

Tasting selections: Almond carrot financier cake, vanilla cremeux-carrot pate de fruit, chocolat Lollipop

### *City Park Grill*

**[www.thecityparkgrill.com](http://www.thecityparkgrill.com)**

CHEF: ARNIE KRAUSE

Tasting selections: Tilapia with sautéed Portobello mushroom and fresh spinach and plum tomatoes

### *Da Luciano's*

**[www.dalucianos.com](http://www.dalucianos.com)**

CHEF: LUCIANO LIBRERI

Tasting selections: Lasagna with tomato sauce, panini and cannoli

### *Deerfield Bakery*

**[www.DeerfieldsGlutenFree.com](http://www.DeerfieldsGlutenFree.com)**

CHEF: LISA ALBERTSON

Tasting selections: Three varieties of packaged gluten free cookies: chips: various combinations of chips, nuts and/or dried fruit; sugar, lemon, ginger and cinnamon Buttons, and Dreams: a brownie in every bit, in five varieties. Gluten-free coffeecakes include sour cream pecan and blueberry cream cheese baked in its own charming paper mold

### *Fleming's Prime Steakhouse & Wine Bar*

**[www.flemingssteakhouse.com](http://www.flemingssteakhouse.com)**

CHEF: PATRICK QUAKENBUSH

Tasting selections: Panzu marinated ahi tuna with wasabi cream in a cucumber cup, asparagus & boursin stuffed tenderloin

### *Glutenfree & Fabulous*

**[www.glutenfreefabulous.com](http://www.glutenfreefabulous.com)**

CHEF: SHARI COLE

Tasting selections: mac & Cheese with Italian sausage and broccoli made with quinoa pasta; marinara with quinoa pasta bolognese style; brownie bites

### *Marcello's*

**[www.marcellos.com](http://www.marcellos.com)**

CHEF: FLACO

Tasting selections: Extra thin & crispy gluten free gourmet Pizza with assorted ingredients: cheese & plum tomato with basil olive oil, cheese & pepperoni,, mushroom & green pepper

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*PF Chang's*

[www.pfchangs.com](http://www.pfchangs.com)

CHEF: HENRY KHOU

Tasting selections: Chicken lettuce wraps, Chang's Chicken, Singapore Street Noodles, Cantonese shrimp or scallops, white and brown rice

*Roh & Jo's*

[www.glutenfreesweets.com](http://www.glutenfreesweets.com)

CHEF: ROHANNA DOYLIDA

Tasting selections: appetizer & dessert tarts, assorted mini cupcakes, brownie bites, assorted biscotti

*Rose's Wheat Free Bakery & Cafe*

[www.rosesbakery.com](http://www.rosesbakery.com)

CHEF: ROSEMARIE O'CARROLL

Tasting selections: Pizza, chicken salad bite-sized sandwiches, assorted sweets

*Swirlz Cupcakes*

[www.swirlzcupcakes.com](http://www.swirlzcupcakes.com)

CHEF: JEREMY SHER

Tasting selections: Assorted flavors of mini gluten-free cupcakes

*Vinci*

[www.vincichicago.com](http://www.vincichicago.com)

CHEF: INO CRUZ

Tasting selections: Rice ziti with veal tomato ragu parmigiano

*Whole Foods presents Rise & Shine Desserts*

[www.WholeFoods.com](http://www.WholeFoods.com), [www.riseandshinedesserts.com](http://www.riseandshinedesserts.com)

CHEF: SUNSHINEBEST

Tasting selections: Blue mountain chocolate cake (gluten free & vegan), arrowroot sponge cake with fruit sauce & vegan whipped cream chocolate chip cookies

*Wildfire-Oakbrook*

[www.wildfirerestaurant.com](http://www.wildfirerestaurant.com)

CHEF: LARRY DONAHUE & JARED CLARKE

Tasting selections: Wildfire Chopped Salad, Beef Rumaki, sugar cane shrimp skewer

*The University Club*

CHEF: MARK BAKER

Tasting selections: beef skewers with peanut dipping sauce, prosciutto wrapped asparagus, smoked salmon canape on rice paper, vegetarian California roll

The food ranged from tuna tartar to pizza to cupcakes, all gluten-free, of course. Each chef had a station, and guests walked around, sampling whatever struck their fancy. To wash down their food, guests could enjoy three different types of gluten-free beer, Bard's Tale Beer, Shakparo Ale from Sprecher's Brewery and Budweiser's Red Bridge. When diners needed a break from the delicious repast, they browsed the silent auction and raffle tables.

The evening ended with a record-breaking live auction, featuring incredible opportunities such as a one-week vacation at an exclusive private home in Mexico, a trip to Disney World, and a very special dinner with our own Dr. Guandalini and his wife. In the spirit of the evening, 24 guests raised their hands to donate thousands of dollars to fund a database of celiac patients to further celiac research at the University of Chicago.

**Some of our generous auction donors were:**

Ames Silversmithing

Chicago Bears

Chicago Blackhawks

Chicago Cubs

Disney World

Fitness 19

Power Plate Institute

Classic Image Photography

Ex Floreus

Gluten-Free Passport

Highland Park Furs

McCormick Tribune

Bridgehouse

Michael's Restaurant

Mid-Life Crisis

Mon Ami Gabi and

Café Ba Ba Reeba

The Gluten-Free Expo

Wildfire-Oakbrook, IL

Portraits by Sayles

The Ritz-Carlton Hotel

Ross Discount

Special Eats

Sunset Foods

Swirlz Cupcakes

Unitress Hair Salon



We thank everyone who donated and attended the event, and would like to extend a special thanks to our sponsors for the evening. They include:

Alvine Pharmaceuticals

Bards Tale Beer

The Chicago Dietetic Association

Enjoy Life Foods

The Frances E. Streit Foundation

Marcello's Father & Son Pizza

Mary's Gone Crackers

Rice Works

Sprecher Brewery

Whole Foods

William Blair & Company



*William Blair & Company*

## Care Package Program Continues to Expand

The University of Chicago Celiac Disease Center's Care Package Program is expanding rapidly, as doctors all over the country recognize and test more for celiac disease. We send dozens of packages each week to newly diagnosed celiac patients all over the country. We recently were contacted by a soldier in Iraq, who had been biopsied and diagnosed, and shipped out a week later, before he could meet with a dietitian about his new diet. We were happy to ship a care package to him, and he informed us that it was a great help especially considering his difficult environment.

We have recently added several new sponsors to the Care Package Program. We include a link to all the care package sponsors below, and encourage you to visit their websites and to try their excellent gluten-free products.

[www.tinkyada.com](http://www.tinkyada.com)

[www.ceceliasmarketplace.com](http://www.ceceliasmarketplace.com)

[www.riceworkssnacks.com](http://www.riceworkssnacks.com)

[www.enjoylife.com](http://www.enjoylife.com)

[www.usmills.com](http://www.usmills.com)

[www.chebe.com](http://www.chebe.com)

[www.ferrarapan.com](http://www.ferrarapan.com)

[www.namaste.com](http://www.namaste.com)

[www.specialeats.com](http://www.specialeats.com)

[www.annies.com](http://www.annies.com)

[www.confectiondiva.com](http://www.confectiondiva.com)

[www.energ-g.com](http://www.energ-g.com)

[www.glutenevolution.com](http://www.glutenevolution.com)

[www.califinefoods.com](http://www.califinefoods.com)

# WHAT'S NEW IN CELIAC RESEARCH AROUND THE WORLD?

The University of Chicago Celiac Disease Center's website has a new feature: Under Research and Education, you can see regular updates of celiac research and studies from around the world. The physicians in the Celiac Center's Network of Doctors provide a brief synopsis and comment on the latest findings. Below is a recent example of one of the commentaries, contributed by our own founder and medical director, Dr. Stefano Guandalini:



### How much is too much? Tolerable amount of gluten for people with Coeliac Disease.

It is notorious that all physicians familiar with celiac disease continue to enforce their policy of "zero tolerance": no gluten whatsoever should ever be ingested by a celiac person! However, the scientific community has been faced time and time again with the question of identifying what indeed is the real minimum of gluten that a celiac individual can safely ingest. This study just accepted for publication online on February 28, 2008 is a careful analysis of all published studies addressing this issue. The authors included in their analysis a total of 13 studies (3 randomized controlled, 1 cohort, 2 crossover, and 7 cross-sectional). Their conclusions? The daily amount of tolerable gluten varied widely between studies. Whilst some patients tolerated an average of 34 to 36 mg of gluten per day, other patients who consumed as low as 10 mg of gluten per day developed mucosal abnormalities. The effect of the consumption of "glutenfree" products with different degrees of gluten contamination was also inconsistent.

Although there is no evidence to suggest a single definitive threshold, a daily gluten intake of <10mg is unlikely to cause any significant histological abnormalities. This supports very well prior conclusions of a panel of experts in Europe who concluded that any amount up to 10 mg was safe for all; any amount above 100 mg was unsafe for all; and in between 10-100 mg per day lied the interindividual difference in sensitivity.

**Bottom line:** If one considers that 10 mg of gluten is present in something like a pin-head, well... then the take home message **remains: zero tolerance!**

*Commentary By: Stefano Guandalini, M.D. Title: Tolerable amount of gluten for people with Coeliac Disease. Source: By A. K. AKOBENG & A. G. THOMAS Aliment Pharmacol Therap "Postprint"; doi: 10.1111/j.1365-2036.2008.03669.x*

## Annual Free Blood Screening & Expert Panel Q & A— Mark Your Calendar Now!

The next Annual Blood Screening at the University of Chicago Celiac Disease Center will take place on Saturday, October 18. We will also have a panel discussion when attendees have a chance to ask your questions about celiac disease of the experts, and of course, a chance to enjoy delicious gluten-free products and samples.

Pre-registration for the event is required, and will open on August 15. Please see our website, [www.CeliacDisease.net](http://www.CeliacDisease.net), for more details.