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### Nutritional Deficiencies in Celiac Disease

Nutritional deficiencies can occur in individuals with celiac disease because of both low intake and poor absorption. Common nutrient deficiencies and their gluten-free food sources are listed below.

**Low intake:** Very few gluten-free grain products are enriched with the vitamins and minerals that gluten-containing grain products are. As a result, deficiencies can occur in these vitamins and minerals. Many people with celiac disease also have lactose intolerance, so there is a low intake of many of the nutrients provided by dairy foods (such as calcium, magnesium, and Vitamin D). Gluten-free and dairy-free food sources of these vitamins and minerals include:

Vitamins and Minerals	Food Sources
Thiamin	Sunflower seeds, black beans, tuna, green peas, lentils
Riboflavin	Mushrooms, cooked spinach, venison, soybeans
Niacin	Mushrooms, avocados, broccoli, tuna, salmon, chicken breast
Folate	Green leafy vegetables (spinach, romaine lettuce, turnip greens), asparagus, lentils, beets, broccoli
Iron	All types of meat, lentils, soybeans, tofu
Calcium	Green leafy vegetables (spinach, turnip greens, collard greens), sardines, almonds, sesame seeds, seaweed (nori, kelp)
Vitamin D*	Salmon, sardines, shrimp, cod
Magnesium	Green leafy vegetables (spinach, Swiss chard), pumpkin seeds, sunflower seeds, black beans

\*There are only a few food sources for Vitamin D. If you live in a Northern climate, a supplement may be needed.

**Poor absorption:** When there is damage in the small intestine, the absorption of certain nutrients may be impaired. Vitamins and minerals which may be poorly absorbed include iron, calcium, folate, Vitamin B12, and all of the fat-soluble vitamins (Vitamin A\*, Vitamin D, Vitamin E\*, and Vitamin K\*). Gluten-free and dairy-free food sources of the nutrients not listed above include:

Vitamins	Food Sources
Vitamin B12	All types of meat and fish, eggs
Vitamin A*	Green leafy vegetables (spinach, turnip greens), sweet potato, carrots, red bell peppers
Vitamin E*	Green leafy vegetables (spinach, mustard greens, turnip greens), sunflower seeds, almonds, hazelnuts
Vitamin K*	Green leafy vegetables (kale, spinach, Swiss chard, collard greens), broccoli, Brussels sprouts

\*An increased risk of these deficiencies only occurs when there is fat malabsorption.

### Tips for Maintaining Adequate Nutrition

1. Have a variety of foods
2. Eat foods with color
3. Eat whole grains
4. Make calories count by choosing nutrient-dense foods.
5. Use a vitamin/mineral supplement if needed
6. See a dietitian at least once a year to review the adequacy of your diet

### Other Nutrition Tips

1. Eat high fiber foods
2. Eat low fat foods
3. Limit salt
4. Limit sugars
5. Drink plenty of water



## Increasing Fiber on a Gluten-Free Diet

Eating enough fiber when following a gluten-free diet can sometimes be a challenge. However, there are many ways to increase your fiber intake because fiber is found in almost all plant foods. Examples of gluten-free sources of fiber include:

- **Fruits:** apples, pears, oranges, figs, plums, prunes, berries
- **Gluten-Free Whole Grains:** amaranth, quinoa, buckwheat, quinoa, brown rice, teff, millet, corn
- **Legumes:** lentils, split peas, black beans, pinto beans, kidney beans, lima beans, garbanzo beans
- **Nuts & Seeds:** almonds, pistachios, pecans, flax seeds, sunflower seeds, chia seeds
- **Vegetables:** squash, pumpkin, broccoli, artichokes, peas, green leafy vegetables

## Getting the Most Nutrients Out of Your Food

The nutrients in foods can vary a great deal. Here are some tips for making sure you're getting the most out of your food:

- **Choose Fresh or Frozen Fruits and Vegetables:** Fresh and frozen produce contain more nutrients than canned items. Fresh fruits and vegetables are the ideal choice when the item is in season and locally available, while frozen items are better when you want a food that is out of season.
- **Cook Vegetables Lightly:** Nutrients are lost when a food is fried or boiled in water for an extended time. Lightly sauté, steam, or bake vegetables rather than frying them or boiling them in water.
- **Eat Foods as "Whole" as Possible:** Whole, unprocessed foods have nutrients that processed foods no longer contain. Look for groceries around the perimeter of the store, because this is where most whole foods are located.
- **Be Colorful:** Choose foods that are naturally bright in color. In general, each color represents a different nutrient. For example, while red tomatoes and pink watermelon have a nutrient called lycopene, orange sweet potatoes and pumpkin have a nutrient called beta-carotene. For a nutrient-rich and appetizing meal, try to include several different colors of fruits and vegetables.

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Other helpful information is available at [www.GLUTEN.net](http://www.GLUTEN.net).

Advances in celiac disease are fast-paced. If this document is more than 2 years old, please visit our Web site for updated documents.

This information should not be used to diagnose or treat anemia or celiac disease. For questions about these conditions consult your healthcare team when considering this information.

Please consider your local GIG branch as another resource.

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GIG is a nonprofit 501c3 national organization providing support for persons with gluten intolerances, in order to live healthy, productive lives. GIG Branches provide support at a local level.

To make a donation or become a volunteer to GIG, visit our Web site or call the office at 253-833-6655.