

NUTRITION

Notes



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LABOR DAY HOLIDAY!

CLOSED MONDAY, SEPTEMBER 6th

We will send a nonperishable food package for September 6th on September 1st.

SEPTEMBER COVID DELIVERY UPDATES:

Expect changes to your menu. Due to the continued effects from COVID and the increased COVID numbers, our food suppliers are once again experiencing problems getting certain items.

- Volunteers will wear a face mask if you post a sign on your door. If you cannot make a sign, call 267-0122 so we can provide one.
- Volunteers will not bag your meal unless you call 267-0122 to request that we continue bagging your meal.
- We do not want volunteers entering your home. If you need the volunteers to enter your home, you must call 267-0122 to make sure that is listed on the route sheet.
- **Volunteers cannot leave meals without getting a response from you.**
- **If you test positive for COVID, call the meal program at 267-0122.**

Many meal routes will be delivered between 11:30 am to 1:00 pm.

Due to the high volume of volunteers who are not available to deliver, meal staff members have too many routes to deliver which will cause your meal to arrive later.

Returning to regular milk in September!

The hot summer months are coming to an end so we will begin the delivery of regular refrigerated milk in September.

Gluten-Free Diets: Good or Bad?

By LuAnn Soliah, Ph.D., R.D.

Gluten-free foods are very common these days because the public has an increased awareness and more frequent diagnosis of **celiac disease**. Is this a good thing or a bad thing? And who benefits from these foods?

What is celiac disease? It is an autoimmune disease (in genetically predisposed individuals) that reacts to gluten. The condition greatly improves when gluten is removed from the diet.

What is gluten? And Which foods contain gluten? Gluten is a protein found in wheat, barley, malt, and rye. In normal individuals these proteins are harmless, and they are digested easily. However, in celiac patients, the gluten protein creates an inflammatory response in the intestinal tract. The classic symptoms include diarrhea, cramping, nausea, bloating, and gas production after consuming food containing gluten. Also, some individuals have **gluten-sensitivity** and experience the symptoms of celiac disease, even though they do not have the immune response associated with celiac disease.

So, back to our original question: **are gluten-free foods good or bad?**

Gluten-free foods are intended to help individuals with celiac disease and/or gluten-sensitivity by minimizing the offensive symptoms and intestinal discomforts caused by the gluten.

However, when healthy individuals restrict gluten, they are creating unnecessary food restrictions, buying unneeded expensive foods, and potentially decreasing the intake of vital nutrients from their diet. In other words, don't follow a restricted diet - if it is not clinically necessary.

