

# Abstract

Nutr Clin Pract. 2011 Apr;26(2):163-73.

## Nutritional and dietary aspects of celiac disease.

García-Manzanares A, Lucendo AJ.

Department of Gastroenterology, Hospital General de Tomelloso, Vereda de Socuéllamos, s/n 13700 Tomelloso, Ciudad Real, Spain.

**BACKGROUND:** Celiac disease (CD) is a primarily digestive systemic disease triggered and maintained by the ingestion of gluten in the diet. It has a wide clinical spectrum of manifestations, particularly varied in adult patients, in whom, because of their frequent negative serology and mild, nonspecific symptoms, there is a considerable delay in diagnosis.

**DISCUSSION:** The intestinal lesion caused by CD leads to various deficiencies of nutrients, vitamins, and dietary minerals, with ferropenia, vitamin B12, folic acid, and fat-soluble vitamin deficiencies being especially frequent. The deficiencies, together with dairy intolerance, cause low bone density and an increased risk of fractures. Treatment using a gluten-free diet (GFD) does involve certain complications, since gluten is found in up to 70% of manufactured food products and manufacturing regulations are not standard in all countries. In addition, certain nutrient deficiencies require specific management.

**SUMMARY:** This article reviews the nutritional aspects of CD and provides practical guidelines to correct these deficiencies and to ensure optimum GFD compliance.

PMID: 21447770

