

WHAT'S THE DEAL WITH GLUTEN?

What is gluten?

In its most basic form, gluten is a major protein that is found in lots of grains. **It is present in ALL forms of WHEAT.** By wheat, we mean bread, pasta and other deliciousness that is made from durum, bulgar, semolina, faro, etc. People who are gluten sensitive should always avoid the items listed above plus rye and barley products. This includes malts, spelt, graham, bulgur, durum, farina and kamut.

What is Celiac Disease (CD)?

Celiac disease is also known as celiac sprue or gluten-sensitive enteropathy. It is a digestive and autoimmune disorder that results in damage to the lining of the small intestine when foods with gluten are eaten. The damage to the intestine makes it hard for the body to absorb nutrients, especially fat, calcium, iron and folate. When people with celiac disease eat foods containing gluten, their immune system forms antibodies to gluten which then attack the intestinal lining. This causes inflammation in the intestines and damages the villi, the hair-like structure on the lining of the small intestine. If the villi are damaged, the person cannot absorb nutrients properly and ends up malnourished, no matter how much he or she eats.

Is gluten the same as soy?

Soy does not contain gluten; it is naturally gluten-free. To ensure that a product made with soy, such as soy sauce, has not been contaminated with other sources of gluten, look for a label that the product is gluten-free. In addition to soy, other grains and starches that are gluten-free include amaranth, arrowroot, buckwheat, corn, cornmeal, flax, millet, quinoa, rice, sorghum, tapioca and teff.

If I don't have Celiac Disease, can gluten still hurt me?

Lots of people have stomach issues for years and are extremely sensitive to gluten, yet they don't have celiac disease. Even if you don't have the disease, you can be intolerant to gluten. This varies from person to person. Gluten can affect your stomach, mood, joints, skin, etc. and in some cases give people gas, diarrhea, fatigue, headaches, mood swings, etc. Everything is processed and uses wheat filler, so basically, our stomachs are facing a very unnatural gluten overload.

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What does it mean when a person asks for “Gluten-Free” ice cream?

“Gluten-Free” means that you can guarantee there are NO gluten proteins in the food product. **No Dairy CAN guarantee that their products are gluten-free.** Flavors like vanilla do not have gluten in the ingredients, but they are manufactured in a facility that stores and uses gluten ingredients for other flavors. Operating procedures are set up so that they typically run flavors with gluten after flavors without gluten. However, there are times when flavors with gluten are run *before* flavors without gluten. In these cases a hot water rinse of the product lines is run between the flavors.

Why can't Dairies make an ice cream that can be called “Gluten-Free”?

A second separate manufacturing plant would have to be built that would receive its own ingredients and have workers dressed in sterile suits. This is not economically feasible.

Simple instructions to tell your staff and customers to avoid ice cream flavors with gluten?

Gluten can be hidden in lots of foods, so be careful. However, a good rule of thumb is that if it has flour or barley, it has gluten. Remember that flour is used to make cakes, cookies, brownies and pretzels, and that barley is the first step in making malt powder. Therefore, any flavor with real cake pieces, cookie pieces, Oreos, malted milk balls, or pretzels could have gluten.