



DIETARY 101

Gluten

Gluten is a general name for the proteins found in wheat, rye, barley and triticale. Gluten helps foods maintain their shape, acting as a glue that holds food together. Gluten can be found in many types of foods and products, even ones that would not be expected.

Naturally gluten-free food groups:

- Fruits and Vegetables
- Meat, Poultry, Fish and Seafood
- Dairy
- Beans, Legumes and Nuts

Most dining units have gluten-free bread, tortillas, pasta and waffle/pancake batter – customers just need to ask. Make sure you know where these specialty items are in your unit. If you are unsure of an item's dietary info, ask your supervisor/manager.

Celiac Disease:

Is a serious autoimmune disease that occurs in genetically predisposed people where the ingestion of **gluten** leads to damage in the small intestine. It is estimated to affect 1 in 100 people worldwide, but only about 30% are properly diagnosed.

When people with celiac disease eat gluten their body mounts an immune response that attacks the small intestine. Celiac disease can develop at any age after people start consuming gluten. Left untreated, celiac disease can lead to additional serious health problems.

Learn more: <https://celiac.org/>

Vegetarian

A person who does not eat meat, and sometimes other animal products, especially for moral, religious, or health reasons.

Vegan

A person who does not eat any food derived from animals (including honey) and who typically does not use other animal products.

Menu Dietary Info

Menus denote gluten-free, vegetarian and vegan items, on unit menus and online: <https://www.sandiego.edu/dining/wellness.php> >

