

# IN THE NEWS

SAINT BARNABAS AMBULATORY CARE CENTER

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today's dietitian

## Nutritionally Speaking

It is often discussed among the celiac community how a gluten-free diet is comprised of very refined grains and is therefore deficient in B vitamins, folic acid, iron, and fiber.

“At the Kogan Celiac Center of the Saint Barnabas Health Care System, support groups are educated about this fact, what manufacturers are beginning to enrich their products, and where to find naturally occurring sources of these nutrients to ensure that they are consuming as nutritionally complete a diet as possible,” says Margaret Weiss Masiello, RD, clinical coordinator at the Livingston, N.J., facility. “A lot of progress has been made to find gluten-free alternatives that closely approximate their gluten-containing counterparts. However, there are still many gluten-free foods that are not very good. There have been a lot of successes with baked goods, cereals, and pastas but very few successes with bread.”



## Free of Gluten, Full of Flavor

by Maura Keller  
Today's Dietitian  
Vol. 11 No. 6

Page 28

\* Today's Dietitian, June 2009 Issue

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