

## **Nutrition Notes**

**May 2021**

### **Celiac Disease**

May is *Celiac Awareness Month*. Commonly overlooked symptoms of celiac are infertility, joint pain, anemia, depression, and anxiety. Patients often tell us at Banister Nutrition (BN) their provider has suggested they eliminate gluten from their diet prior to diagnostic testing to see if they experience any positive results. There could be many problematic issues with this protocol. Can the patient identify **all** sources of gluten to eliminate? Is the patient aware of the nutritional deficiencies created by following a gluten-free diet? Following a gluten-free diet is expensive, and diagnostic tests could reveal a false negative if the patient is not consuming gluten at the time of the test. Following a gluten-free diet is in vogue, but is it always in the patient's best interest?

### **Urinary Tract Infections and Cranberry Products**

The FDA released a statement in support of cranberry products for the prevention of recurrent UTIs. Based on the FDA's review of the research available, consuming 500mg each day of cranberry dietary supplement OR one 8oz serving of cranberry beverage (at least 27% cranberry juice) may help reduce the risk for recurrent UTIs in healthy women.

### **Risk for Parkinson's Disease Associated with Vitamin C and E Levels**

A recent study found that individuals with higher levels of vitamin C and E have a 38% lower risk level of developing Parkinson's Disease. Recommending diets rich in vitamin C and E may help individuals prevent diagnosis of Parkinson's Disease. Dietary sources of vitamin E include sunflower seeds and oil, almonds, peanuts, spinach, and broccoli. Foods high in vitamin C include red bell pepper, citrus fruit/fruit juice, broccoli, strawberries, and brussels sprouts.

### **PFAS in Packaged Water**

A Consumer Reports (CR) article published October 2020, caused fear related to the safety of drinking bottled/canned water due to the content of PFAS (per- and polyfluoroalkyl substances). The article continues to resurface on social media. The information is presented in a way to increase fear, but when compared with federal and state regulations all of the packaged water tested met safety standards.