

**Evidence Analysis Library**

**Celiac Disease Systematic Review and Guideline (2021)**

**Relationship between Systematic Review PICO Questions and Celiac Disease Nutrition Recommendations**

PICO Question(s)	Recommendation
Routine Nutrition Assessment	
<p>In patients with celiac disease, what are the effects of gluten-free diet (GFD), in comparison to a control or adherence to a gluten-free diet, on anthropometrics?</p> <p>In patients with celiac disease, what are the effects of gluten-free diet (GFD), in comparison to a control or adherence to a gluten-free diet, on indicators of bone metabolism?</p> <p>In patients with celiac disease, what are the effects of gluten-free diet (GFD) in comparison to a control or adherence to a gluten-free diet, on nutrition-related laboratory measures?</p> <p>In patients with celiac disease, what are the effects of gluten-free diet (GFD) in comparison to a control or adherence to a gluten-free diet, on indicators of gastrointestinal health and gastrointestinal symptoms?</p> <p>In patients with celiac disease, what are the effects of gluten-free diet (GFD) in comparison to a control or adherence to a gluten-free diet, on dietary intake?</p> <p>In patients with celiac disease, what are the effects of gluten-free diet (GFD) in comparison to a control or adherence to a gluten-free diet, on celiac disease-related antibodies, inflammatory and immunological indicators?</p> <p>In patients with celiac disease, what are the effects of gluten-free diet (GFD) in comparison to a control or adherence to a gluten-free diet, on indicators of quality of life?</p>	<p>In individuals newly diagnosed with celiac disease, it is reasonable that a registered dietitian nutritionist or an international equivalent conduct a comprehensive initial nutrition assessment and evaluates individual ability (including but not limited to access to gluten-free food, socioeconomic barriers, label and menu reading, food preparation, and avoidance of cross-contact skills) and willingness to implement a gluten-free diet, the only available treatment for celiac disease. Follow-up assessments should be individualized according to individual response to treatment, changes in ability or willingness to continue treatment, and signs and symptoms related to celiac disease.</p>
Medical Nutrition Therapy to Improve Outcomes	
<p>In patients with celiac disease, how does medical nutrition therapy (MNT or nutrition counseling) provided by a registered dietitian or international equivalent, compared to a control, affect anthropometrics?</p> <p>In patients with celiac disease, how does medical nutrition therapy (MNT or nutrition counseling)</p>	<p>In all individuals with celiac disease, it is reasonable for a registered dietitian nutritionist or an international equivalent to collaborate with individuals with celiac disease, their families, and interdisciplinary healthcare teams to design individualized medical nutrition therapy based upon the individual's overall health and nutritional</p>

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<p>provided by a registered dietitian or international equivalent, compared to a control, affect nutrition-related laboratory measures?</p> <p>In patients with celiac disease, how does medical nutrition therapy (MNT or nutrition counseling) provided by a registered dietitian or international equivalent, compared to a control, affect gastrointestinal health and gastrointestinal symptoms?</p> <p>In patients with celiac disease, how does medical nutrition therapy (MNT or nutrition counseling) provided by a registered dietitian or international equivalent, compared to a control, affect gluten-free diet adherence or compliance?</p> <p>In patients with celiac disease, how does medical nutrition therapy (MNT or nutrition counseling) provided by a registered dietitian or international equivalent, compared to a control, affect quality of life?</p>	<p>status, personal preferences, psychological and psychosocial factors, and physiological needs. Medical nutrition therapy for individuals with celiac disease should focus on comprehensive nutrition assessment and appropriate interventions, including individualized modification of diet, to maintain or improve nutrition status, and monitoring over time.</p>
<b>FODMAP Dietary Pattern</b>	
<p>In patients with celiac disease, what are the effects of a low-FODMAP (fermentable oligosaccharides, disaccharides, monosaccharides and polyols) diet, compared to a control, on nutrition-related outcomes like gastrointestinal health and gastrointestinal symptoms?</p> <p>In patients with celiac disease, what are the effects of a low-FODMAP (fermentable oligosaccharides, disaccharides, monosaccharides and polyols) diet, compared to a control, on quality of life?</p>	<p>In adults with celiac disease and refractory abdominal symptoms, there is insufficient evidence to suggest a low-FODMAP restriction in addition to gluten-free dietary pattern.</p>
<b>Gluten-Free Dietary Pattern</b>	
<p>In patients with celiac disease, what are the effects of gluten-free diet (GFD), in comparison to a control or adherence to a gluten-free diet, on anthropometrics?</p> <p>In patients with celiac disease, what are the effects of gluten-free diet (GFD), in comparison to a control or adherence to a gluten-free diet, on indicators of bone metabolism?</p> <p>In patients with celiac disease, what are the effects of gluten-free diet (GFD) in comparison to a control or adherence to a gluten-free diet, on nutrition-related laboratory measures?</p>	<p>For all individuals with celiac disease, the registered dietitian nutritionist or an international equivalent should recommend following a gluten-free dietary pattern and adherence to this dietary pattern to improve gastrointestinal health and symptoms, quality of life, quality of dietary intake, maintenance or achievement of a normal body mass index or weight, and improvement in celiac disease-related antibodies, inflammatory and immunological indicators.</p>

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<p>In patients with celiac disease, what are the effects of gluten-free diet (GFD) in comparison to a control or adherence to a gluten-free diet, on indicators of gastrointestinal health and gastrointestinal symptoms?</p> <p>In patients with celiac disease, what are the effects of gluten-free diet (GFD) in comparison to a control or adherence to a gluten-free diet, on dietary intake?</p> <p>In patients with celiac disease, what are the effects of gluten-free diet (GFD) in comparison to a control or adherence to a gluten-free diet, on celiac disease-related antibodies, inflammatory and immunological indicators?</p> <p>In patients with celiac disease, what are the effects of gluten-free diet (GFD) in comparison to a control or adherence to a gluten-free diet, on indicators of quality of life?</p>	<p>In children with celiac disease, the registered dietitian nutritionist or an international equivalent should recommend a nutritionally adequate gluten-free dietary pattern to achieve and maintain appropriate growth and development.</p>
Inclusion of Gluten-free Oats (for Adults and Children)	
<p>In patients with celiac disease, what are the effects of oats, compared to a control, on anthropometrics?</p> <p>In patients with celiac disease, what are the effects of oats, compared to a control, on celiac disease-related antibodies, inflammatory indicators and immunological indicators?</p> <p>In patients with celiac disease, what are the effects of oats, compared to a control, on nutrition-related laboratory measures?</p> <p>In patients with celiac disease, what are the effects of oats, compared to a control, on gastrointestinal health and gastrointestinal symptoms?</p> <p>In patients with celiac disease, what are the effects of oats, compared to a control, on gluten-free diet adherence or compliance?</p> <p>In patients with celiac disease, what are the effects of oats, compared to a control, on dietary intake?</p> <p>In patients with celiac disease, what are the effects of oats, compared to a control, on quality of life?</p>	<p>In adults with celiac disease, the registered dietitian nutritionist or an international equivalent may suggest incorporating gluten-free oats as part of a nutritionally adequate gluten-free diet.</p> <p>In children with celiac disease, gluten-free oats are an appropriate option as part of a nutritionally adequate gluten-free diet.</p>
CD: Addition of Vitamin and Mineral Supplements	
<p>In patients with celiac disease, what are the effects of supplements (e.g., calcium, iron, B vitamins, zinc,</p>	<p>For all individuals with celiac disease, it is reasonable for the registered dietitian</p>

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<p>copper, multivitamin), compared to a control, on anthropometrics?</p> <p>In patients with celiac disease, what are the effects of supplements (e.g., calcium, iron, B vitamins, zinc, copper, multivitamin), compared to a control, on nutrition-related laboratory measures?</p> <p>In patients with celiac disease, what are the effects of supplements (e.g., calcium, iron, B vitamins, zinc, copper, multivitamin), compared to a control, on quality of life?</p>	<p>nutritionist or international equivalent to advise daily consumption of gluten-free age- and sex-appropriate vitamin and mineral supplements if dietary intake and/or laboratory tests indicate nutritional inadequacies.</p>
<p>CD: Prebiotics or Probiotics Supplementation</p>	
<p>In patients with celiac disease, what are the effects of prebiotics or probiotics, compared to a control, on anthropometrics?</p> <p>In patients with celiac disease, what are the effects of prebiotics or probiotics, compared to a control, on bone health?</p> <p>In patients with celiac disease, what are the effects of prebiotics or probiotics, compared to a control, on nutrition-related laboratory measures?</p> <p>In patients with celiac disease, what are the effects of prebiotics or probiotics, compared to a control, on gastrointestinal health and gastrointestinal symptoms?</p> <p>In patients with celiac disease, what are the effects of prebiotics or probiotics, compared to a control, on celiac disease-related antibodies, inflammatory and immunological indicators?</p> <p>In patients with celiac disease, what are the effects of prebiotics or probiotics, compared to a control, on quality of life?</p>	<p>In all individuals with celiac disease following a gluten-free diet, there is insufficient evidence at this time to suggest prebiotics or probiotics supplementation.</p>