

Evidence Analysis Library

Celiac Disease Evidence Based Nutrition Practice Guideline (2021)

Recommendation Comparison Table

The 2021 Celiac Disease guideline complements the 2009 Celiac Disease guideline. This table provides the changes between the two guidelines.

CD Recommendations (2009)	CD Recommendations (2021)	Summary of Changes
SCREENING AND REFERRAL		
CD: Medical Nutrition Therapy		Updated and covered under other subtopics.
	CD: Routine Nutrition Assessment	New.
NUTRITION ASSESSMENT		
CD: Assessment of Food/Nutrition-Related History	CD: Routine Nutrition Assessment	Updated and covered under new subtopic.
CD: Assess Biochemical Data and Results of Medical Procedures	CD: Routine Nutrition Assessment	Updated and covered under new subtopic.
CD: Bone Density Screening	CD: Routine Nutrition Assessment	Updated and covered under new subtopic.
CD: Assess Factors affecting Quality of Life	CD: Routine Nutrition Assessment	Updated and covered under new subtopic.
CD: Assess Gastrointestinal Symptoms	CD: Routine Nutrition Assessment	Updated and covered under new subtopic.
CD: Assessment of Other Disease States	CD: Routine Nutrition Assessment	Updated and covered under new subtopic.
NUTRITION INTERVENTION		
CD: Gluten-Free Dietary Pattern	CD: Gluten-Free Dietary Pattern CD: Gluten-Free Dietary Pattern for Growth & Development	Updated and New recommendation statements added.
CD: consumption of Whole/Enriched Gluten-Free Grains and Products		Updated and covered under other subtopics.

CD: Addition of Multivitamin and Mineral Supplement	CD: Addition of Multivitamin and Mineral Supplements	Updated.
CD: Inclusion of Gluten-Free Oats as Tolerated	CD: inclusion of Gluten-free Oats	Updated.
CD: Calcium/Vitamin D for Reduced Bone Density		Not individually reviewed but has been addressed in MNT recommendations.
CD: Iron Supplementation for Iron Deficiency Anemia		Not individually reviewed but has been addressed in medical nutrition therapy recommendations.
CD: Provide Resources and Education on Label Reading		Did not find any appropriate evidence to report on this.
CD: Coordination of Care		Did not find any appropriate evidence to report on this.
CD: Education on Food Cross-Contamination		Did not find any appropriate evidence to report on this. However, these concepts are addressed in Implementation section as appropriate.
	CD: Medical Nutrition Therapy to Improve Outcomes	New.
	CD: FODMAP Dietary Pattern	New.
	CD: Prebiotics or Probiotics Supplementation	New.
Nutrition Monitoring and Evaluation		
CD: Monitoring and Evaluation of Dietary Compliance		Did not find any appropriate evidence to report on this but has been addressed in medical nutrition therapy recommendations.
CD: Monitoring and Evaluation of Factors Affecting Quality of Life		Did not find any appropriate evidence to report on this.
CD: Monitoring and Evaluation of Gastrointestinal Symptoms		Did not find any appropriate evidence to report on this but has been addressed in medical nutrition therapy recommendations.