

# CURRICULUM VITAE

Tricia Thompson, MS, RD

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**Education** Tufts University  
Boston, Massachusetts  
M.S. in Nutrition, 1991

Francis Stern Nutrition Center  
New England Medical Center  
Boston, Massachusetts  
Dietetic Internship, 1991

Middlebury College  
Middlebury, Vermont  
B.A. in English Literature, 1986

## Recent Professional Experience

2011 to present Founder/owner Gluten Free Watchdog, LLC

## Professional Associations

Academy of Nutrition and Dietetics

Dietitians in Medical Nutrition Therapy (Dietetic Practice Group of the Academy of Nutrition and Dietetics)

Dietitians in Gluten and Gastrointestinal Disorders

## Peer Reviewed Articles/Abstracts

- Thompson T, Rogers A, Perry J. Consumer-Led Investigation into Potential Issues That Arise When Testing Dairy Matrixes for Gluten with the NIMA Sensor. *Journal of AOAC International*. Aug 7 2023; *Online ahead of print*. Available online at <https://academic.oup.com/jaoac/advance-article/doi/10.1093/jaoacint/qsad092/7238205>.

- Thompson T, Rogers A, Emerson-Mason L. The Need for a Standardized Sample Portion When Testing Food for Gluten Using an LFD: A Case Study. AOAC annual meeting 2022. Poster T-028. Poster available at <https://www.glutenfreewatchdog.org/news/wp-content/uploads/2022/08/AOACLFDPPosterJuly21.pdf>.
- Thompson T, Lyons T, Keller A. Lentils and Gluten Cross Contact. *Frontiers in Nutrition*. 2022;9:867954. Available online at <https://www.frontiersin.org/articles/10.3389/fnut.2022.867954/full>.
- Thompson T, Lyons T, Keller A, Jaffe N, Emerson-Mason L. Gluten-Free Foods Cooked in Shared Fryers With Wheat: A Pilot Study Assessing Gluten Cross Contact. *Frontiers in Nutrition*. 2021;8:652039. Available online at <https://www.frontiersin.org/articles/10.3389/fnut.2021.652039/full>.
- Thompson T, Jaffe N, Keller A, Smith J. Dietitian Experiences Using a Novel Portable Gluten Testing Gadget for Gluten. *Medical Nutrition Matters*. 2019;38:3-13.
- Popping, B, et al. Stakeholders' Guidance Document for Consumer Analytical Devices with a Focus on Gluten and Food Allergens. *Journal of AOAC International* 2018;101:185-189
- Thompson T, Keller A, Lyons T. When foods contain both a gluten-free claim and an allergen advisory statement for wheat: should consumers be concerned? *European Journal of Clinical Nutrition* 2018;72:931-935
- Thompson T, Dennis M, Emerson L. Gluten-Free Labeling: Are Growth Media Containing Wheat, Barley, and Rye Falling through the Cracks? *J Acad Nutr Diet* 2018;118:2025-2028
- Thompson T, Lyons T, Jones A. Allergen Advisory Statements for Wheat: Do They Help U.S. Consumers with Celiac Disease Make Safe Food Choices? *European Journal of Clinical Nutrition*. 2016;70:1341-1347.
- Thompson T, Simpson S. A Comparison of Gluten Levels in Labeled Gluten-Free and Certified Gluten-Free Foods Sold in the US. *European Journal of Clinical Nutrition*. 2015;69:143-146
- Thompson T, Grace T. Gluten Content of Select Gluten-Free Foods Sold in the US. *Practical Gastroenterology*. October 2013;10-16
- Thompson T, Grace T. Gluten in Cosmetics: Is There a Reason for Concern? *J Acad Nutr Dietet*. 2012;112:1316-1323.
- Thompson T, Lee A, Grace T. Gluten contamination of grains, seeds, and flours in the United States: A pilot study. *J Am Diet Assoc*. 2010;110:937-940.
- Thompson T, Mendez E. Commercial assays to assess gluten content of food: why they are not created equal. *J Am Diet Assoc*. 2008;108:1682-1687.
- Thompson T, Kane R, Hager M. Food allergen labeling and consumer protection act. *J Am Diet Assoc*. 2006;106:1742-1744.

- Thompson T, Dennis M, Higgins LA, Lee A, Sharrett. Gluten-free diet survey: are Americans with coeliac disease consuming recommended amounts of fibre, iron, calcium and grain foods? *J Hum Nutr Dietet.* 2005;18:163-169.
- Thompson T. National Institutes of Health consensus statement on celiac disease. *J Am Diet Assoc.* 2005;105:194-195.
- Thompson T. Gluten contamination of commercial oat products in the United States. *N Engl J Med.* 2004;351:2021-2022.
- Thompson T. Oats and the gluten-free diet. *J Am Diet Assoc.* 2003;103:376-379.
- Thompson T. Wheat starch, gliadin, and the gluten-free diet. *J Am Diet Assoc.* 2001;101:1456-1459.
- Thompson T. Case problem: questions regarding the acceptability of buckwheat, amaranth, quinoa, and oats from a patient with celiac disease. *J Am Diet Assoc.* 2001;101:586-587.
- Thompson T. Folate, iron, and dietary fiber contents of the gluten-free diet. *J Am Diet Assoc.* 2000;100:1389-1396.
- Thompson T. Questionable foods and the gluten-free diet: survey of current recommendations. *J Am Diet Assoc.* 2000;100:463-465.
- Thompson T. Thiamin, riboflavin, and niacin contents of the gluten-free diet: is there cause for concern? *J Am Diet Assoc.* 1999;99:858-862.
- Thompson T. Do oats belong in a gluten-free diet? *J Am Diet Assoc.* 1997;97:1413-1416.

### Columns

- "DIGID Corner." *Medical Nutrition Matters* newsletter. Fall 2007 to Summer 2013.

### Book Chapters

- Suzanne S, Thompson T. Nutrition in Celiac Disease. In: S. Devi Rampertab and Gerald E. Mullin, eds. *Celiac Disease. Clinical Gastroenterology*, 2014.
- Thompson T, et al. Treatment. In: Alessio Fasano, eds. *Gluten-Related Disorders*. NASPHGAN Foundation, 2014.
- Simpson S, Thompson T. Nutrition Assessment in Celiac Disease. In: Benjamin Lebwohl and Peter Green, eds. *Celiac Disease. Gastrointestinal Endoscopy Clinics of North America*, 2012.
- Thompson T. Oats and Wheat Starch. In: Melinda Dennis and Daniel Leffler, eds. *Real Life with Celiac Disease: Troubleshooting and Thriving Gluten Free*. American Gastroenterological Association, 2010.
- Thompson T, Case S. Food Labeling in the United States and Canada. In: Melinda Dennis and Daniel Leffler, eds. *Real Life with Celiac Disease: Troubleshooting and Thriving Gluten Free*. American Gastroenterological Association, 2010.

- Thompson T. The Nutritional Quality of Gluten-Free Foods. In: Eimear Gallagher, ed. *Gluten-Free Food Science and Technology*. Blackwell Publishing, 2009.
- Tricia Thompson. Celiac Disease section. American Dietetic Association *Nutrition Care Manual*, 2006-2008 (updated annually). Available at: [www.nutritioncaremanual.org](http://www.nutritioncaremanual.org).

### **Books**

- Tricia Thompson. *American Dietetic Association's Pocket Guide to Gluten-Free Strategies for Clients with Multiple Dietary Restrictions*, 2<sup>nd</sup> edition. Academy of Nutrition and Dietetics, 2016.
- Tricia Thompson. *Celiac Disease Nutrition Guide*, 3<sup>rd</sup> edition. Academy of Nutrition and Dietetics, 2014.
- Tricia Thompson and Marlisa Brown. *American Dietetic Association's Easy Gluten Free: Expert Nutrition Advice with More Than 100 Recipes*. Wiley, 2010.
- Tricia Thompson. *The Gluten-Free Nutrition Guide*. McGraw-Hill Trade, 2008.
- Eve Adamson and Tricia Thompson. *The Complete Idiot's Guide to Gluten-Free Eating*. Alpha Books (division of Penguin), 2007.

### **Selected Presentations**

- Regulatory Runaround: Does the Gluten-Free Label Really Protect the Public? Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo. Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo. 2018.
- Hot Topic: FDA'S Proposed Rule for Gluten-Free Labeling of Hydrolyzed/Fermented Foods. Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo. Boston, Massachusetts, October 18, 2016.
- Hot Topic: FDA Gluten-Free Labeling Rule: Its Been Finalized! Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo. Texas, October 22, 2013.
- Arsenic and Rice: A New Dimension to Food Safety. Academy of Nutrition and Dietetics Food and Nutrition Conference and Expo. Texas, October 22, 2013.
- Celiac Disease Toolkit: Guiding Your Patients through the Gluten-Free Diet. American Dietetic Association's Food and Nutrition Conference and Expo. San Diego, California, September 24, 2011
- Hot Topic: Finding Your Way in the Gluten-Free Maze. American Dietetic Association's Food and Nutrition Conference and Expo. San Diego, California, September 27, 2011
- Hot Topic: Late Breaking Research from the FDA and ADA: Implications for Your Gluten-Free Clients. . American Dietetic Association's Food and Nutrition Conference and Expo. Boston, Massachusetts, November, 7, 2010.

- Improving the Nutritional Quality of Gluten-Free Foods. International Symposium on Gluten-Free Cereal Products and Beverages. Tampere, Finland. June 9, 2010.
- The Gluten-Free Diet in the US: A Comprehensive Look. General Mills Bell Institute of Health and Nutrition Gluten-Free Symposium. Minneapolis, Minnesota. January 7, 2010.
- Celiac Disease: Incorporating ADA's New Evidence-Based Practice Guidelines. American Dietetic Association's Food and Nutrition Conference and Expo. Denver, Colorado. October 17, 2009.
- Translating the Gluten-Free Diet Updates into Practice: The Changing Role of Oats and Wheat Starch in the Gluten-Free Diet. American Dietetic Association's Food and Nutrition Conference and Expo. Philadelphia, Pennsylvania. September 30, 2007.
- The Gluten-Free Diet as Followed in the United States. XII International Celiac Disease Symposium. Columbia University Medical Center. New York, New York. November 11, 2006.
- Gluten-Free Foods: Consumption Patterns and Purchasing Practices of Consumers with Celiac Disease. Food and Drug Administration. Public Meeting; Gluten-Free Labeling of Foods. College Park, Maryland. August 19, 2005.

#### **Other Major Publications**

- Certificate of Training Celiac Disease. Academy of Nutrition and Dietetics, 2020
- *Celiac Disease Toolkit*. American Dietetic Association, 2011.
- *Gluten-Free Basics* client education brochure. American Dietetic Association, 2010.
- *Managing Celiac Disease* training module. Meeting Children's Special Food and Nutrition Needs. National Food Service Management Institute, 2010.
- Work group member, Celiac Disease Evidence Analysis Project American Dietetic Association American Dietetic Association (includes the Celiac Disease Evidence Based Nutrition Practice Guideline). August 2004 to present.