CURRICULUM VITAE

Tricia Thompson, MS, RD

Contact (email) info@glutenfreewatchdog.org

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

- Award for Excellence, Entrepreneurial, 2025

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, Keller A. Gluten cross contact in oats: retrospective database analysis 2011 to 2023. *Frontiers in Nutrition*. 2023:10; 1284636. Available online at: https://www.frontiersin.org/articles/10.3389/fnut.2023.1284636/full
- Mitchell G. Nye-Wood, Tricia Thompson, Margaret Clegg, Michelle L. Colgrave. Gluten Testing of Food Containing Barley Amylase. Asia-Oceania Mass Spectrometry Conference 2023. Poster. Available at https://www.glutenfreewatchdog.org/news/wp-content/uploads/2024/01/PosterAOMSC20230703_AO-MSC_MN_Poster.pdf.
- 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/AOACLFDPosterJuly21.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.

Books

- Tricia Thompson. *American Dietetic Association's Pocket Guide to Gluten-Fee Strategies for Clients with Multiple Dietary Restrictions*, 2nd edition. Academy of Nutrition and Dietetics, 2016.
- Tricia Thompson. *Celiac Disease Nutrition Guide*, 3rd 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.