

# THE SCOOP ON GLUTEN

## WHAT IS GLUTEN?

Gluten is a protein found in wheat, rye, and barley. Gluten allows for foods to hold their shape and act as an adhesive component. This is what makes gluten so popular as an ingredient in many recipes



## GLUTEN INTOLERANCE

Gluten intolerance is when gluten in the diet causes GI distress with symptoms of: bloating, diarrhea, cramping, and gas.

Gluten intolerance does *not* cause damage to the small intestine.



## WHAT IS CELIAC DISEASE

Celiac's is an autoimmune chronic digestive disease that causes damage to the lining of the small intestine.

It can cause many complications overtime due to its effect on the digestive tract.



## GLUTEN-FREE DIET

Gluten-free (GF) diets are important for those with celiac or gluten intolerance to follow. It can be tricky to make a GF plate, so here are some tips to help you get started!

## IS GLUTEN-FREE FOR EVERYONE?

A new dieting trend has risen claiming that eating GF is better for you and is associated with "good health". The truth is a person who can tolerate gluten should not cut gluten out of their diet.

GF food alternatives are typically higher in starches and simple sugars. Some side effects of eating these gluten-free alternatives suddenly in one's diet are: wee

## CAVEAT TO GF DIET

Cutting out gluten will limit the intake of important micronutrients.

Instead try focusing on adding: fruits, veggies, whole grains, and lean proteins. While eating less sugar, sodium, and highly processed foods.

