

Food Intolerance: Gluten

A gluten intolerance (aka non-celiac gluten sensitivity) is not well defined. There are no tests that can prove this sensitivity. When celiac disease and a wheat allergy are ruled out, but a gluten free diet has shown improvements, a gluten sensitivity may be diagnosed.

Source: Gluten Intolerance Group

What is Gluten?

A protein found in grains that creates a binding effect and holds food together.

Primarily found in: **Wheat, barley, rye, oats and triticale**

Source: Celiac Disease Foundation

Gluten Free Foods

Fruits, vegetables, meat, poultry, seafood, dairy, beans, legumes, nuts

Grains and Starches: Rice, corn, potatoes, soy, quinoa, flax, chia, cassava, nut flour

Gluten Sources

Wheat is often found in: Breads, baked goods, soups, pasta, cereals, sauces, salad dressing, roux

Barley is often found in: Malt, Malted barley flour, malted milk and milkshakes, malt extract, malt syrup, malt flavoring, malt vinegar, food coloring, soups, beer, brewer's Yeast

Rye is often found in: Rye bread (pumpernickle), rye beer, cereals

Triticale is often found in: Breads, pastas, cereals

Triticale is a relatively new grain

Oats: Although oats themselves do not contain gluten, oats often have contact with gluten products during growing or processing. Because of this, oats should only be considered gluten free if they are labeled "gluten free."

Source: Celiac Disease Foundation

Follow this link to get more information on products that contain gluten: <https://celiac.org/gluten-free-living/what-is-gluten/sources-of-gluten/>