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Gluten-Containing Grains vs. Gluten-Free and What You Need to Know

What is gluten?¹

Gluten is a protein found in wheat, rye, barley, oats, and triticale. Gluten is activated when flour is moistened and kneaded or mixed and contributes to the chewy, elastic consistency associated with bread and other baked goods. It is also added as a food additive or thickener.

Foods That Could Contain Gluten²

- Ales/lagers/beer
- Broth/bouillon
- Candy /licorice
- Citric acid
- Communion wafer
- Condiments—read labels
- Croutons
- Dates (rolled in oat flour)
- Gravies or marinades
- Flavored nuts
- Flavored teas and coffee
- Food starch
- Imitation seafood or bacon
- Nondairy creamer
- Some supplements—check labels



Beer



Croutons



Nondairy creamer

Gluten-Containing Ingredients²

- Baking powder
- Barley grass
- Brewer's yeast
- Brown rice syrup
- Caramel color
- Dextrins (deli meat/poultry)
- Grain alcohol
- Gravy cubes
- Ground spices
- Malt/maltose
- Natural flavoring
- Seasonings (spice blends)
- Self-basting poultry
- Soy sauce



Barley grass



Soy sauce



Seasonings

What is celiac disease and its relationship to gluten?^{3,4}

Celiac disease (CD) is an autoimmune disease that affects 1% of the population worldwide, with many undiagnosed. If gluten is ingested, it can cause damage to the villi of small intestine, making the body unable to absorb nutrients and may cause malnutrition.

Can going gluten-free improve your health?^{5,6}

There is growing evidence that celiac disease and nonceliac gluten sensitivities (NCGS) may be associated with autoimmune diseases, neurological conditions, osteoporosis, thyroid dysfunction, irritable bowel syndrome (IBS), dermatological conditions, weight loss, and fatigue. Additionally, some people can present with milder symptoms such as abdominal discomfort, bloating, indigestion, or no symptoms at all.

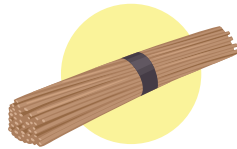
If gluten-containing foods are continually consumed, even in small doses over time, it can lead to nutrient deficiencies due to malabsorption associated with damage to the gastrointestinal lining and leaky gut. According to the Food and Drug Administration (FDA), gluten-free labeling means the food has < 20 parts per million (ppm), per serving, indicated on the food label.

Gluten-free grains⁸

- Amaranth
- Buckwheat groats
- Buckwheat noodles
- Cassava
- Chia
- Corn
- Farro
- Flax
- Gluten-free oats
- Kamut
- Millet
- Nut flours
- Rice (basmati and brown)
- Sorghum
- Teff
- Tortilla
- Quinoa



Amaranth



Buckwheat noodles



Flax



Sorghum



Quinoa



Nut flour



Chia

Helpful guidelines to shopping and eating out

1. Read the food label, specifically the ingredients list for hidden gluten.
2. Familiarize yourself with the list of foods and hidden ingredients that contain gluten.
3. Look for gluten-free (GF) symbol on packages. Be mindful of how much you're consuming at one time.



4. When eating out, inquire if foods have been dusted with flour or use of kitchen equipment that can be cross-contaminated such as toasters and deep fryers.
5. Use your *FirstLine Therapy® Dining Guide* to support your gluten-free choices.

Foods that are gluten-free⁸

Natural sources of gluten-free, whole foods, including colorful fruits and vegetables, animal proteins (beef, chicken, fish, pork, and turkey), dairy, beans, nuts, and seeds, are considered a better choice due to high fiber and nutrients instead of relying on gluten-free convenience foods.

FirstLine Therapy provides a gluten-free food list for easy meal planning.



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