



Gluten-free diet











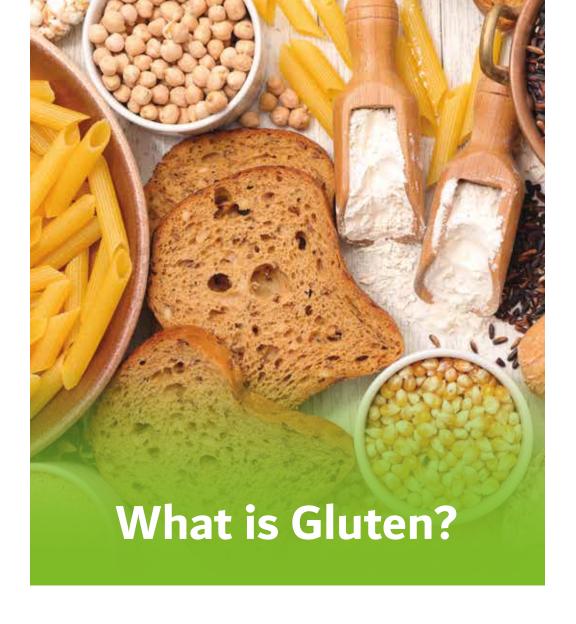












It is a protein compound naturally present in some grains such as wheat, barley, rye, and oats





What is a gluten free diet?

A gluten-free diet is a diet that excludes the protein gluten



Who needs to follow the gluten-free diet?

Celiac patients:

Celiac disease is an autoimmune disorder in which gluten triggers immune system activity that damages the small intestine's lining. Over time, this damage prevents the absorption of nutrients from food.

Symptoms of gluten sensitivity:

Patients suffer from abdominal pain, bloating, diarrhea, constipation, rash or fatigue, and headache after eating foods that contain gluten, as it is difficult to digest in the intestine.





All foods and drinks containing the following:

Wheat, barley, rye and oats



Wheat flours have different names based on how the wheat is milled or the flour is processed. All of the following flours have gluten:

- Enriched flour with added vitamins and minerals
- Self-rising flour, also called phosphate flour
- Semolina, the part of milled wheat



The following foods unless they are labeled as gluten-free or made with corn, rice, soy, or other gluten-free grain:

- Bread
- Bulgur
- Cakes, crackers, and pastries
- Candies (with flour content)
- Cereals
- Barley and other products
- Pasta
- Snacks that are seasoned with flour
- Some dietary supplements that contain barley or wheat





Buckwheat, corn, cornmeal, flax, gluten-free flours, rice, soy, quinoa, potatoes, millet, beans, and soybeans



Seeds and nuts in their natural, unprocessed forms



Poultry, fish, non-processed meats, beans and egg



Fruits and vegetables



Dairy products



Fats