





## What is Gluten?

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



## Gluten free diet



### What is a gluten free diet?

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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.



# Gluten-containing foods



## 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





# Gluten-free foods



**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**