

Gluten Free



What is a gluten free diet?

Exclusion of products with the protein gluten, which gives structure and elasticity to certain grains, allowing them to maintain their shape¹

Commonly followed by individuals with celiac disease or gluten-intolerance – an autoimmune condition where an immune response to gluten causes damage to the small intestine, resulting in reduced nutrient absorption²

Rules & foods excluded

excludes any gluten-containing grains, primarily:¹

Wheat



Rye



Barley



Perceived health benefits & scientific evidence



Weight loss/gain

- Moderate evidence for weight loss in healthy individuals (independent of calorie restriction)³
- Some evidence for weight gain in celiac disease patients (due to improved nutrient absorption with small intestine healing)^{4,5}



Neurological conditions

(Behavioral & seizure activity, Schizophrenia, MS, Autism)

Limited / no evidence



Digestive health

Some limited evidence in celiac disease patients only, related to healing of the small intestine⁶



Chronic disease

(Risk of Cardiovascular Disease, Type 2 Diabetes)

Limited / no evidence

Nutrition considerations

Diet quality compared to normal control diet⁵



HIGHER

calorie
fat (total & saturated)



LOWER

fiber
vitamins & minerals

References

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