

Info on Gluten-Free Diet

A **gluten-free diet** is a diet completely free of ingredients derived from gluten-containing cereals: wheat (including kamut and spelt), barley, rye, and triticale, as well as the use of gluten as a food additive in the form of a flavoring, stabilizing or thickening agent. It is recommended amongst other things in the treatment of coeliac disease (spelled Celiac Disease in the U.S.), non-coeliac gluten intolerance, dermatitis herpetiformis, migraines¹, and wheat allergy¹. Additionally, the diet may exclude oats. Some people for whom the diet is recommended can tolerate oat products and some medical practitioners say they may be permitted, but there is some controversy about including them in a gluten-free diet because studies on the subject are incomplete. Even if oats are included, it is important to source these from a facility that is gluten free, as most oats are contaminated during processing.

Each individual is different and a doctor should be consulted before starting any gluten-free diet.

Source: Wikipedia