

# Gluten-Free

## What is Gluten?

Gluten is a protein found in grains such as:

WHEAT BARLEY RYE



## Who should avoid eating gluten?

People with:

- Celiac Disease\*\*
- Gluten Intolerant
- Wheat-Gluten Allergies
- Other Autoimmune Diseases



## What is Celiac?

Celiac disease \*\* is a condition in which gluten damages the lining in the small intestine and keeps certain foods from being used or absorbed by the body.



## Gluten-Free Foods:

- Fruits and Vegetables  
Legumes and nuts
- All plain meat, poultry, fish and eggs. (No breading or gravies)
- Milk, butter, margarine, cheese and plain yogurt.
- Corn, rice, quinoa, and soy
- Gluten-free oats, hominy and buckwheat

## Is Gluten-Free Healthier?

The fact is many foods which are gluten-free are not enriched with essential vitamins and minerals. Reducing foods high in saturated, trans fat, sodium, and added sugar is the best option for a healthier you!



\*\*Requires diagnosis by medical professional

