



# The Gluten-Free Diet

Gluten is a protein particle found in all forms of wheat, barley and rye. Gluten is also found in wheat additives, the most common additive used in American food products.

Those on a gluten-free diet forgo all products containing wheat, barley, rye, their various derivatives, and additives containing these ingredients. Those who are gluten-free embrace a diet filled with fruits, vegetables, meats, beans, and legumes. Nuts and most dairy products are naturally gluten-free, and safe for individuals who do not have allergies to these respective food groups.

There are a variety of grains that naturally DO NOT contain gluten and thus can be consumed by those on a gluten-free diet. These include:

- Rice
- Potatoes
- Corn
- White rice flour
- Potato flour
- Cornstarch
- Almond meal flour
- Amaranth
- Buckwheat
- Coconut flour
- Guar Gum
- Sorghum flour
- Quinoa
- Pea flour
- Soy flour

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The gluten-free diet has quickly become one of the fastest growing nutritional movements in America, gaining popularity for its health and therapeutic benefits.

**The gluten-free diet is safe, and can be healthy for everyone.** It may also hold the key to better health, alleviating symptoms such as:

- Fatigue
- Headaches (including migraines)
- Joint/muscle pain (often misdiagnosed as fibromyalgia)
- Infertility
- Mood disorders (depression, bipolar, "fuzzy head," schizophrenia)
- Gastrointestinal distress (diarrhea, constipation, gas, bloating, reflux)
- Insomnia
- Ataxia (neurological)
- Seizures
- Respiratory distress (including asthma)
- Lactose intolerance
- Skin disorders (often misdiagnosed as eczema)
- Autoimmune diseases (hashimoto's, type 1 diabetes, rheumatoid arthritis)
- Weight gain or weight loss

Millions of people have **celiac disease** or some form of intolerance or sensitivity to gluten, and most live unaware and undiagnosed. That means bread, bagels, pasta, pretzels, cookies, cakes, crackers – could be making them sick – sometimes VERY sick.

**Fact**  
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Leading market research companies and industry authorities such as the National Restaurant Association have named 'gluten-free' as one of the top food trends for 2009.

## The gluten-free diet is the fastest-growing nutritional movement in America.

Those who have already seen benefits from a gluten-free have:

- **Celiac disease** (the most common genetic disease of mankind) (**3 million people**)
- Wheat allergies (wheat is a top-8 allergen) (**found in 6% of children 3yrs. and under**)
- Gluten sensitivity or intolerance (same symptoms as celiac) (**10 million Americans**)
- ADD/ADHD (gluten-free/casein-free dietary protocol)
- Autism (gluten-free/casein-free dietary protocol) (**affects 1 in 150 Americans**)
- Multiple sclerosis, cystic fibrosis, thyroid disease, and other autoimmune diseases
- Paleolithic diet
- Personal preference, just 'feel better' gluten-free (may be undiagnosed gluten intolerant)

**Sadly, most people with celiac disease or gluten sensitivity are never diagnosed,** and are instead misdiagnosed as having chronic fatigue syndrome, fibromyalgia, irritable bowel syndrome and other conditions.

**Fact**  
**!**

According to U.S. News and World Report estimates, **nearly 15 to 25 percent of consumers** report looking for gluten-free products. They also anticipate continuing growth in the gluten-free food industry and expect it to reach **\$2.6 billion by 2012.**

In order to maximize the health and nutritional benefits of a gluten-free diet, you should embrace a diet filled with a variety of naturally gluten-free such as fruits, vegetables, and lean meats. FDA recommendations encourage everyone (including those on a gluten-free diet) to avoid overly processed foods, and keep refined sugar and saturated fat intakes to a minimum.

As with any nutritional regimen, the practices of portion control and moderation are essential for those on a gluten-free diet. Daily exercise is also crucial for managing and maintaining a healthy lifestyle.

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A gluten-free diet is by no means a cure-all; even a small percentage of people with celiac disease may still experience symptoms after going gluten-free. Most importantly, a gluten-free diet and cannot replace a formal consultation, diagnosis or recommendation from a physician or trained health professional.

Frankly, the gluten-free diet can be tough. But with a little education and an optimistic approach, individuals and their families **can learn to live – and LOVE – the gluten-free lifestyle!**

**To learn more about celiac disease, the gluten-free diet or how to help the celiac community:**

**[www.celiaccentral.org](http://www.celiaccentral.org)**

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