



WHAT IS GLUTEN?

GLUTEN is a type of protein found in certain grains/grain products. Gluten acts as a “glue” and helps certain foods hold their structure.

WHERE IS GLUTEN FOUND?

Gluten is found in many different foods, including grains such as **WHEAT, BARLEY, RYE, and SPELT**. Most grain-based products like cereals, breads, crackers, and pasta contain gluten, unless otherwise specified.

WHAT FOODS ARE GLUTEN-FREE?

Many foods are gluten-free in their natural state, like *vegetables and fruits, meat and poultry, beans, seeds and nuts, and dairy products.*



Without gluten-containing additives, these foods are safe for anyone on a gluten-free diet.



Many foods that usually contain gluten can be made gluten-free at home by using gluten-free flour, or can be purchased gluten-free from the natural foods section of most grocery stores.

CROSS-CONTAMINATION

Some foods that do not naturally contain gluten can become contaminated with gluten during the **MANUFACTURING PROCESS**.

Cross-contamination can also happen during **FOOD PREPARATION** at home or in a restaurant. If gluten-containing products are not safely stored and prepared away from gluten-free products, small amounts of gluten can be spread from one product to another.



Oats are naturally gluten-free, but are usually processed very close to other gluten-containing grains like wheat and rye which puts them at risk for cross-contamination. If this is a concern, look for oats that are certified gluten-free.

THE GLUTEN-FREE DIET

Anyone can follow a gluten-free diet, but this diet is required, and is the only treatment available, for **CELIAC DISEASE**. Celiac disease is an autoimmune disease in which the body has an immune reaction to gluten causing damage to the villi in the small intestine.

Individuals who have **NON-CELIAC GLUTEN SENSITIVITY (NCGS)** may also be advised by a dietitian to follow a gluten-free diet to improve digestion and symptoms.



When following a gluten-free diet, carefully read the ingredients list on food labels to make sure there are no hidden sources of gluten!



For more information on Celiac disease, non-celiac gluten sensitivity and following a gluten-free diet, visit <http://celiac.ca>.