

GLUTEN INTOLERANCE

What is Gluten?

Gluten is a type of protein that can be found in grains such as wheat, rye, and barley.



What is Gluten Intolerance?

When an individual who is gluten intolerant eats something containing gluten his or her immune system responds to the gluten as if it were a threat to the body. The process by which the immune system attacks the gluten can have adverse effects on the body. An individual may observe these effects in the form of: fatigue, bone disease, anemia or lower gastrointestinal symptoms such as diarrhea, constipation, gas and bloating. A particular form of gluten intolerance is Celiac Disease in which the immune system attacks gluten and the small intestine itself, resulting in intestinal damage.

Common Foods Containing Gluten:



What is the best way to avoid Gluten in my diet?

Nutritionist Melissa Diane Smith explains: "Avoid gluten-free foods made out of nutrient-poor white rice flour, potato or corn starch, and stick primarily with whole foods: fruits, veggies, meats, fish, beans, nuts, eggs, potatoes, and gluten-free whole grains."

Source:

D. Smith, Melissa. (2010, September) Against-the-Grain Athletes. *Better Nutrition*, 48.

*Special Thanks to Peter's
 Cornucopia!*
 38 New Hartford Shopping
 Center New Hartford, NY 13413
 (315) 724-4998



Utica Public Library
 303 Genesee St.
 Utica, NY 13501
 (315) 735-2279