

# VitaMin



Vital health information in a minute

## GO FOR BALANCE WITH GLUTEN-FREE DIETS

Gluten-free foods are trendy. Even those who don't have celiac disease or gluten sensitivity are trying it. Family members and friends may go gluten-free to support a loved one with celiac disease. Some people go gluten-free to lose weight, boost energy or improve their health.

A gluten-free diet may help with weight loss if you eat more fruits and vegetables instead of processed foods. But gluten-free prepackaged snacks and chips are not necessarily healthy. Be sure to read the labels for calories, sugar and fat. Try to eat a balance of foods that are high in fiber, low in fat and a good source of protein and other nutrients.

What foods contain gluten? Gluten is a protein found naturally in wheat, rye and barley. Common foods made with these ingredients include:

- Breads
- Pastas
- Tortillas
- Cereals
- Cakes and pies
- Cookies and crackers
- Beer
- Salad dressings
- Sauces and gravies

### Sources:

1. Rubio-Tapia A, Ludvigsson JF, Brantner TL, Murray JA, Everhart JE. "The prevalence of celiac disease in the United States." *American Journal of Gastroenterology*. July 31, 2012. <http://www.ncbi.nlm.nih.gov/pubmed/22850429> (accessed May 12, 2015)
2. Harris Interactive. The Harris Poll®. "Gluten Avoidance Is Outpacing Diagnosed Sensitivities." Nov. 24, 2014. <http://www.harrisinteractive.com/NewsRoom/HarrisPolls/tabid/447/mid/1508/articleId/1525/ctl/ReadCustom%20Default/Default.aspx> (accessed May 12, 2015)

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