

Gluten in Foods

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Common foods containing gluten include:

- Bread, pasta, cereal, and baked goods
- Beer and certain alcoholic beverages
- Processed foods, sauces, and dressings



Symptoms of Gluten-Related Disorders

Symptoms may include:

- Digestive issues (bloating, diarrhea, constipation)
- Headaches and fatigue
- Joint pain
- Skin rashes
- Nutritional deficiencies

Tips for Going Gluten-Free

- Read labels carefully and look for gluten-free certification.
- Cook at home more often to control ingredients.
- Be cautious of cross-contamination in shared kitchens.



Why Avoid Gluten?

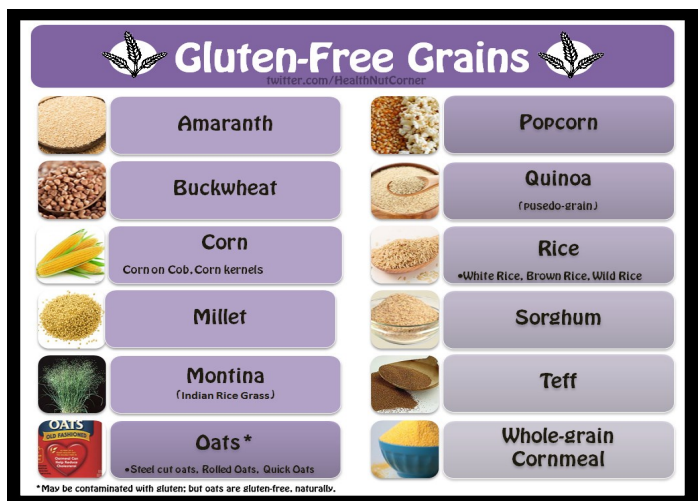
Some people need to avoid gluten due to health conditions like:

- **Celiac Disease:** An autoimmune disorder where gluten causes damage to the small intestine.
- **Non-Celiac Gluten Sensitivity:** Individuals experience symptoms similar to celiac disease without the intestinal damage.

Gluten-Free Alternatives

Many gluten-free options are available, including:

- Gluten-free grains: rice, quinoa, buckwheat, and corn
- Gluten-free flours: almond flour, coconut flour, and rice flour
- Naturally gluten-free foods: fruits, vegetables, meat, poultry, fish, dairy, and legumes



Conclusion

Understanding gluten and its impact on health is important for those with gluten-related disorders. With a growing variety of gluten-free products available, managing a gluten-free diet has become more accessible and convenient.