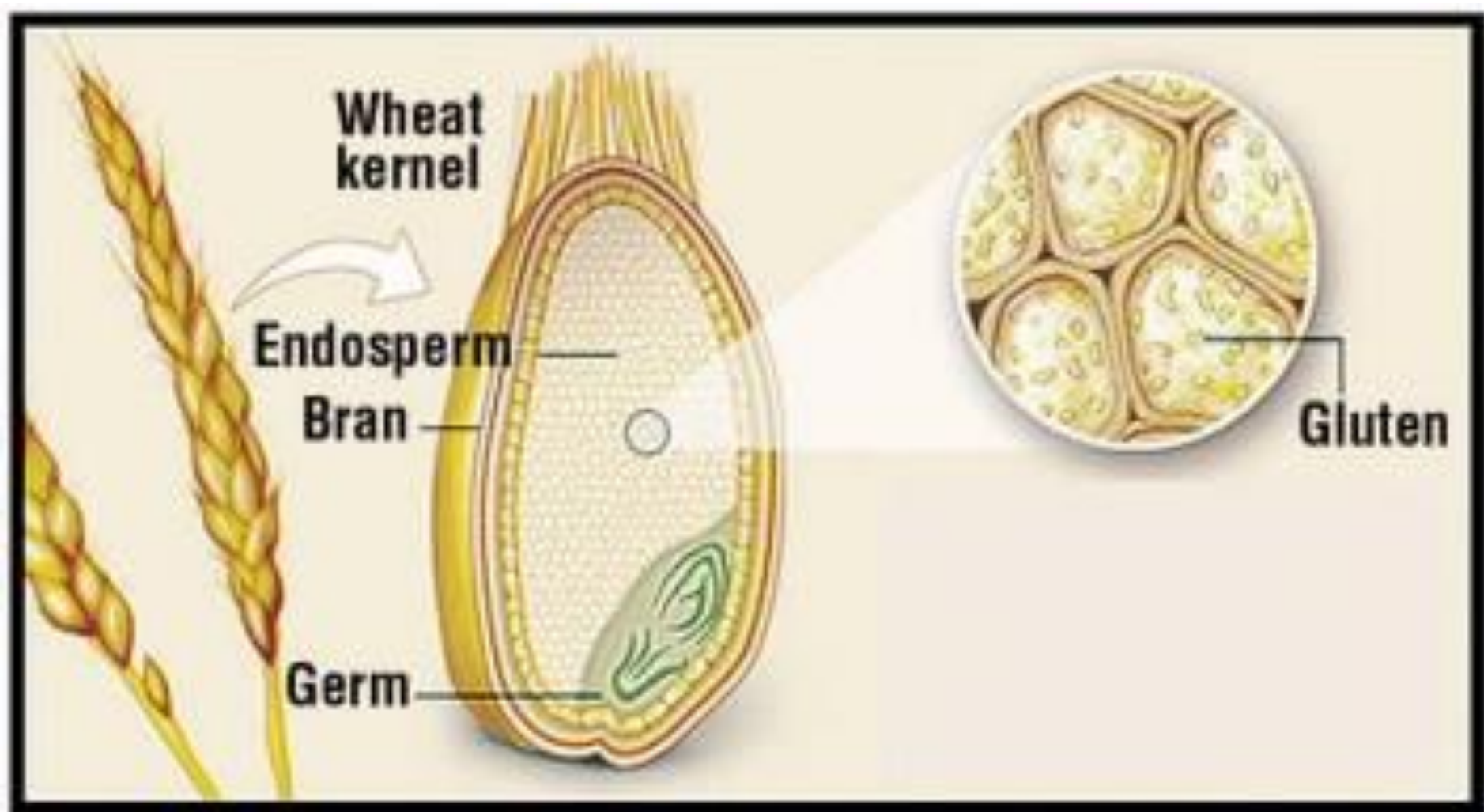


GLUTEN
FREE

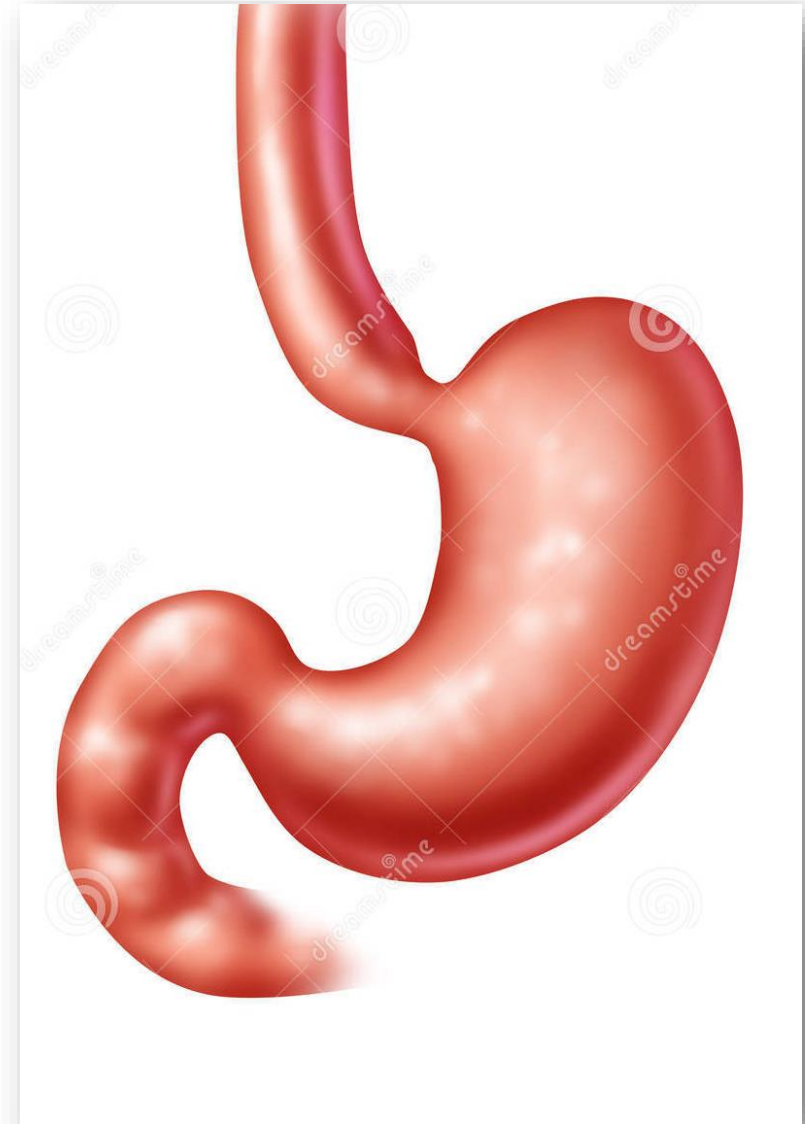
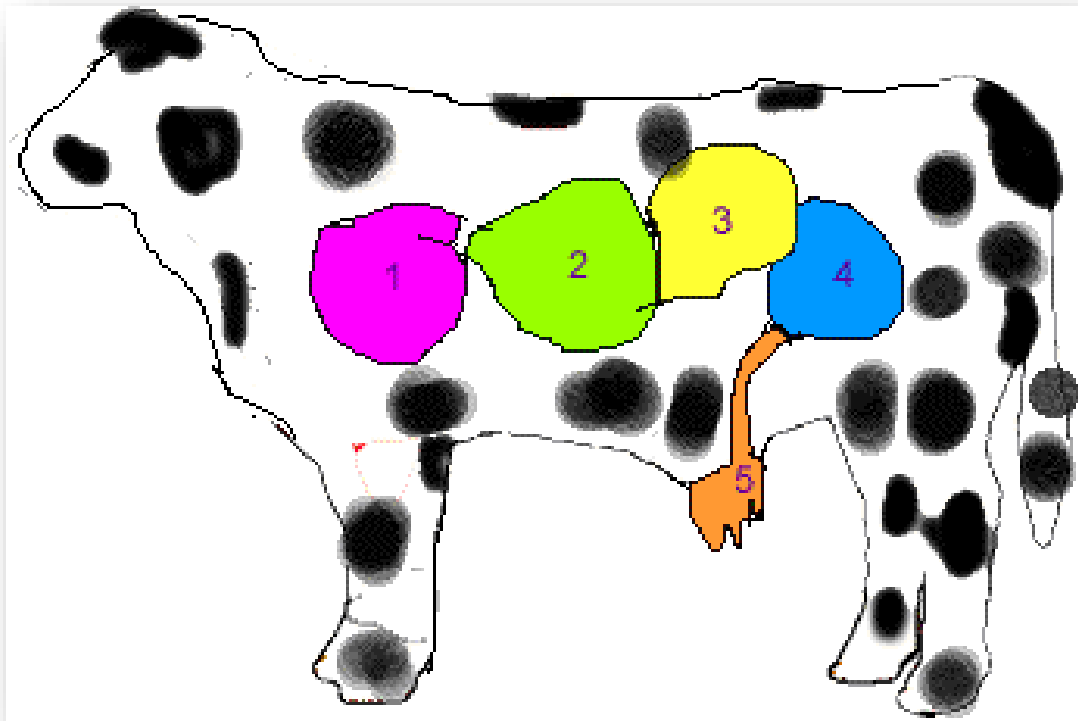




- 1.Wheat, including all varieties such as spelt, kamut, farro, and durum wheat
- 2.Barley
- 3.Rye
- 4.Triticale (a hybrid of wheat and rye)
- 5.Oats (although oats themselves do not contain gluten, they are often cross-contaminated during processing and therefore may contain gluten)
- 6.Bread, pasta, and other baked goods made with wheat, barley, or rye flour
- 7.Beer and other alcoholic beverages made with barley or wheat
- 8.Cereals, crackers, and other packaged foods that contain wheat, barley, or rye
- 9.Soups and sauces that contain wheat flour as a thickening agent
- 10.Processed meats that contain wheat-based fillers, such as sausages and meatballs.

“Protease is the enzyme that helps our body process proteins, but it can’t completely break down gluten.”

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/what-is-gluten-and-what-does-it-do#:~:text=Humans%20have%20digestive%20enzymes%20that,undigested%20gluten%20with%20no%20problems.>



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Published online 2021 May 24. doi: [10.3390/medicina57060526](https://doi.org/10.3390/medicina57060526)

PMCID: PMC8224613

PMID: [34073654](https://pubmed.ncbi.nlm.nih.gov/34073654/)

Non-Celiac Gluten Sensitivity: An Update

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Luis Rodrigo, Academic Editor and Edgaras Stankevičius, Academic Editor

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8224613/>

Estimated prevalence of non-celiac gluten sensitivity (NCGS) varies between 1% and 13% of the population,

<https://www.drschaer.com/us/institute/a/non-celiac-gluten-sensitivity-epidemiology#:~:text=Estimated%20prevalence%20of%20non%2Dceliac,to%20celiac%20disease%20%5B1%5D.>



[World J Gastroenterol](#). 2017 Oct 28; 23(40): 7201–7210.

PMCID: PMC5677194

Published online 2017 Oct 28. doi: [10.3748/wjg.v23.i40.7201](#)

PMID: [29142467](#)

Non-celiac gluten sensitivity: All wheat attack is not celiac

[Samuel O Igbinedion](#), [Junaid Ansari](#), [Anush Vasikaran](#), [Felicity N Gavins](#), [Paul Jordan](#), [Moheb Bektor](#), and [Jonathan S Alexander](#)

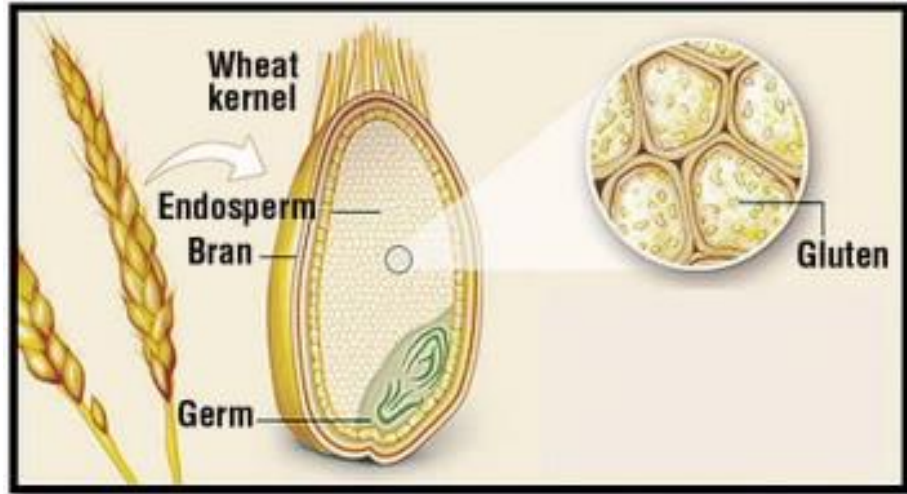
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Symptoms of NCGS (Non-celiac gluten sensitivity)

- Bloating (87%), abdominal pain (83%), epigastric pain (52%), diarrhea (50%), and constipation (24%) are the most common symptoms reported
- Non-gut related manifestations include lack of well-being (68%), tiredness (64%), headache (54%), anxiety (39%), and "foggy mind" or difficulty focusing (38%)
- Less commonly reported symptoms include depression, and skin rash

Conclusion: if you have a
chronic health condition
ASSUME you have:
**Non-celiac gluten
sensitivity**

Whole Grains



Gluten Containing

- Wheat
- Barley
- Rye
- Kamut

Gluten Free

- corn
- rice
- oats*
- wild rice
- amaranth
- buckwheat
- quinoa
- millet
- sorghum
- teff

