

So what could happen?

1. Gluten-free diets cut out many essential vitamins and minerals that wheat products provide like B vitamins, iron, fiber, and protein, leading to vitamin and mineral deficiencies if not supplemented.
2. Going gluten-free can make it harder to diagnose actual celiac disease or a gluten sensitivity
3. Gluten-free diets are expensive and very restrictive.
4. Gluten-free products are often contaminated with gluten. People with celiac disease will feel these effects whereas people who do have celiac will not. Many people who go gluten-free may still be consuming gluten without knowing it.
5. Label reading and knowing all gluten-containing ingredients is a must, which can be very time consuming.
6. Going gluten-free may make people feel better but that is mainly because they are making healthier choices, not because of the gluten itself.
7. There is no evidence to say that going gluten-free is “healthier” for people who do not have celiac disease. Cutting out a whole food group is never recommended on a healthy diet.



Going Gluten-Free

Gluten-free diets are starting to become very popular throughout the United States. Many people are on one because they claim it will make them “healthier” and it helps them feel better. Going gluten-free can make someone feel better, but not for the reasons they think. Cutting gluten from the diet when there is no allergy or sensitivity could actually do more harm than good, especially in children.

Only about 1% of the population has celiac disease, an inherited autoimmune disease that damages the small intestine. There is a larger group of people that have non-celiac gluten sensitivity, which can cause similar symptoms but is not well understood. It is important to get your symptoms checked by a doctor to determine if you are in fact gluten intolerant before you decide to go on a gluten-free diet. If you do not have celiac disease there are many reasons why you should not go gluten-free.

(<https://celiac.org/blog/2014/02/9-things-you-should-know-before-going-gluten-free/>)

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