

EATING 101 RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM

A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Get to Know Gluten

Have you ever come across food products labelled *gluten-free* at the grocery store, or hear a friend talk about eating a *gluten-free* diet? Some media sources claim that removing gluten from the diet can be beneficial for weight loss and digestive health. However, for those who do not have a medical condition that warrants the removal of gluten (celiac disease, non-celiac gluten sensitivity, wheat allergy), the elimination of gluten does not have health benefits.

Why is a gluten-free diet not for everyone?

- Gluten does no harm unless you have a gluten-related medical condition.
- Processed gluten-free products are often high in calories, saturated fats, and added sugars.
- Studies suggest that gluten-free items can be priced two to three times higher than their gluten containing counter products.

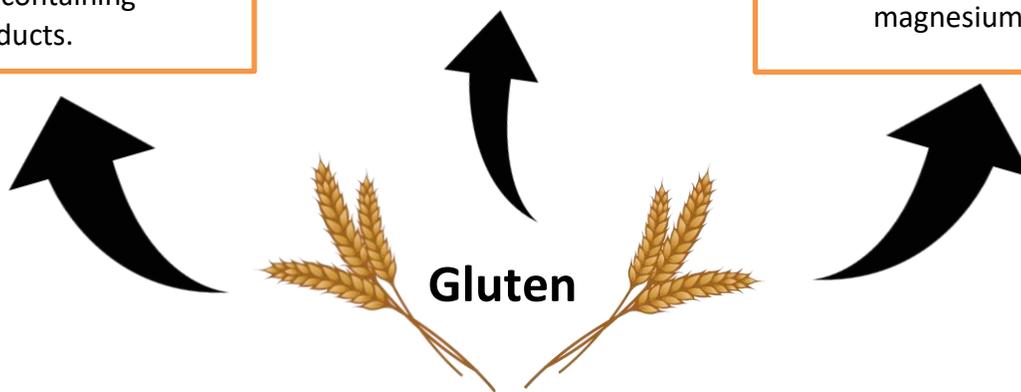
What is gluten?

Gluten is a protein found in wheat, barley, rye, and sometimes oats. Gluten provides structure to foods like bread. You can find gluten in a variety of foods such as cereal, flours, crackers, and pastas.

Why include gluten in your diet?

Gluten is often found in whole grain foods. According to 2020-2025 Dietary Guidelines for Americas, half your grains should be whole grains as they contain nutrients that are essential in the diet. Studies show that following a gluten-free diet has been linked to poor intake of important nutrients such as:

- Fiber, Vitamin B₁₂, Vitamin D, folate, calcium, iron, magnesium, and zinc



Life is sweet with wheat

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