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Gluten free diet Wikipedia

A gluten-free diet is a diet that strictly excludes gluten, proteins present in wheat (and all wheat varieties such as spelt and kamut), barley, rye, oat, and derivatives of these grains such as malt and triticale, and foods that may include them, or shared transportation or processing facilities with them.

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G Free Diet umstellung

G-Free-Diet ist eine in den USA gebr uchliche Bezeichnung f r die glutenfreie Ern hrung, die sich dort bei mehr und mehr Menschen gr ter Beliebtheit erfreut.

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Gluten free diet Mayo Clinic

A gluten-free diet is a diet that excludes the protein gluten. Gluten is found in grains such as wheat, barley, rye, and a cross between wheat and rye called triticale. Gluten is found in grains such as wheat, barley, rye, and a cross between wheat and rye called triticale.

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