

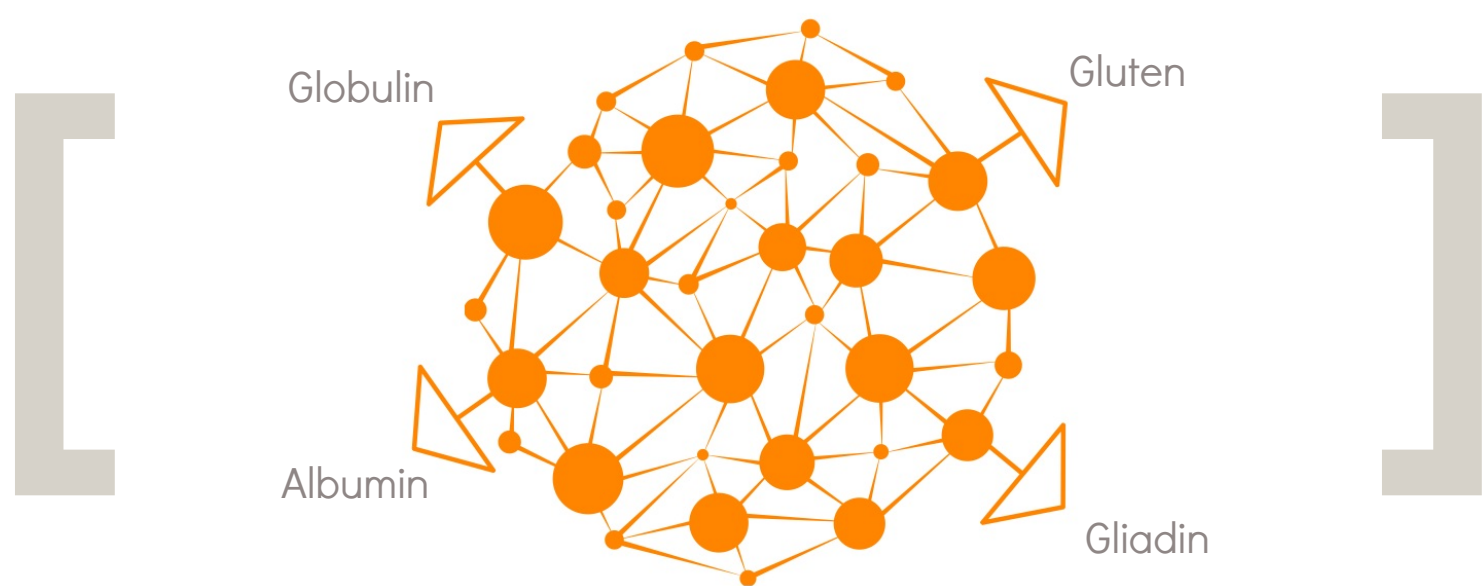
WHEAT ALLERGY [VS] GLUTEN SENSITIVITY

One in Five Americans Include Gluten-Free Foods in Their Diet



2015 - source: <http://www.gallup.com/poll/6424/nutrition-food.aspx>

Gluten is one of 4 classes of protein found in wheat kernels:



So how do you know if you have a Wheat Allergy or Gluten Sensitivity?

	Wheat allergy	Gluten sensitivity	Celiac disease (a type of gluten sensitivity)
What is it?	The immune system mistakes gluten or other wheat proteins for "enemies" and attempts to fight them off by releasing chemicals into the body that lead to allergy symptoms.	Gluten triggers a stress response in your body that causes gastrointestinal distress.	The immune system mistakes gluten proteins for "enemies" and develops antibodies that damage the lining of the intestines
Gastrointestinal symptoms? (nausea, cramps, vomiting, diarrhea)	Y	Y	Y
Other symptoms	Hay fever Hives/eczema Asthma Anaphylaxis	Joint pain Fatigue	Malnutrition Weight Loss Fatigue
Treatment	Sublingual immunotherapy (an alternative to allergy shots using oral drops) has been shown to be effective in treating wheat allergies.	Avoid gluten products	Avoid gluten/wheat products

Foods to Avoid for the Gluten Sensitive

In addition to obvious foods like bread, cereal, and pasta, wheat proteins can lurk in some unusual places:

ice cream · beer · soy sauce · ketchup · hot dogs · licorice · hard candy

