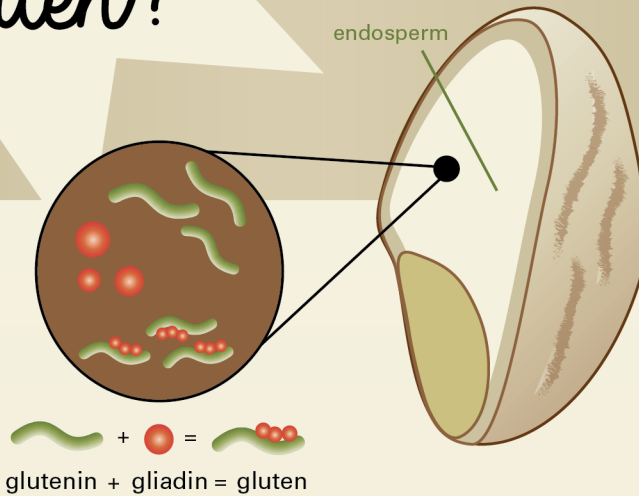


What is Gluten?

Proteins *glutenin* and *gliadin* combine to produce *gluten*.



Gluten-free items may contain more calories and sugars, so...
a *gluten - free diet* may cause you to *gain weight!*



1%

Celiac disease is an auto-immune *disorder* where gluten affects the small intestine. You have to carry the gene(s) to develop celiac disease.

Around *one percent* of Americans have celiac disease.

Gluten gives dough *elasticity* and *volume* and makes bread *chewy*.



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