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!

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.