

GLUTEN-FREE DIETS



Essential in individuals suffering from celiac disease, wheat allergy, and genuine non-celiac gluten/wheat sensitivity

IN PRACTICE



4x more athletes are adhering to gluten-free diets than those of the general population who are estimated to clinically require gluten elimination

BELIEFS



Widespread conviction that gluten elicits universal gastrointestinal injury /symptoms and triggers inflammation

Touted as overall healthier and suggested to provide an ergogenic advantage

NOT EVIDENCE-BASED



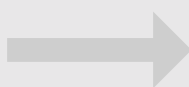
Only anecdotal-type substantiation supports the efficacy of a gluten-free diet for clinically healthy athletes

GLUTEN TO FODMAPS+ LINK

WHEAT-BASED FOOD PRODUCTS SUCH AS BREADS AND CEREALS NOT ONLY CONTAIN GLUTEN BUT ARE ALSO RICH IN FRUCTANS (POLYMERS OF FRUCTOSE)



which are within the FODMAPs family and poorly digested



It may explain the subjective reports of a gluten-free diet improving gastrointestinal symptoms