



GLUTEN-RELATED DISORDERS

GLUTEN

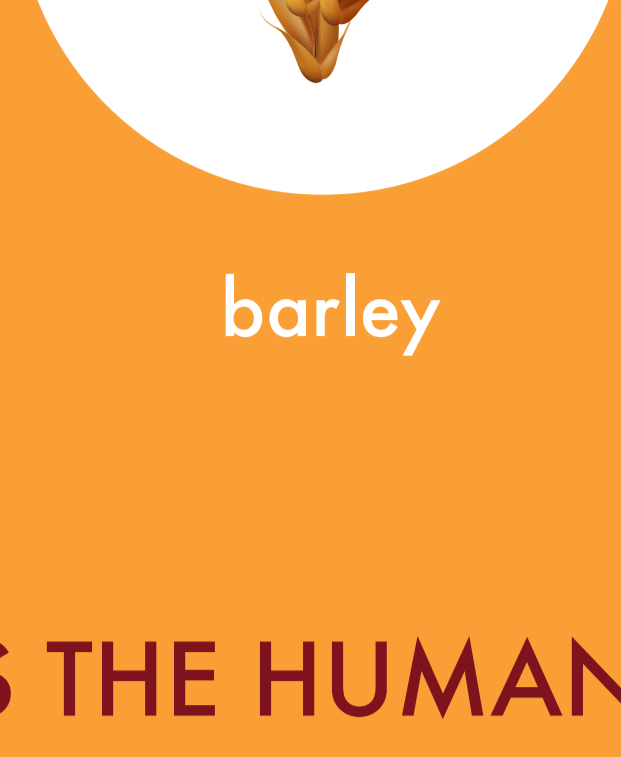
is a family of storage proteins found in cereals, including:



wheat



rye



barley



triticale

HOW GLUTEN AFFECTS THE HUMAN BODY?

gluten is safe for the vast majority of consumers, only in some cases it has an adverse effect on the human body

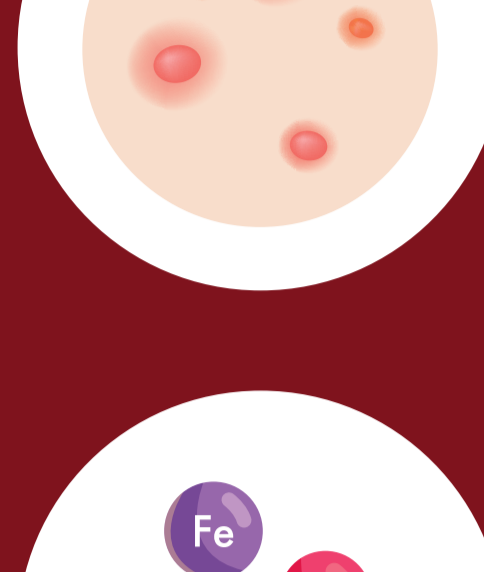


IF YOU THINK GLUTEN MAY BE BAD FOR YOU, YOU SHOULD FIRST SEE A DOCTOR!!!

WHAT SYMPTOMS CALL FOR DIAGNOSTICS TOWARDS GLUTEN-RELATED DISORDERS?



GASTROINTESTINAL TRACT:
diarrhea, stomach ache, bloating



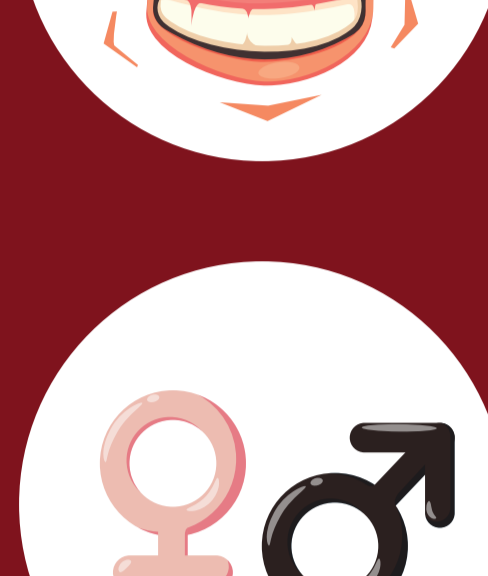
SKIN:
acne, pimples, dandruff, eczema, bruises



PSYCHE:
irritability, dementia, concentration problems, depression



DEFICIENCIES:
anemia, deficiencies of vitamin D and B₁₂



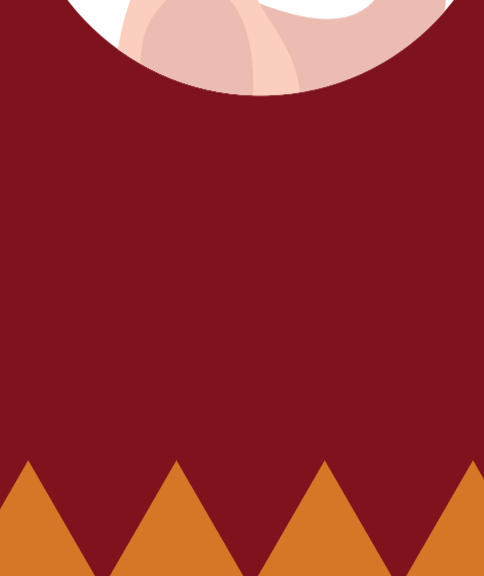
MOUTH:
aphthae, dental enamel erosion, halitosis



MUSCLES AND TENDONS:
muscle twitching or spasms, body cramps, numbness and tingling



REPRODUCTIVE SYSTEM:
infertility, frequent miscarriages, premenopause, poor semen quality



OTHER:
chronic fatigue, headache, body weight fluctuations, frequent fractures

GLUTEN-RELATED DISORDERS INCLUDE:



FACT: The risk of celiac disease development is 5-10% higher in the first-degree relatives (parents, children, siblings) of celiac disease patients, and in people with autoimmune diseases (Hashimoto's disease, type 1 diabetes).

CELIAC DISEASE

1% of population

diagnosed at any age

diagnosed twice as often in women than in men

causes villous atrophy

NON-CELIAC GLUTEN SENSITIVITY

6% of population

mostly diagnosed in adults, less common in children

diagnosed five times more often in women than in men

no villous atrophy

Gastrointestinal and extra-intestinal symptoms

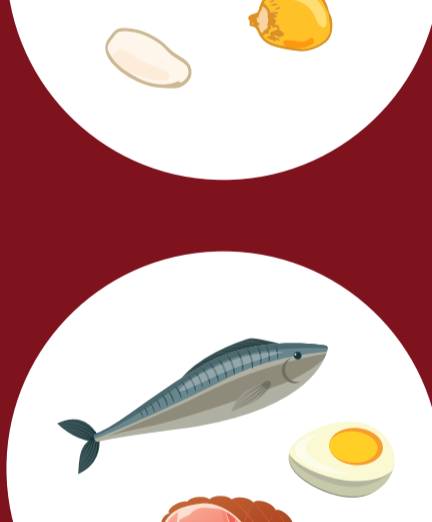
The only available treatment is a strict gluten-free diet



DO NOT ELIMINATE GLUTEN FROM THE DIET BY YOURSELF - IT MAY SABOTAGE THE DIAGNOSIS

GLUTEN-FREE DIET

EAT:



rice, corn, buckwheat, millet and flours and groats made of them



meat, fish, eggs



dairy products (milk, yoghurt, kefir, buttermilk, cheese)



butter, lard, oil, olive oil



vegetables, fruits, nuts



honey, sugar, vinegar, salt, black pepper

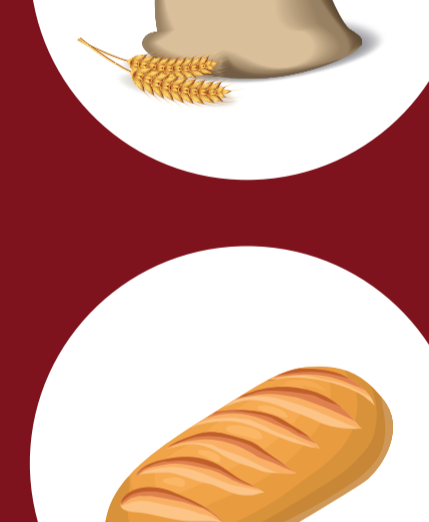


tea, coffee, cocoa

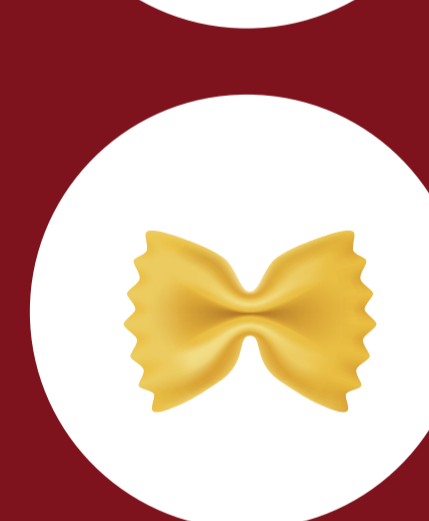


processed products with an international "gluten-free" label on it

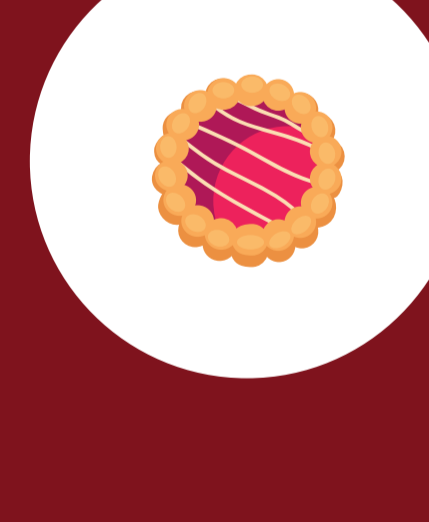
DO NOT EAT:



flours, cereals, bran and groats made of wheat (incl. spelt, einkorn and emmer), rye, barley and triticale



bakery products, breadcrumbs



pasta, groats



cakes and pastries



Switching to a gluten-free diet with no medical reason may increase the risk of cardiovascular diseases, diabetes and obesity



FACT: Gluten-free processed products should contain no more than 20 mg of gluten per 1 kg of the product.

HIDDEN SOURCES OF GLUTEN

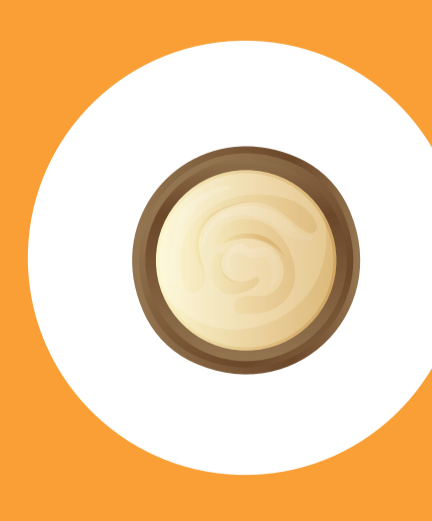
since gluten is widely used in the food industry as a thickening agent, carrier of taste and aroma, we should be aware of its hidden sources:



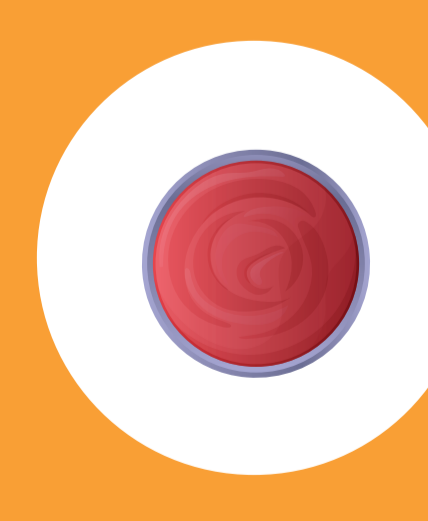
cereals, muesli



pâté



sausages



blood sausage



blue cheeses



fruit yoghurt



mayonnaise



ketchup



mustard



dips and dressings



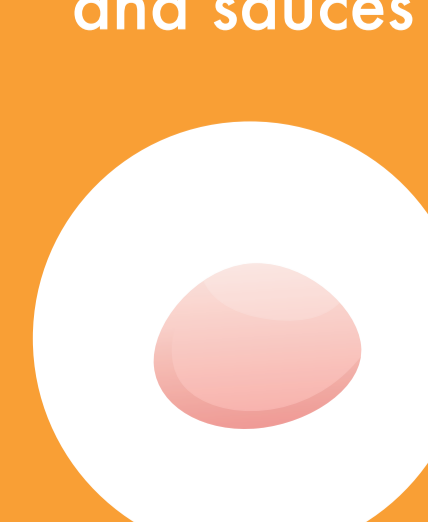
soy sauce



chewing gum



chocolate bars



crisps



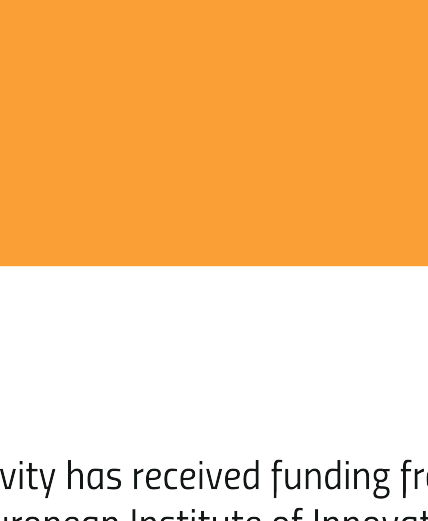
stuffed candies



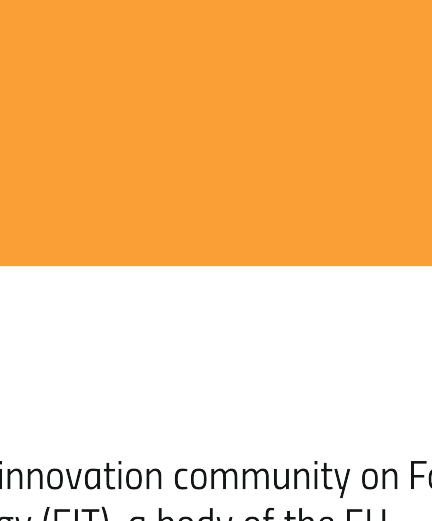
bouillon cubes



spice mixes



instant soups and sauces



instant coffee



baking powder

vanilla sugar

sugar mass

some medications and dietary supplements

beer