

Passing on the Peptides: The Rise of Gluten-Free Diet And Fiber

When going down the aisles of any health food store, you'll find more and more cereals, breads, crackers, desserts, and supplements that claim to be gluten-free. Gluten refers to the peptides in wheat, rye, and barley that are problematic for gluten-sensitive individuals and cause great amounts of damage to the small intestine of those with celiac disease. About two million people in the US have celiac disease, and possibly more that have yet to be diagnosed. Gluten-free foods can help people with celiac disease, as well as many other conditions, feel better. There is currently no FDA regulation that defines the term "gluten-free" in labeling of foods, as long as the claim is not misleading.

Many companies currently provide an extensive selection of gluten-free supplements so that they can meet the needs of gluten-free living. For those consumers desiring a daily multivitamin/mineral supplement, there are large varieties available from many different manufacturers. Many manufacturers are trying to create a product that is able to support the digestion of gluten. They want the peptide to be broken down so that its individual amino acid will no longer damage the gut or create food sensitivities.

Supplemental digestive enzymes have been shown to give an increased advantage to those who use a gluten-free diet along with enzymes. The Salba seed was recently introduced to those suffering from any level of gluten intolerance as a good source of fiber. It is the perfect solution because it is extremely high in fiber content for every serving and is a whole food source of fiber, which makes it better for you than a supplement that is manufactured solely to deliver fiber. Salba can be purchased as a seed and ground and pure cold-pressed oil. Because the vast majority of gluten-free foods that are available today are manufactured for great taste instead of nutrition, Salba is a great solution because it can be incorporated into gluten-free foods. Therefore, adding all the nutrition that is lacking in the products themselves, without adding any taste. Salba is also assimilated into the body easily because it is a whole food.

By not labeling the absence or presence of gluten on products, retailers and consumers are greatly challenged. Although wheat is one of the major gluten-containing grains, it's important to remember that rye, barley, and other grains are also a source of gluten. Retailers are able to help consumers determine which supplements are gluten-free by being more knowledgeable about ingredients containing gluten that are included in dietary supplements. For example, grains are used in the processing of many ingredients, so it is often necessary to seek out the hidden gluten. Among those ingredients that should be avoided by consumers seeking gluten-free products are modified starch, vegetable gum, and caramel. Gluten-intolerant consumers often deal with the issue of managing their own health while being around those who do not have to handle gluten-intolerant issues. Due to Salba's neutral taste and ease of use, it is the perfect solution of gluten-free and non gluten-free members who are found in the same household and eating the same foods. Salba can help the whole family to improve their health dramatically.

About the Author

More information on Gluten free [fiber supplements](#) is available at VitaNet, LLC Health Food Store. <http://vitanetonline.com/>

Source: <http://www.spivo.com/articles>