

# Should you really go "gluten-free"?



Many of you may be considering a gluten-free diet as more and more gluten-free options are popping up around you at grocery stores, restaurants, and even here on campus. It is important to be aware of your needs though, as choosing gluten-free foods is growing as a trend.

According to NDP Research Group, “30 percent of adults said they wanted to cut back or be free of gluten”. However, a study done by the Mayo Clinic showed only 1% of Americans have Celiacs Disease, the illness that causes serious gluten-sensitivities. So why are so many people going “gluten-free”?

Marketing for gluten-free diets has exploded in the past few years, spreading the idea that gluten-free foods aid in weight loss or generally help you “feel better”. *The truth is that gluten-free foods are usually stripped of fiber and vitamins, and a gluten-free diet can be harmful to those without Celiacs.*

**So what should you do?** Try to eat a balanced diet rich in grains, proteins, fruits and vegetables. If you prefer less gluten in your diet, reach for more items that are naturally gluten-free, such as rice, oatmeal, corn or quinoa. You can also increase your intake of healthy grain-free items such as vegetables and lean proteins!