



The gluten-free diet has become popular in recent years. Some people are prescribed a gluten-free diet for medical reasons, such as celiac disease, wheat allergy, and non-celiac gluten sensitivity. Some people choose a gluten-free diet for other reasons, such as weight loss or general health. However, a gluten-free diet is not necessary for most people. It is important to consult with a healthcare professional before making any dietary changes.

**Celiac disease:** This is an autoimmune disease that affects the small intestine. It is caused by a reaction to gluten, a protein found in wheat, barley, and rye. People with celiac disease must avoid gluten to prevent damage to their small intestine and associated health problems.

**Wheat allergy:** Some people have an allergic reaction to wheat. This can cause symptoms such as hives, itching, and difficulty breathing. People with a wheat allergy must avoid wheat and products made from wheat.

**Non-celiac gluten sensitivity (NCGS):** This is a condition that causes symptoms similar to celiac disease, but it is not caused by an autoimmune reaction to gluten. The exact cause of NCGS is not known, but it is thought to be related to the way the body processes gluten. People with NCGS must avoid gluten to prevent symptoms.

If you don't have 1 of the conditions listed above, you don't need a gluten-free diet. However, there are some reasons why you might want to try a gluten-free diet:

• You have a family history of celiac disease or wheat allergy.

• You have symptoms that are similar to celiac disease or wheat allergy.



“Be the person you want to be tomorrow by being the person you want to be today.”  
— H. Jackson Brown Jr.

# Tap Into Protein

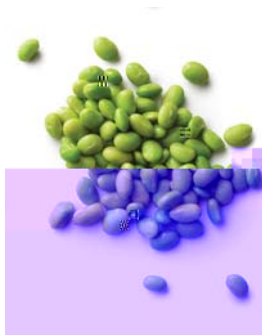
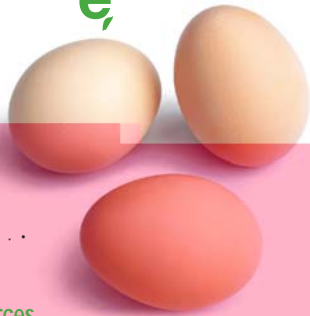
By Cara Rosenbloom, RD

Protein is an essential nutrient found in many foods. Protein is made of amino acids.

Animal sources include meat, fish, eggs, and dairy. Plant sources include beans, lentils, and nuts.

We can get protein from animal and plant sources.

Animal sources include beef, lamb, etc.



# Vaping CATIONS

Are e-cigarettes safe or not? Studies are mixed. Some suggest they are safer than smoking, while others show potential risks.

But the products don't meet FDA safety standards. Here is an update:

E-cigarettes deliver nicotine and other chemicals without the tar and carbon monoxide of cigarettes.

E-cigarettes are a tobacco-free alternative to smoking. They heat a liquid containing nicotine and flavorings to create an aerosol (called vaping). The aerosol is inhaled.

FDA-funded studies are testing these products, but the results are still preliminary. Some studies show reduced exposure to harmful chemicals.

One finding: E-cigarettes may help reduce cigarette use. However, they are not a safe alternative for people who do not smoke.

More time is needed to determine the impact of vaping. Health professionals should advise patients accordingly.

Another caution: E-cigarettes may contain harmful chemicals. Some studies have found heavy metals and other toxins.

