


NOURISHMENT

GLUTEN-FREE DIET AWARENESS MONTH



WHAT IS GLUTEN?

Gluten is a protein naturally found in wheat (including farro, bulgur, flour, etc.), barley, rye, and often oats (due to cross contamination). Gluten provides structure and flexibility to bread doughs.




WHO NEEDS TO FOLLOW A GLUTEN-FREE DIET?

Anyone with celiac disease or non-celiac gluten sensitivity. For those with celiac, consuming gluten can damage the small intestine lining, leading to nutrient malabsorption and gastrointestinal distress, such as bloating and diarrhea. If you do not have celiac disease or non-celiac gluten sensitivity, there is no health benefit associated with avoiding gluten.

WHICH GRAINS DO NOT CONTAIN GLUTEN?

Rice, corn, quinoa, sorghum, amaranth, and buckwheat, to name a few. Beans and legumes are also a naturally gluten-free starch source, as well as legume-based flours, pastas, and breads.



IS OUR CAFE'S KITCHEN GLUTEN FREE?

No. Unless a kitchen has zero gluten-containing products, it cannot be named “gluten free”. Even if you are preparing a dish that does not contain gluten, items like flour can remain in the air for up to 24 hours, producing cross contamination. Unfortunately, we cannot guarantee our products are ‘free’ of gluten or any allergen.



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