



Wheat Free Diet Benefits

Sherri Neal

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A wheat free diet is defined simply as a diet free from wheat or products made of wheat. This diet is based principally on the fact that wheat is a primary allergen and that it can cause allergies like celiac disease which is why the most basic principle of this diet is the avoidance of wheat in the diet or any products that contain wheat such as cakes, bread, etc. The wheat free diet is mostly applied by those who are on a gluten-free diet because wheat is known as food that contains gluten. Gluten is a component found in wheat and other grains that is known to cause many disorders including the celiac disease. This is why all who are on a gluten-free diet are most likely on a wheat-free diet as well.

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