

# Health Tip of the Month

## Gluten: is it good or not?

Grains such as wheat, barley, rye, and spelt have a protein called gluten. Gluten may act as prebiotic, feeding the “good” bacteria in our bodies. But those who have following conditions may avoid foods with gluten.

- **Celiac disease**— is an inherited autoimmune condition where gluten causes immune inflammation to the small intestine; diagnosed with blood test and endoscopy. Untreated celiac disease may lead to anemia, chronic fatigue, osteoporosis, neurologic disorders, and cancer. Those with celiac disease need to completely avoid any form of gluten in their diets.
- **Food intolerance to gluten** - Non-celiac gluten sensitive people have gassiness, foggy mind, fatigue, abdominal pain or diarrhea eating foods with gluten. Symptoms improve when gluten is eliminated from the diet and return when foods with gluten are eaten again.
- **Food allergy to wheat**—immune system overacts to a particular food and its potentially serious or life– threatening. Symptoms begin quickly after eating the food: hives, itching, trouble breathing, lightheadedness or vomiting. Food allergic people must be careful to avoid their food triggers, such as wheat.

**Gluten is a problem only for those who react negatively to it. For those who are not gluten-intolerant, there is no data to show a specific benefit in following a gluten-free diet.**

## Avocado and Black Bean Quesadilla

### Ingredients:

- 1 cup cooked black beans
- ¼ cup salsa
- 4 ounces cheddar cheese (1 cup grated)
- 1 avocado
- 1 tablespoon vegetable oil
- 4 8-inch gluten-free tortillas

### Directions:

1. In a large mixing bowl, mash beans and add salsa .
2. Grate cheese and add

to beans.

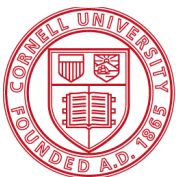
3. Cut avocado and add to beans.
4. Lay tortilla flat on plate. Using ¼ of bean mixture, fill half of tortilla, folding other half over mixture.
5. Place folded tortilla in pan cook 3 -4 min on each side
6. Remove from pan and cut in half.
7. Repeat with remaining tortillas.



### Gluten Free Foods

Rice, oats, quinoa, teff, amaranth, buckwheat,

millet, sorghum potato, cassava, corn and beans.



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