

When patients start a sentence with “I heard...”

Myth #1: The gluten-free diet is a healthier diet for the general population

The gluten-free diet is beneficial for those with **gluten-related disorders**; however, the gluten-free diet may lack key nutrients while increasing intake of fat and sugar if close attention is not paid to the quality of the diet.

Myth #2: Oats are safe for patients with celiac disease

Most patients can consume **gluten-free** oats safely; however, **oats should be eliminated when starting a gluten-free diet**. When antibodies have normalized, and symptoms have resolved, oats can be reintroduced to assess tolerance.

Myth #3: If restaurants label items as gluten-free in the US, they are safe for those with celiac disease

Unfortunately, **restaurant labeling is not regulated the same way as gluten-free products**. It is important to inquire about preparation and possibility of contamination to ensure the meal is safe.

Myth #4: Patients with celiac disease should only use gluten-free shampoo and cosmetics

Gluten in shampoo, cosmetics and topical products should not cause harm because **gluten cannot be absorbed through the skin**. Nevertheless, all patients should wash their hands after using gluten-containing products to prevent food contamination.

Myth #5: Gluten is only in grains

Gluten can be **found in many unexpected places besides grains**, including soups, soy sauce, salad dressings, marinades, seitan, etc.

Myth #6: Gluten-removed beers are safe for those with celiac disease

Only beer made from gluten-free grains is safe. **Gluten-removed beer uses gluten-containing grains and, therefore, is not safe**.

Myth #7: It is not safe to use the same sponge to clean dishes with gluten-free food and regular food

It is safe to use the same sponge. **Periodically clean the sponge** by hand or in a dishwasher, if available.



SOCIETY FOR THE STUDY OF
CELIAC DISEASE

MYTH BUSTERS

When patients start a sentence with “I heard...”

Myth #8: Some wine contains gluten or may be contaminated with gluten

All wine is safe for those with celiac disease.

Myth #9: Sourdough bread is safe for patients with celiac disease due to the fermentation process

Sourdough bread is made from wheat flour and **is not considered safe**, despite the fermentation process.

Myth #10: Blue cheese is not safe for those with celiac disease

Blue cheese is safe. At one time, the mold was taken from bread to make the cheese. However, this mold has decomposed the bread. At this time, **most cheeses are made from a chemical starter and do not use bread at all.**

Myth #11: There are enzymes my doctor can recommend to help me digest gluten

The enzymes currently available are **not recommended for use by those with celiac disease**. Currently, these enzymes are not suitable to help digest gluten and do not prevent harm that gluten causes. A gluten-free diet with the guidance of an experienced Registered Dietitian is the only treatment for celiac disease.

Myth #12: If I am experiencing gastrointestinal distress, I should try eliminating gluten

Patients **should not eliminate gluten until** they have been tested for celiac disease to obtain a reliable diagnosis.

Myth # 13: Vinegar and distilled spirits are not gluten-free unless they are clear

Both vinegar and distilled spirits **are rendered gluten-free** through the distillation process.

External References

<https://www.gluten.org/resources/getting-started/the-gluten-free-diet-facts-and-myths/>

<https://www.beyondceliac.org/celiac-disease/myths/>

<http://www.health.com/nutrition/gluten-free-diets#gluten-only-grains-popcorn>