



If you have celiac disease, leave the oats behind!

For 20 years, there has been debate back and forth regarding whether oats get the green-light for people with celiac disease, which is characterized by the complete inability to digest gluten. While the three main grain culprits—wheat, rye and barley—are strictly off-limits, due to their natural gluten content, oats have been a bit perplexing. Oats don't contain any gluten, but they do have an amino acid sequence that is similar to the problem grains and many celiac folks have reported gastro-intestinal problems after eating them.

But perhaps the worst problem concerning oats is that of cross-contamination. Since absolutely no amount of gluten is tolerable for celiacs, oats that are processed in the same facilities as wheat, rye and barley could spell major trouble. Studies on the acceptability of oats in the gluten-free diet have yielded mixed results—some find people do okay on them, others don't. The safest bet for celiacs then? Avoid oats altogether. *Healthy Values-Tree of Life*
