

Mayo Clinic Minute: The Scoop on Gluten [TRT 1:07]

Video	Audio
SOT Joseph Murray, M.D. Gastroenterology Mayo Clinic	<p>“I think we have to be careful about labeling one particular food, in this case gluten, as the cause of all evil.”</p>
voice of Vivien Williams	<p>Mayo Clinic gastroenterologist Dr. Joseph Murray says only about 1 percent of Americans have celiac disease and should not eat gluten, the protein found in wheat, barley and rye. But a 2011 study reported gluten also made some people who did not have celiac disease feel sick.</p>
sot: Joseph Murray, M.D	<p>“It kind of set off a frenzy of interest in things that were not celiac disease that might respond to a gluten-free diet.”</p>
Vivien Williams	<p>The same researchers did a follow-up study and found gluten was NOT the culprit. Instead, it was FODMAPs.</p>
sot: Joseph Murray, M.D.	<p>“FODMAPs are these small molecules and are common components of many foods especially fruits, some vegetables.”</p>
Vivien Williams	<p>And fructose, found in high-fructose corn syrup and fructans found in wheat.</p>
	<p>He also says some people with irritable bowel syndrome or autoimmune diseases say they feel better on gluten-free diets. But before you go gluten-free, talk to a dietitian</p>
Vivien Williams	<p>I’m Vivien Williams. For more health news, visit the Mayo Clinic News Network.</p>