GLUTEN-FREE DIETS
Are they really beneficial for athletes?

1. Gluten-free diets are essential in individuals suffering from celiac disease, wheat allergy, and genuine non-celiac gluten/wheat sensitivity.

2. There is widespread conviction that gluten elicits universal gastro-intestinal injury / symptoms & triggers inflammation.

3. These diets are also considered as overall healthier and suggested to provide an ergogenic advantage.

4. 4x more athletes are adhering to gluten-free diets than those of the general population who are estimated to clinically require gluten elimination.

5. Only anecdotal-type substantiation supports the efficacy of a gluten-free diet for clinically healthy athletes.

GLUTEN TO FODMAPS LINK

Wheat-based food products such as breads and cereals not only contain gluten but are also rich in fructans (polymers of fructose)

which are within the FODMAPs family and poorly digested

It may explain the subjective reports of a gluten-free diet improving gastrointestinal symptoms

Reference: Lis, Kings & Larson-Meyer IJSNEM 2019