

GLUTEN

Meaning: Gluten is a protein present in wheat, barley, and rye that can cause health issues for individuals with certain conditions, such as celiac disease.

1. Many people with celiac disease must avoid gluten entirely to prevent serious health issues.
2. Gluten is a protein found in wheat, barley, and rye that can trigger adverse reactions in some individuals.
3. The rise in gluten-free products has made it easier for those with dietary restrictions to enjoy baked goods.
4. Some athletes believe that eliminating gluten can improve their performance and recovery times.
5. Educating yourself about gluten can help you make informed choices about your diet and nutrition.

Source: sentences.whatistheurl.com

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