



DIETARY GLUTEN AVOIDANCE IN CANADA

WHAT IS GLUTEN?

A protein found in wheat, rye, triticale and some other grains.

WHAT IS GLUTEN AVOIDANCE?

A style of eating where no gluten is consumed. This diet is followed by those with celiac disease, non-celiac gluten sensitivity, and wheat allergies. Others may follow this diet for other reasons, not medically indicated.

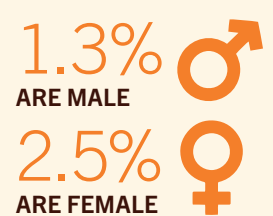
By the numbers:

GLUTEN AVOIDERS: 1.9% of Canadians avoid dietary gluten

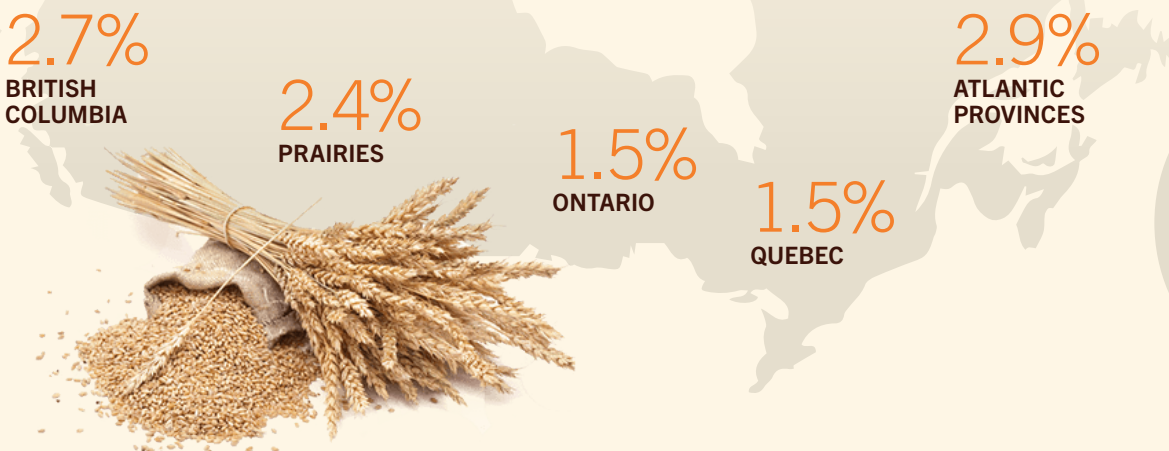
BY AGE



BY GENDER



ACROSS CANADA



WHAT DOES THIS MEAN?

WOMEN HAVE
2.08x
THE ODDS OF
AVOIDING GLUTEN
THAN MEN

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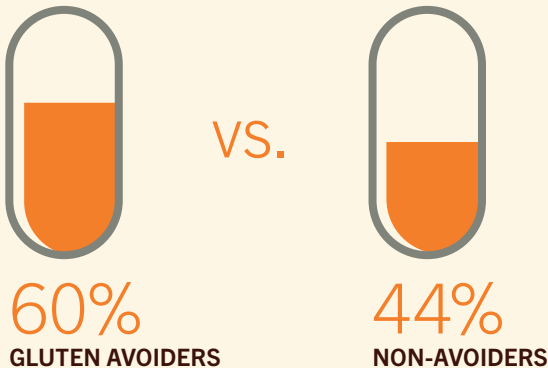
DIG DEEPER! Challenges of a gluten-free diet

DIETARY GLUTEN AVOIDANCE IN CANADA

Habits and nutrition of Canadians eating gluten free:

SUPPLEMENTS

Percentage that take a daily supplement:



OF THE GLUTEN AVOIDERS WHO USE SUPPLEMENTS

84%
USED VITAMIN D

64%
USED VITAMIN B12



VITAMIN D AND CALCIUM

Dietary gluten avoiders were consuming:



OTHER NUTRIENTS

People who avoid gluten had significantly lower intakes of:



GLUTEN AVOIDERS ARE ALSO AVOIDING



PUBLISHED RESEARCH: 1. [Dietary gluten avoidance in Canada](#): a cross-sectional study using survey data, Canadian Medical Association Journal (Open). 2. [Nutritional implications of dietary gluten avoidance among Canadians](#): results from the 2015 Canadian Community Health Survey. British Journal of Nutrition.