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Gluten free diet: New trend genetic condition that is caused by [Smarty Rocky](#)

Article published on July 6th 2012 | [Food](#)

If you among the new people who are trying to stick to gluten free and corn free diet, then this is going to help you. Sticking with gluten free and corn free diet is a new trend among the youngsters and the older population as well. Due to increase in awareness, many people are avoiding gluten and corn in their food. Therefore you can now find food marts, grocery stores, and the departmental stores full of gluten free products along with corn free foods. Health concerns are rising and the reasons are related to gluten and high fructose corn syrup. However, there is no need to be alarmed, as anybody can live without consuming gluten and corn and yet have a balanced diet.

Celiac Disease

Around one in 140 Americans are found to suffer from celiac disease, which is a genetic condition that is caused due to the presence of gluten in the food that is consumed. It is actually a protein that can be found in grains like rye, barley and wheat. What the gluten does is attack the digestive track in the stomach and cause discomfort like vomiting, diarrhea, bloating, constipation, impaired growth, muscle wasting, poor muscle tone, weight gain or weight loss and oral ulcers. The people who are intolerant to gluten can suffer from Celiac disease. This is a lifelong disease and can be avoided only by avoiding the food that contains gluten.

Effects of Corn diet

Corn too has its own disadvantages on the human body, but is relatively rare. A corn allergy is hard to make out, as many food products contain corn in some form or the other. Gluten Free and Dairy Free is used in the form of corn syrup, corn meal, corn starch, which should be avoided. There are certain ailments that can be caused to corn in the food like Anaphylaxis, which is a serious condition that can swell the mouth, lips and the throat along with nausea and lower blood pressure and even vomiting. Some people have also experienced breathing problems after eating food that has corn. The other symptoms are bad headaches, itchy eyes, joint pain and nasal congestion.

Foods to avoid in Gluten free diet

There are certain foods that can be avoided to have a gluten and corn free diet. To stay free of corn you must stay away from candy, canned cereals, jams, baked goods, snack foods, syrups, and always look out for the labels that say "corn added". Most of the processed products have corn in them. If you have to stay away from gluten, then you have to avoid processed foods, egg substitutes, flavored potato chips, semolina, beer, chocolate, baked products, pudding, ice cream, pie fillings, cocoa, peanut butter, and wheat and food that have wheat in them. To go completely free of Gluten Free and Corn Free is not all difficult as it seems. All you need is awareness when you buy food at the grocery store and look out the ingredients in detail.

Article Source:

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Smarty Rocky is working since last 2 years in social life style research department according to him one of the best portal for the information here related a [Gluten Free and Corn Free](#) and a [Vegetarian recipes for kids](#) can be a great and favorable way for the thriving state of your business, visit momsgoodlife.com .

Article Keywords:

dairy free recipes for kids, allergic reactions to food, gluten free recipes for kids, allergy free recipes for kids, vegetarian recipes for kids,

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