## Gluten-free diets are healthier.

## It's a myth

Although only $1 \%$ to $2 \%$ of people have celiac disease and require a gluten-free diet, many more people are jumping on the gluten-free bandwagon in hopes it will help them lose weight or feel better. And many of them assume that a gluten-free diet is what's best for their pets, too.

## The facts

Gastrointestinal problems associated with gluten are rare in dogs.

- Gluten-induced enteropathy (celiac disease) is very rare in dogs and has been reported primarily in Irish Setters. ${ }^{1}$
- Pets with celiac disease react to the proteins (gluten) in wheat, rye and barley.
- The protein in corn gluten does not cause GI problems, even in individuals with celiac disease.


## Gluten is an excellent source of

 high-quality protein.- Gluten is the concentrated protein from grain after all the starch has been removed.
- Corn gluten meal contains approximately $60 \%$ to $70 \%$ protein.
- It provides essential amino acids that form the building blocks for protein.
- Gluten is highly digestible. ${ }^{2}$


## Gluten provides structure to pet food.

- Just as wheat gluten is added to breads to enhance the texture, a small amount in pet food helps canned formulas, kibbles and treats hold their shape.

Protein Concentrations in Common Pet Food Ingredients (as fed) 3,4
Poultry By-product Meal ..... 70\%

## Remember

Gluten from various grains is a nutritious ingredient that provides a concentrated source of protein in pet foods. GI problems associated with wheat gluten are rare in dogs and cats, and corn gluten does not cause problems, even in pets with celiac disease.

