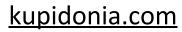


Gluten-free Diet Quiz: questions and answers







1. Which disorder does gluten not effect?
O Hypotension
O Coeliac disease
O Dermatitis herpetiformis
2. Out of the estimated 3.1 million people in the U.S. on a gluten-free diet, roughly what percentage are avoiding it without medical reasons?
O 0.43
O 0.31
O 0.72
3. Which of these foods is not naturally gluten-free?
O Rye
O Rice
O Milk
4. Which non-food item does not contain gluten?
O Lipstick
O Hand soap
O Playdough
5. What are many gluten-free products low in?
O Sugar
O Fibre

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O Starch
6. What is gluten?
O A preservative
O A starch
O A protein
7. Which beverage usually contains gluten?
O Wine
O Vodka
O Beer
8. When shopping for gluten-free food, which is the best aisle to find it in?
O Fresh Produce
O Bakery
O Frozen
9. Which of these snacks is generally not gluten-free?
O Popcorn
O Pretzels
O Rice crackers
10. Which grain is naturally gluten-free?
O Rice
O Rye
O Barley



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Right answers

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