

Gluten-free Diet Quiz: questions and answers



1. Which disorder does gluten not effect?

- Hypotension
- Coeliac disease
- 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?

- 0.43
- 0.31
- 0.72

3. Which of these foods is not naturally gluten-free?

- Rye
- Rice
- Milk

4. Which non-food item does not contain gluten?

- Lipstick
- Hand soap
- Playdough

5. What are many gluten-free products low in?

- Sugar
- Fibre

Starch

6. What is gluten?

- A preservative
- A starch
- A protein

7. Which beverage usually contains gluten?

- Wine
- Vodka
- Beer

8. When shopping for gluten-free food, which is the best aisle to find it in?

- Fresh Produce
- Bakery
- Frozen

9. Which of these snacks is generally not gluten-free?

- Popcorn
- Pretzels
- Rice crackers

10. Which grain is naturally gluten-free?

- Rice
- Rye
- Barley

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Right answers

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