

## Missing key nutrients

Research paper title: Thinking about going wheat-free? Evidence of nutritional inadequacies in the dietary practices of wheat avoiders.

The above Golley et al paper (published in *Nutrition & Dietetics Journal*) looked at 34 non-coeliac/non-wheat-allergic people who avoid wheat (i.e. people avoiding wheat without a medical diagnosis). The study found inadequate intake of a number of key nutrients, but particularly fibre and calcium. The low calcium intake reflects the tendency to also avoid other foods (particularly dairy) by this group. Intake of fat and saturated fat also exceeded recommendations.

This study reinforces Coeliac Australia's position that a gluten or wheat free diet is not a 'healthy' diet and should only be adopted on medical advice and under supervision of a dietitian.

Reference: [onlinelibrary.wiley.com/doi/10.1111/1747-0080.12521](https://onlinelibrary.wiley.com/doi/10.1111/1747-0080.12521)