



## Dietary Intake and Gluten-Associated Disease

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### **Message from the Guest Editor**

Dear Colleagues,

In recent years, the influence of diet on the occurrence and treatment of many diseases has become more and more apparent. In particular, the effect of gluten on health has been increasingly studied, both clinically and scientifically. The following Special Issue discusses the effect of gluten and gluten-associated proteins, such as amylase trypsin inhibitors (ATI), as well as food groups such as FODMAPs on the intestinal mucosa. The association of gluten consumption and irritable bowel syndrome (IBS) will be elucidated and the influence of fructans will be discussed. Recent data in gluten-sensitive patients have shown that a gluten-free diet positively influences the inflammation in the small intestine.

The FODMAP-reduced diet appears to be less effective in treating the symptoms in gluten-sensitivity compared to irritable bowel syndrome. The elimination of gluten from the diet seems to be rather easy to manage in the Western world because of the availability of gluten-free pseudocereals such as millet, amaranth, quinoa, and buckwheat, in addition to many commercially available gluten-free products.

Prof. Yurdagül Zopf  
*Guest Editor*





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