

## **Additional FAQ for GrainsforYourBrain.org**

### **\*FOR INTERNAL USE ONLY**

#### **1. Should everyone be tested for gluten sensitivity?**

It is estimated that celiac disease affects one percent of the U.S. population or approximately 1 out of every 133 Americans, according to the Massachusetts General Hospital Center for Celiac Research & Treatment. Additionally, although the exact number is unknown, the same group estimates the prevalence of gluten sensitivity to be roughly six percent of Americans. There is no definitive diagnostic test for gluten sensitivity at this time. If you believe you have celiac disease or gluten sensitivity, it's important to consult with your doctor before eliminating gluten from your diet.

#### **2. Is it true bread has a higher glycemic index than a candy bar?**

The Glycemic Index (GI) is based on 50 grams of *available carbohydrate* for any food tested, not 50 grams total of that specific food. For bread this equates to 3–4 slices in one sitting (without any other foods), which exceeds the amount typically consumed in day-to-day life. Additionally, the GI is an extremely variable scale influenced by factors like macronutrient mix at meals (i.e., the mix of carbs, fat and protein), the acidity of a food and even the ripeness of a fruit. Because of its variability, the GI is not a realistic tool for everyday use.

#### **3. Is there a direct correlation between grains and Alzheimer's disease?**

Given that people eat food from various food sources as combination meals and snacks, and not in isolation, there is no evidence to suggest that grains are directly related to or are a casual factor in the development of Alzheimer's disease.

#### **4. Do grains offer any nutritional benefits for brain health?**

As part of an overall healthful eating pattern, specifically one that follows the principles of the Mediterranean diet, research suggests consuming whole grain foods has been shown to positively impact cognitive function. Grain foods offer essential B vitamins and antioxidants that reduce inflammation associated with disease development.

#### **5. Is there a blood test that can detect gluten sensitivity?**

There is no definitive diagnostic test for gluten sensitivity at this time. If you believe you have celiac disease or gluten sensitivity, it's important to consult with your doctor before eliminating gluten from your diet.

#### **6. Is celiac disease defined as an allergy to gluten?**

Celiac disease is an autoimmune disorder, not an allergy to gluten. This means that when a person with celiac disease consumes gluten, her body essentially attacks itself; this process can damage the intestinal lining and inhibit nutrient absorption from food. Autoimmune disorders are very different from allergies.

**7. Has genetic engineering led to increased levels of gluten in today's wheat plant?**

No. There is no genetically modified wheat currently being cultivated anywhere in the world. According to studies conducted using wheat samples from the United States, Canada and Europe that date back to the 1920s, there has been no meaningful change in the amount of gluten found in today's wheat plant.