

## Does beer contain gluten?

Beer contains gluten, which comes from the grain from which it is brewed.

Gluten is a protein type naturally present in all grains, of which only a fraction ends up in the final beer, that fraction depending on the kind of grain utilized.

The use of barley results only in traces of gluten in the beer whilst wheat contributes considerably more. It also depends on the brewing process.

Some people are allergic to gluten and have to follow a diet that minimises or excludes their gluten intake.

Celiac disease is an immune reaction to gluten, a protein found in wheat, rye, and barley. The fraction of gluten causing allergies is prolamin and the FDA considers products containing less than 10 ppm prolamin or 20 ppm gluten to be "gluten free".

Whether beer can be part of such a diet or not, is dependent on the extent of the allergy and the beer type consumed.

In many cases lager beers pose no problem for people who have a gluten allergy.

Generally, the clearer and blonder the beer is, the less gluten it may contain.

However, it is up to the individual to assess his or her sensitivity, and/or to consult a medical doctor or dietician in case of questions.

*Thanks to:*

National Institute of Health <http://celiac.nih.gov/>

Food & Drug Administration <http://www.fda.gov/>

Heineken Brewery <http://www.theheinekencompany.com/>

New Belgium Brewery <http://www.newbelgium.com/>

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