

SOME FACTS ABOUT THE STORAGE PROLAMINS GENERALLY CALLED GLUTEN:

Technically, Gliadin is the specific name for the toxic prolamins found in wheat. In Rye, it's called Secalin and in barley it's called Hordein. All fall under the general name gluten. All are considered toxic to celiacs.

Gluten refers to the 'storage protein' fraction present in all cereal grains. Sometimes this causes confusion when we use the word with chefs & manufacturers so it's important to be clear that the only glutes which bother celiacs are those found in Wheat, Rye, Barley, and sometimes oats.

Corn and Rice each have a similar prolamins called Zein & Orzenin, respectively, but these differ from those considered toxic. The prolamins in Oats is called Avenin. These prolamins are not considered toxic to celiacs however cross-contamination with toxic grains are a real problem with Oats/Avenin in North America, in the fields during cultivation, in the trucks that move the grain from field to mill & in the manufacturing facilities. Oats - if they were actually "pure" or from an area not so completely consumed with wheat production - ARE now considered safe for celiacs - many have had good luck with McCann's Irish Oats & some use Old Wessex Brand, the latter having a wheat free symbol on the package.

In toxicology they all belong to the same Family: Gramineae. They also all belong to the same Subfamily: Festucoideae. But then the differences are clear. Wheat, Rye & Barley all belong to the Tribe: Triceae. Oats, rice, and Corn belong to three differing Tribes: Oats to Avena, rice to Oryza, and Corn to Tripsaceae, in that order - with corn being the farthest away from barley & oats being closest to it. (I think this may have been one of the reasons they believed oats themselves were a problem & didn't realize it as because they were being cross contaminated.

When you read information about CD/DH from prior to 1999-2000 and almost always what was published before 1996 you'll see oats are still considered forbidden or at least included as a toxic grain with the disclaimer being ...and sometimes oats.)

Current Information on Oats shows That Oats from companies such as Quaker and McCann's are contaminated and not safe for people with Celiac Disease.