

# What is Gluten?

Gluten is a protein found naturally in some grains such as wheat, buckwheat, etc. In fact, these proteins act as a bond, causing foods to stick together and elongate. Consider the pizza how the cheese turns out if the gluten is not present in the ingredients, the ingredients will break easily.

Other grains that contain gluten include semolina, red wheat, durum, starch flour, pure wheat, Khorasan wheat and triticale. Barley is naturally gluten-free because there are many processes involved and gluten is also sold as wheat gluten and can also be found in high-protein vegetables.

Soy, lettuce and some vitamins and medicines also contain a small amount of this protein.