



## Less Gluten Can Mean Greater Heart Risks

In what may be the opposite of what you'd expect, a recent study published in the British Medical Journal suggests that people who don't have celiac disease can increase their risk of coronary heart disease (CHD) if they reduce gluten intake [2017; 357, j1892].

Using data collected from the Nurses' Health Study that began in 1986, a follow-up review analyzed long-term consumption of gluten of over 110,000 people with the development of incident CHD (cardiac disease involving an "event" such as a heart attack). During that time, about 6,500 women and men developed CHD.

Participants in the lowest fifth of gluten intake had a CHD incidence rate of 352 per 100,000 person years, while those in the highest fifth of gluten intake had a rate of 277 events per 100,000 person years.

Simply put, people who do not have celiac disease, yet reduce their gluten intake in the belief that it's healthful, may be doing themselves a disservice, as the gluten avoiders had a higher rate of CHD. Perhaps this can be attributed to a lower consumption of heart-healthy whole grains. For now, the authors support caution in choosing a gluten-free diet if you're not among the 0.7% of the population with diagnosed celiac disease.

Source: National Academy for Sports Medicine; [https://magazine.nasm.org/docs/default-source/pdf/afm\\_fall\\_17\\_md.pdf?sfvrsn=0](https://magazine.nasm.org/docs/default-source/pdf/afm_fall_17_md.pdf?sfvrsn=0)

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