

# Waween Mōñā eo Ejelok-Gluten ie Ej Ke Kadiklok Baun ko Am?

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Rijerbal in Būrokraam eo  
— Rijerbal ilo Būrokraam in  
Mōñā & Mōñā ko Rekar ñan  
Enbwin - Jain ko an Baamle  
im Peejne

## Ta in Waween Mōñā eo Ejelok-Gluten Ie?

Juon waween mōñā eo ejelok-gluten ie ej juon bülāan in mōñā eo ej kajenolok mōñā im dān ko ewōr gluten ie, juon protein eo emōj loe ilo wheat (wheatberry, durum, emmer, semolina, spelt, farina, farro, graham, Kamut Khorasan wheat, im einkorn), rye, barley, im triticale (juon cross ikotaan rye im wheat).

## Unin

Juon waween mōñā eo ejelok-gluten ie ej uno eo ñan 1% in RiAmedka ro ewōr aer nañinmej in celiac disease. Ñan ro ewōr aer nañinmej in ej pād ilo aolepen ien mour eo an, enbwin ej tarinae ippān juon protein nae etan gluten. Ej jelot enbwin, eo emaroñ kōmman bwe en wōr eloñ kain kakōlle ko āinwot am edodo, maloñloñ, emmōj, im, ñe ejjab eman lale, jōrāan ñan lain eo lalin lojje, im jemlok ilo an jabwe menko remman ñan enbwin. Jabdewōt men eo ej koneek ak ediklok an kauwōtata nae etan non-celiac gluten sensitivity (bar nae etan gluten itolerance) ej jelot 6% in RiAmedka im kōmman bwe en bar wōr kakōlle ko rej āinwot im koneek ippān celiac disease ak ejjab kōmman bwe en jōrrāan mottan loje.

Jot rej kwalok ke waween mōñā eo ejelok-gluten ie emaroñ jibañ kalaplok kajur, kakōmanman lak waween an deloñ mōñā



ilo enbwinim, an ejelok men eo ej pād ion kilim, im maroñ bar diklok am baun, kōmman bwe RiAmedka ren jab bōk ak ren kadiklok aer kōjerbale gluten. Botaab, ejelok kein kamol ej kwalok jibañ kin waween mōñā eo ejelok-gluten ie im eman an jerbal ñan kadiklok baun ak waween ejmour ko jot. Innem, rikatak ro emōj aer loe ke debij wōt waween mōñā eo ejelok-gluten ie emaroñ tōl ñan an jabwe jot menko ñan enbwin im maroñ kalaplok kauwōtata in am bōk nañinmej ko rellap.

## Waween Mōñā eo Ejelok-Gluten Ie im An Jabwe Kajur ñan Enbwin

Oktak ilo waween mōñā bwe kwon jab kōjerbale gluten, jokdoon ñe aikuj ñan ejmour ak jab, ej itok ippān eloñ abañ ko. Gluten elap an pād ilo mōñā ko āinwot pasta, cereal,

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bilawe im cracker ko. Men kein ekkā an wōr kobbaer, melelein ewōr eloñ kain men ko ilowaan. Ilo am jolok mōñā ko ewōr-gluten ie jen waween am mōñā, aurok in kobaiki mōñā ko jot bwe en bwe menko rej deloñ e enbwinim. Jot wōt men ko ejelok-gluten ie ewōr kobbaer ak ejako kajur ko ilo ien an kōmman, im jemlok ilo an jako jot wōt menko rekajur.

Eloñ kain an jabwe menko rekajur ñan enbwin walok ñe kwoj loore juon waween mōñā eo ejelok-gluten ie:

■ **B Vitamin ko** – aurok ñan jibañ enbwin bōk ak kalaplok kajur jen mōñā.

- **Thiamine (Vitamin B1)**
- **Riboflavin (Vitamin B2)**
- **Niacin (Vitamin B3)**
- **Folate (Vitamin B9)**
- **Vitamin B12**

■ **Iron** – ej jibañ kōmman cell in bōtōktōk būrōrō kāl im bōk akjijen jen ār ñan enbwinim.

■ **Calcium** – ej jibañ kakajur di/ni im kōmman bwe en jimwe an majel makūtkūt.

■ **Fiber** – ej jibañ kōmman bwe en eman am kabojak, kadiklok cholesterol, im kantūrol joñan bōtōktōk ilo jukwa.

## Waween Mōñā eo Edik-Gluten ie & Kauwōtata in Nañinmej ko Rellap

Mōñā ko ewōr grain ie emaroñ wōr joñan gluten eo kwoj bōk. United States Rā eo an Jikin Ekkat (USDA) ej rojāñ bwe jimetan in grain ko juon armej ej mōñā (3 ñan 5 ounce pedped ion ñe emaan



ak kora im yiiō) enij grain eo ñan jibañ kadiklok kauwōtata in nañinmej ko rellap āinwot nañinmej in menono, stroke, im taib 2 nañinmej in toñal. Ñan ro rej konan kōjerbale men-ko ejelok gluten ie ñan kōjbarok ejmour ko aer, menko ejelok-gluten ie ekkā an laplok kuriij ie im jukwa, eo im joñan ko rellap remaroñ jelot an wōr nañinmej elap rej walok.

## Etke Armej Rejjam Ba Kadiklok Joñan Boun?

Kadiklok joñan baun ilo am loore waween mōñā eo ejelok-gluten ie emaroñ itok jen eloñ waween ko rejjab koneek jen wōt am jab elak ñan gluten:

- Remaroñ kadiklok ak jolok mōñā ko āinwot cookies, cake, im kein kakajur ko jot.
- Remaroñ mōñā menko āinwot leen wōjke, pejtōbol, legume im jelele ko edik kuriij ie, im ekkā an diklok calorie im wōr eloñlak jibañ ko ñan ejmour.
- Remaroñ jinoe jella kin pepa ko ion mōñā im kōmman elaplok kelet ko eloñ melele ie im ej koneek ñan ejmour eo aer, āinwot mōñā elaplok leen wōjke, pejtōbol im jelele ko edik kuriij ie. y proteínasmagras.



## Ta eo Enij Walok

Juon waween mōñā eo ejelok-gluten e ej uno eo ñan nañinmej in celiac im eloñ kain jekjek ko rej koneek ñan gluten. Ejelok kein kamol ej kwalok ke loore waween mōñā eo ejelok-gluten ie ñan kadiklok baun ak jibañ ko ikijen ejmour. Ñan armej ro ejelok aer nañinmej ej koneek ñan gluten, ejelok mō ñan kabojrak gluten jen aer mōñā. Juon jekjek eo eman ñan ejmour ekkā an koba eloñ kain grain im kadiklok joñan jukwa eo ej etet.

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**QUADARIUS WHITSON** ej juon bürokraam in ekatak kin köjbarok eo kake mōnā koba ippān Jain ko an Baamle im Peejnej ippān University of Arkansas System Division of Agriculture Cooperative Extension, Little Rock.

Kōmman ilo jermal ko Relaplok, Jermal ko ilo Mae 8 im Juun 30, 1914, kobalak ippān U.S. Rā eo an Jikin Ekkat, Tureektor, Jermal ko Relaplok, University eo an Arkansas. Univerisity of Arkansas Doulol eo an Jikin Ekkat ej lelok nān aolep bürokraam im jermal ko Relaplok im Katak ko ilo an jab elak nān ia eo kwoj itok jen e, kolar, nē emaan ak kora, waween am kwalok eok māke, ia eo baamle eo am rej itok jen e, kabuñ, yiiō, nañinmej, jekjek ikijen palele ak tarinae, melele ko kin armej, ak jabdewōt bar waween ko rej pād iumin köjbarok an kien, im ej juon Jermal eo Alikkar/ Jikin Jermal eo Ejelok Kaljeklak le.

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