

The Medicare Diet: Best Gluten-Free Diet for Celiac Disease in Seniors



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Gluten: The Culinary Boogieman

The **gluten-free diet** has been around since the 1940s. Still, it has become a popular alternative diet over the past two decades, with gluten-free products becoming commonplace on supermarket shelves and restaurant menus nationwide.

The widespread acceptance of the gluten-free diet plan has been a boon for people living with gluten intolerance, but it's also led to some confusion. You may have seen a gluten-free label on products that, logically, shouldn't contain gluten in the first place, like nuts, olive oil, or meat. Does that mean the normal versions of those products contain gluten?

You might also see products you *think* are gluten-free, like salads or chickpea, only to find them conspicuously missing that gluten-free label. Then there's that "processed in a facility that also processes wheat" warning on that box of your favorite snack. What do you even do?

The truth is, gluten intolerance is so much more than Celiac disease, and a safe, gluten-free diet can take wildly different forms depending on your medical history. [Get Help](#) [The Medicare Diet](#), we've compiled information on the best foods for celiac disease, as well as [other forms of gluten intolerance](#). Plus, find out