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is the number one cause of death in the United States. Learn how to reduce your risk by making your gluten free diet heart-healthy too. Some gluten-free packaged goods are high in fat, sugar, salt and calories. While it s fine to consume these on occasion, over-reliance on these foods may contribute to weight gain, high cholesterol, insulin resistance, and high blood pressure, all of which increase risk of heart disease.

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Dr. Axe also recommends tell as part of a heart healthy diet. According to the good doctor, diets rich in reff have been linked to lower blood pressure, healthy blood vessel maintenance, and a lower risk of heart attack and stroke.

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9 Gluten-Free Grains That Are Super Healthy Written by Rachael Link, MS, RD on July 26, 2017 Gluten is a protein found in certain types of grains, including wheat, barley and ree

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