

Question 15 – Week of October 11

Which grain does not activate celiac disease?

- A. Wheat
- B. Rice
- C. Rye
- D. Barley

Answer: B

Wheat protein can be categorized into four general groups based on their solubility characteristics: prolamins (soluble in ethanol) which are referred to as gliadin, glutenins (partially soluble in dilute acid or alkali solutions), globulins (soluble in 10% NaCl), and minor albumins (soluble in water). The term *gluten* includes the prolamins (ethanol-soluble fraction) and the glutenins. Prolamins from oats, barley, wheat, and rye have cross-reactivity and increased sensitivity. Grains that do not activate disease include rice, corn, sorghum, and millet.

Reference:

Feldman: Sleisenger & Fordtran's Gastrointestinal and Liver Disease, 8th ed.