



12 September 2016

Alison Izzo

Digital Editor

Harper's BAZAAR

Re: Should I go gluten free? 1 September 2016.

Dear Ms Izzo,

The Dietitians Association of Australia (DAA) was pleased to see in the Harper's BAZAAR article 'Should I go gluten-free?' a discussion around coeliac disease, and the importance of seeking professional medical advice before embarking on dietary changes. However, we were disappointed that some advice provided in the article by nutritionist Pip Reed was not evidence-based.

The article warns non-organic, gluten-containing wheat may contain pesticides, which leads to a range of health concerns, from digestive issues, to fertility problems.

Food Standards Australia New Zealand and the Australian Pesticides and Veterinary Medicines Authority are jointly responsible for setting the maximum safe level standards for chemical residues in food. The permitted residue levels are set well below a level that could cause harm to human health. Foods are also routinely monitored by the [National Residue Survey](#) to ensure they do not exceed safe residue levels.

With this in mind, DAA believes it is not helpful to demonize wheat products by saying these are 'heavily sprayed with pesticides' and that these toxins build up in the body. These are alarming statements, which are not backed by evidence, and have the potential to mislead readers.

In addition to this, the article describes gluten as an 'abrasive' protein, that is difficult to digest and can cause damage to the intestinal wall. It is true that those diagnosed with coeliac disease must follow a strict, lifelong gluten-free diet. However, DAA feels it is irresponsible to suggest gluten is harmful to the broader population.

Many healthy foods, such as whole grain breads and cereals, provide important nutrients, and the benefits of including these foods as part of a healthy diet are well established.

We wanted to let you know that DAA has 23 media-trained Spokespeople (all Accredited Practising Dietitians) available to speak, or to contribute evidence-based and interesting editorial content, on nutrition related topics. To organise an interview with any of our Spokespeople, please contact Felicity Curtain on media@daa.asn.au or telephone 0409 661 920.

We thank you for discussing nutrition issues with your readers through Harper's BAZAAR online. Please let us know if you have any questions regarding our concerns over this particular article.

Yours faithfully,

A handwritten signature in black ink, which appears to read 'Claire Hewat'.

Claire Hewat AdvAPD
CEO
Dietitians Association of Australia