Leyla Weighs In: The Truth About Gluten-Free Diets; Is Fructan Intolerance the Real Issue?

written by Leyla Muedin MS, RD, CDN | October 31, 2025



Is gluten to blame, or are fructans the hidden cause of your digestive woes? “Leyla Weighs In” on the confusing overlap between gluten sensitivity and fructan intolerance.