

Leyla Weighs In: Part Two of The Gluten and Fructan Intolerance Dilemma

written by Leyla Muedin MS, RD, CDN | November 7, 2025



Unravel the mystery of digestive health and dietary choices in part two of “Leyla Weighs In: Gluten v. Fructans.” From FODMAP diets to Omega-3 levels, Leyla covers it all.