

Video: The only video you'll ever need to watch about gluten

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Credit: The American Chemical Society

Bakers on TV are always talking about whether their goodies have enough gluten. But the masses on Twitter act like gluten is some kind of monster hiding in your bread.

So what gives? Is gluten good, or is it bad?

This [video](#) from Reactions explains what [gluten](#) is, how it leads to tasty bread, and the health risks it holds for certain groups of people:

Provided by American Chemical Society

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