

Going without Gluten

Gluten-free diets are most commonly associated with Celiac Disease, an inherited intestinal disorder. For these individuals, the consumption of gluten causes damage to the small intestine and therefore must be completely eliminated from the diet.

Recent research shows that there is also another group of people who are sensitive to gluten, but do not have Celiac Disease. While gluten sensitivity is not an autoimmune disorder like Celiac Disease, these individuals must also avoid gluten.

Dietary Modifications

Gluten is found in all wheat, barley, and rye, so these foods must be eliminated and avoided for life. Despite these restrictions, it's possible to eat a variety of foods and have a well-balanced diet. Below is a list of acceptable grains followed by a list of grains to avoid:

Acceptable Grain Products

Arrowroot
Amaranth
Bean flours
Buckwheat
Flax
Corn
Legume flours (garbanzo/chickpea, lentil, pea)
Millet
Nut flours (almond, hazelnut, pecan)
Quinoa
Rice
Potatoes
Seed flours
Sorghum
Soy
Tapioca

Grain Products to Avoid

Barley
Bran
Bulgur
Couscous
Durum flour
Graham flour
Malt, malt extract, malt flavoring
Oats* and oat bran
Orzo
Rye
Semolina (durum wheat)
Spelt
Triticale
Wheat – any word with wheat in its name

** For some people, consumption of gluten-free, or uncontaminated, oats can be consumed.*

Finding Fiber in a Gluten-Free Diet

Because grains are so limited, without proper dietary planning individuals with gluten intolerance may struggle to get enough fiber into their diet. Brown rice, wild rice, chickpea flour and flax seed should be used along with beans, nuts, fruits and vegetables to reach healthy fiber recommendations.

Double Check Food Labels

With some products, it's obvious they contain gluten: pasta, bread, bagels, doughnuts and cereal. However, did you know that gluten can also be found in deli meat, sauces, and salad dressings? Double check labels and always ask if you're unsure.

Please note: a wheat-free diet isn't necessarily synonymous with a gluten-free diet. Though you may be looking at a wheat-free product, it could still contain traces of gluten. Please check labels carefully when grocery shopping. Because Celiac Disease is common, you'll find a wide variety of products available just for you in your local grocery store.

Gluten Free on Curves Complete

Curves Complete is a great option for someone with gluten intolerance because it's a higher protein diet. Therefore, there are fewer grains to remove. In order to make the plan gluten-free, simply swap the carbohydrates that you cannot have with gluten-free carbohydrates. Gluten-free meals are also available.

For more information and resources please visit these various Celiac Foundations and Associations at <http://www.celiac.org> (USA), www.celiac.ca (Canada), or <http://www.coeliac.org.au/> (Australia), <http://www.coeliac.org.nz/> (New Zealand).