

Delicious Gluten-Free and Weight Loss Recipes: Natural Cookbook for
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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 122 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. What is gluten Gluten is a protein found in grains like wheat, rye, triticale, barley and oats, and its also often found in other products as it helps bind foods together. Why go gluten free A strict gluten-free diet is essential for people with an inflammatory condition known as coeliac disease. However, many people who buy gluten-free products are doing so because they think these foods are healthier, not because they have coeliac disease or gluten intolerance. Going gluten-free is not as simple as cutting out bread and pasta, because gluten is often found in many other foods as it adds flavour and texture. But while buying the gluten-free variety of a product over the regular version is essential for people with coeliac disease, sales of these products show theyre being bought by far more people than those with the disease or gluten intolerance, which is estimated to affect six to ten percent of the population. Should you go gluten free If weight loss is your goal (and if you dont need to go gluten-free because of coeliac disease or gluten intolerance), try focusing on your portion sizes instead. For lunch or dinner, half of your plate should be made up of vegetables or salad, a quarter should be protein and a quarter carbohydrates. However, if you do decide to go gluten-free, then skip packaged foods and include plenty of variety in your diet, with lots of vegetables, fruit, lean sources of protein, dairy and low GI, gluten-free grains and legumes. This will ensure youre eating from all the food groups and getting a wide range of nutrients. for more information click on BUY BUTTON Tags: Build Muscle, Rapid Weight...

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