



People with untreated celiac disease often suffer from unintended weight loss over time. However, sometimes when a gluten-free diet is begun, people regain the weight they had lost and more. Many gluten-free products on the market are safe and easy on the intestines, but still contain excessive amounts of fat, sugar and calories. This can create further problems down the road such as increased body fat and waist circumference as well as other chronic disease related to overweight and obesity (diabetes, cancer, heart disease, and other gastrointestinal diseases).

Some Helpful Tips for Staying at a Healthy Weight While Following a GF Diet:

1. Read the Nutrition Facts label on gluten-free products. Look for food items that contain less than 30% calories coming from total fat. Limit your intake of saturated fat and trans fat (as little as possible is best). Consume healthy fats such as monounsaturated and polyunsaturated fats. These fats are found in nuts, seeds, vegetable oils, avocado, and fatty fish.
2. Try to have about 1/2 of your plate be made up of colorful vegetables. The more colors the better! This will provide you with GF food that is filling and low in calories.
3. Select low fat protein sources such as lean meat, poultry without the skin, fish and other seafood that is not fried or battered. Other healthy protein sources that are usually GF (READ THE LABEL) include tofu, many meat substitutes, tempeh, and legumes.
4. Choose low fat dairy options like low fat or skim milk, low fat cheeses, low fat or fat free yogurt, and sherbert or sorbet instead of full-fat ice cream.
5. Limit your intake of extra sweets and added fats. Instead of GF cookies or cakes for dessert that may be high in fat and sugar, try yogurt topped with fresh seasonal fruit.
6. Get out there and do something ACTIVE! Physical activity is a huge part of weight loss and maintaining a healthy body weight. Try to be active for at least 45 minutes per day, more if you can. Some ideas to get you movin'...
 - Join a health club or gym
 - Take a dance or aerobic class
 - Try a new sport
 - Take the stairs rather than the elevator
 - Sign up for a fun run or a competitive race
 - Take up yoga or pilates
 - Park your car FURTHEST from the store
 - Try walking after dinner or in the morning
 - Find a friend or family member to join you and keep you moving!

Questions to ask when deciding on a weight-loss program:

Does the program provide counseling to help you change your eating activity, and personal habits?

Is the staff made up of a variety of qualified counselors and health professionals such as registered dietitians, doctors, nurses, psychologists, and exercise physiologists?

Is training available on how to deal with times when you may feel stressed and slip back to old habits?

Are food choices flexible and suitable? Are weight goals set by the client and the health professional?

Is attention paid to keeping the weight off? How long is this phase?

Are you ready and motivated for change?

Please consider your local GIG branch as another resource.

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GIG is a nonprofit 501c3 national organization providing support for persons with gluten intolerances, in order to live healthy, productive lives. GIG Branches provide support at a local level.