



The Medical **Bulletin**

Diet Corner

- A gluten-free diet is a nutritional plan that strictly excludes, which is a mixture of protein found in wheat, barley, rye and oats.
- There are no published reports that gluten free diet produces weight loss in persons without celiac disease and gluten sensitivity.
- Gluten- free does not necessarily mean low-energy and some gluten free diets actually have a greater energy value than corresponding gluten-containing foods.
- A gluten-free diet maybe deficient in whole grains and fiber, both of which have been shown to be inversely associated with BMI.
- In 24 adults with hyperlipidemia, increased consumption of wheat gluten for 2 weeks on a weight maintenance diet reduced serum TGL by 13%.

REF: *Journal of the Academy of Nutrition and Dietetics: Gluten free diet – Glenn. A Gaesser et al (May 2012)*

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