



Going Gluten Free

The popularity of gluten free diets has skyrocketed over the past few years as celebrities and people in the fitness industry latch on to this as a weight loss and “clean eating” method. However, the only individuals that should follow this type of diet are those who are medically diagnosed with Coeliac Disease.

Coeliac Disease is a condition where the individual is unable to process a protein that is found in wheat, oats, rye and barley, also known as gluten. When Coeliacs do eat gluten, it damages the lining of their intestines. This can lead to complications such as; infertility, nutrient deficiencies due to not being able to absorb nutrients efficiently and also in extreme cases bowel cancer.

We don't recommend this diet unless you have been diagnosed with Coeliac Disease. Gluten free is not necessarily healthier and does not assist with weight loss. Additionally, eliminating all gluten from your diet can create nutrient deficiencies.

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