Gluten-free is Not the Best Way to Lose Weight and Get Healthy.

Lately it's become hip to go Gluten-free. Gluten-free foods have become the latest food fad with grocery stores proudly labeling "Gluten -free" aisles and restaurants offering "Gluten-free" options.

For the small number of people in the US who actually have Celiac Disease and can't tolerate Gluten (a protein found in wheat, rye, and barley) this is a blessing. Unfortunately, based on little or no evidence other than testimonials in the media, people have been switching to Gluten-free diets to "lose weight, boost energy, live longer..." This doesn't make much sense to experts at the Celiac Center at Beth Israel Deaconess Medical Center in Boston. The Gluten-free craze may just be another fad diet for those who do not suffer from Celiac Disease.

If you don't have Celiac Disease, then limiting processed carbohydrates, and eating a diet full of lean proteins, whole grains and healthy vegetables is the best way maintain a healthy weight and stay healthy!