



Clean + Sexy Gluten Free Cheat Sheet

Gluten – Free Action Plan

Gluten is the protein found in wheat, barley, and rye.

When you eat refined carbohydrates, gluten causes blood sugar to spike. People who go on a gluten-free diet are thereby avoiding the refined wheat products that cause their blood sugar to spike and then drop, which may account for the health benefits experienced by those who go gluten-free (ex. losing weight, more energy, less bloating- the Clean + Sexy way!).

The Gluten Sensitivity Spectrum:

The experts agree that there is a spectrum of problems with gluten ranging from no symptoms at all to extreme full-on celiac disease.

4 Sensitivity Categories:

- 1. You have celiac disease and gluten causes an immune overreaction.** You become bloated and gassy. Or maybe you get constipated, develop a rash, or feel anxious, depressed, or just plain tired. Approximately 1% of the U.S. population has celiac disease, but many are undiagnosed and many experts believe the percentage may be higher.
- 2. You have non-celiac gluten sensitivity,** which is more of an intolerance but shares several properties with celiac disease. Some research says up to 7 % of the population suffers from it. You eat gluten and feel a reaction in your gut that may range from gurgling to diarrhea or swelling in the intestines. You may also feel depressed and unfocused.
- 3. You don't have either celiac disease or non-celiac gluten sensitivity,** but you are one of the growing number of people who benefit from a gluten-free diet, probably because you lack the enzymes needed to process wheat properly, as many people do. Your symptoms are mild, but when you eat gluten, you have bloating and weight gain, gas, or indigestion.
- 4. You have no reaction to gluten and do fine eating it** (as far as you know; sometimes the reaction can be silent).

Which one is your response to gluten?



Grain-Free Tips:

Stock your pantry with enough foods that don't contain grain to sustain you for at least three days. That way you can do an elimination to see if you are sensitive to gluten.

Follow these steps:

1. Avoid all grains, including flour (even gluten-free) and the following:

- Bread, cereal, or other food made with any grains (even gluten-free).
- Wheat, rye, barley, corn, durum, millet, rice, spelt, or any type of grain flours or ingredients and byproducts made from those grains.
- Processed foods containing grains, wheat, gluten derivatives, or thickeners. These foods include hot dogs, lunch meat, mustard and ketchup (check ingredients), pickles, ice cream, salad dressings, canned soups, dried soup mixes, nondairy creamers, processed cheeses, cream sauces, beer, and spices.
- Gluten-free carbohydrates. Don't substitute gluten-filled refined carbohydrates for gluten-free refined carbohydrates. Refined carbohydrates, whether they contain gluten or not, increase the production of insulin (which blocks your ability to burn fat). Limit carbohydrates in order to reduce insulin levels and foster fat-burning.
- Artificial seasonings and flavors. Look for ingredients like "seasoning," "flavoring," "natural flavoring," "hydrolyzed vegetable protein," and "maltodextrin."

2. Eat one pound of high-fiber vegetables per day- 3-4 cups of dark leafy greens such as kale, spinach and collards. Approximately half should be lightly cooked and half should be raw, as in salads. These veggies are slow carbohydrates since they don't raise insulin levels (and store fat).

3. Limit your net carbs (total carbohydrates in grams minus fiber in grams); net carbs are the carbohydrates that raise your insulin levels and make you more likely to store fat. Women who need to lose weight should aim for 20 to 49 net carbs per day. Men can do a bit higher, up to 55 net carbs per day.

4. Avoid fruit juices and dried fruits. You will see some dried fruit in your Renewal cleanses and KIC plans so just omit if you feel that you are gluten-sensitive.



Grain Swaps:

- Romaine lettuce (instead of buns or taco shells)
- Coconut flour
- Roasted seaweed- an amazing source of iodine. You can find these snacks at Trader Joe's and other grocery stores. Just make sure to check ingredients!
- Flaxseed crackers
- Baked sweet potatoes
- Kelp noodles (instead of pasta made from durum)
- Coconut wraps (instead of soy-based wraps for sandwiches)

***As always, talk with your doctor to get a diagnosis and listen to your gorgeous body!**