**How Gluten Free Diet is Crucial in Weight Loss**

Gluten is a found mainly found in cereals like wheat, barley, and oats among others food products and majorly help to bind food together. A gluten-free meal is crucial for people with coeliac disease which is a digestive condition whereby the small intestines becomes inflamed rendering them incapable of absorbing nutrients. However, in the recent past, many people are buying gluten free food not because they have gluten intolerance or suffer from coeliac disease, but because they consider gluten free diet as a sure way of leading a healthy life and also in aiding weight loss. Therefore then, how do gluten free foods help in weight reduction?

Gluten is found in many types of food since it adds texture and flavor to theses food and going gluten-free is not just achieved by cutting out pasta and bread. Sources have it that ditching gluten and wheat does help one to lose weight quickly than just dieting. According to dietitians, reducing gluten intake in your meals means that you eat less. Therefore, you consume fewer calories which eventually leads to weight loss.

Despite the fact that gluten free diets are mainly bought by people with coeliac most of the research conducted on these products show they are increasingly being purchased by far more people than those with gluten intolerance than those with the disease. There are several ways one can maximize weight loss. Besides taking gluten free meals, outlined below are other strategies that may help you drop a few pounds.

1. Avoid Processed Gluten Free Foods

A few grain-based food like cookies, pizza, snacks, bread though they may be gluten-free contain high calories and provoke vigorous insulin response than wheat based food. Caution should be taken when taking meals labeled gluten free as eating more calories just because they are found in food labeled ‘”gluten free” may not help you cut weight.

2. Exercise Regularly

This could be the most important part in weight loss. Reducing wheat and gluten intake may help you lose weight quickly, but to accelerate your efforts, it is important to exercise as exercising helps you lose more fat and build muscle thus burning more calories, and eventually helping you lose more fat. A gluten-free diet should not be viewed as a replacement for going to the gym.

If weight loss is truly your goal, it is important to watch your portion size. For your lunch and dinner, about half of your plate should comprise of salad and vegetables and the other half should be carbohydrates and proteins both divided into equal portions. All this with a gluten free meal is a sure way of leading a healthy life and losing a few pounds