

Guidelines for Setting Up a Gluten Free Diet

For Health and For Life

Erin Elbersen-Gluten Free Fitness and Wellness LLC

Guidelines for Setting Up a Gluten Free Diet

Copyright © 2009 Gluten Free Fitness and Wellness LLC. Some rights reserved.

This work is licensed under the Creative Commons Attribution-Noncommercial-No Derivative Works 3.0 United States License. You are free to copy, distribute and display the work, granted you attribute the work to the author. The work is not to be used for commercial purpose, nor can it be altered, transformed or modified from its original state.

To view a copy of this license, check out <http://creativecommons.org/licenses/by-nc-nd/3.0/> or send a letter to Creative Commons, 171 Second Street, Suite 300, San Francisco, California, 94105, USA.

Contact me at erin@glutenfreefitness.com

Visit my website at www.glutenfreefitness.com

Disclaimer and Legal Notice

The information in this book is for educational purposes only. None of the information, tips, ideas or methods described is to be taken as medical advice. I am not a doctor. The information I present is based on my experiences and my interpretations of said experiences, as well as my education.

If you have health issues or suspect you might, consult with your doctor before beginning any kind of exercise regimen or new diet.

The author does not accept any responsibilities for damages or liabilities, perceived or real as a result of this information.

Guidelines for Setting Up a Gluten Free Diet

TABLE OF CONTENTS

| | |
|---|-----------|
| -For Health, and for Life | 4 |
| Chapter 1-5 Basic principles for eating..... | 8 |
| CHAPTER 2-How much to eat | 13 |
| Determining maintenance. | 14 |
| 1-Track what you are eating for at least 2 weeks..... | 14 |
| 2-Use a mathematical equation. | 14 |
| 3-Use the Bodybugg or Go Wear Fit. | 14 |
| CHAPTER 3 What to eat..... | 17 |
| The totally NOT all inclusive list of good stuff to eat | 18 |
| Low-Fat Protein..... | 18 |
| Medium Fat Protein | 18 |
| Gluten free complex (starchy) carb sources..... | 19 |
| Veggies-fibrous carbs | 20 |
| Fat Sources (watch out for carbs/sugars in nutrition label) | 21 |
| CHAPTER 4-When to eat | 26 |
| CHAPTER 5-Putting it together..... | 28 |

-FOR HEALTH, AND FOR LIFE

“Diet.” Goodness that's a terrible word. So many negative connotations that go along with it, aren't there? Really, when I use the word "diet" (I really need to create a new word) it means a way of eating. That's all. So for our purposes, a diet is a way of eating.

Before we dig into the good stuff, here's a little bit about me. I hold my Master's degree in Physical Therapy, and a Bachelor's in Health Science. Big whoop. More importantly, I have celiac disease. I have been living gluten free for five years. I strongly believe that a gluten free life can be healthful and rewarding, and I plan on helping make that a bit easier for you. I am also a fitness enthusiast, and have learned about fueling the body for optimal performance and aesthetics as well as optimal health. Don't let all this fool you-I too have had challenges along the way. Most recently I underwent an experimental surgery to repair cartilage damage on both knees. The surgery was a success, but I was 2 months in a wheelchair, 2 more months in braces and

Guidelines for Setting Up a Gluten Free Diet

crutches, and worked through very long and grueling rehab. My surgery was 2.5 years ago and I am still rebuilding. I am very happy to report that I have managed to get back into shape and compete again in figure, which is like the fitness you may have seen on TV minus the tumbling routines. Does this make me special? Nope. It just means that I can completely understand that sometimes life, celiac, and living gluten free can be overwhelming. I've been there. This life is full of challenges that take many forms for all of us. So let's tackle this challenge of the gluten free diet.

I'm going to discuss a few ways to approach setting up this "diet", from the most simple to more complicated. The approach you choose depends quite a bit on what your goals are. If your goal is to make better choices and live well, you can probably choose the less complicated approach. If you are trying to lose fat (which is not necessarily interchangeable with weight, but for our purposes here it will be), or improve a specific area, you may start with the simpler approach. If your results aren't what you would like them to be, then you can move to a more specific plan. No need to overcomplicate things from the get-go. Regardless,

Guidelines for Setting Up a Gluten Free Diet

give your plan at least 2 weeks, at 80-90% compliance, to assess your results. If you are not following your plan at least 80%, you can't fairly assess your results.

Because you weren't really following that plan, were you? So you can't know where to adjust. That is why sticking to your plan is important. That way, you know where you are, and then you can adjust accordingly.

Sticking to something 50% of the time isn't really following it. So be fair to yourself and your plan, and be 80-90% compliant for at least 2 weeks to give all the good stuff a chance to happen.

I've mentioned that before you can figure out where you are going, you need to figure out where you are. Right? So a good place to start in my opinion is to track what you are eating now. No judgments. Very objectively write down a normal day. Don't "eat good" because you're tracking it either, that defeats the purpose, silly. You want a representation of a normal day. Even better, track a few days, or a week. The longer you track, the more accurate a picture you will get of your starting point. Your "you are here" on the map so to speak. Track what, and how much you eat. Everything that goes into your mouth counts. Cleaning up leftovers,

Guidelines for Setting Up a Gluten Free Diet

cream in your coffee, the salad dressing-yup. It counts. Write it down. You can use a notepad, your phone, something like Fitday.com or sparkpeople.com, just get it down. See what and how much you're eating.

Now set that aside for just a moment.

CHAPTER 1-5 BASIC PRINCIPLES FOR EATING

****Don't drink any calories. For this I make one exception and one exception only-1 tablespoon of half and half in my morning coffee. Yes, I'm a caffeine hound, it's one of my vices. Other than that, the majority of caloric beverages are highly unnecessary at best and a boatload of high fructose corn syrup and/or other forms of sugar at worst. Many people like fruit juices, and in very small amounts, if you are not trying to lose weight, that's OK. However, you could always eat the whole fruit, get fiber, and have the pleasure of chewing. Soda-you don't need me to tell you why that's not so great, right? Diet sodas are a personal choice, but the carbonation doesn't sit well in my celiac belly. An occasional alcoholic adult beverage isn't going to kill you, keep in mind that it does have calories, and again if you are trying to lose fat these calories deserve more attention. I'm a fan of a glass of red wine with my weekly "treat meal."**

****Drink lots of non-caloric beverages. Water and tea are my go to drinks. I keep a gallon of brewed Celestial Seasonings Blueberry Green Tea Cold Brew in the**

fridge at all times. I use one of those tap-like dispensers, it's great. General recommendations are about 2-7 liters a day dependent on your size, activity level and sweat quotient. That's a large swing in amounts as you can see. (Here in the sub-tropical south Florida we need a bit more because you break a sweat just opening the door to go outside.) Don't stress about it, keep an eye on your pee. I know you look in the toilet, don't try to tell me you don't. Celiacs are always making sure everything is coming out OK! Lemonade color or clear-ish is the goal, kids. If it's dark and it's not the first morning pee, drink up. Social!!

****Eating frequency doesn't have to be every 2-3 hours. But it can. The whole "stoke your metabolic fire by eating every couple hours" has been proven to be bunk. However, some people (myself included) seem to do better eating smaller meals more frequently. It may help keep blood sugar a bit more stable. Other people do better eating less frequently in larger amounts. It's OK, either way. If you are trying to lose weight, the bottom line is the total caloric intake. If you have a job where you can only break for lunch, eat then. No**

Guidelines for Setting Up a Gluten Free Diet

worries. You won't explode if you don't eat 6 times a day.

****Try to include a protein source and a fruit or veggie at every meal.**

This is a biggie, actually. Especially the veggie bit. Produce is good for us for so many reasons, not the least being as celiacs, there some vitamins in those leafy greens we could really use. To get in the recommended servings per day, you'd best be eating something at each meal. Unless you want to eat an entire head of cabbage in one sitting. I've done it. Don't do it. Trust me on that one. Anyhow-you don't have to try to get creative and actually incorporate it into your meal proper if you don't want to. Have a side of sliced peppers, or a bowl of green beans. My fiancé eats his veggies first, to "get it out of the way so I can enjoy my food." That's OK. Just eat 'em.

Protein is needed for everyone, and it's also got a laundry list of positive attributes. Here's a couple. Protein gives a high sense of satiety when you have a

Guidelines for Setting Up a Gluten Free Diet

fairly high level of intake. (Satiety-what a great word, eh? Satiety=fancy word for makes for you feel fuller.) Also, protein is necessary for tissue remodeling and production. To wit, to help heal your gut and your muscles. Good stuff! Veggies+Protein=happy celiac. Ok, so I simplify a bit. You get me, right?

****Portion size matters. A lot. I highly recommend getting an inexpensive digital food scale. You certainly don't have to measure everything for the rest of your life, but it is very helpful to learn "real" portion sizes. After you see and weigh it a few hundred times, eyeballing a true portion gets much easier. If you are trying to lose fat, weighing is crucial. I posted a video on my blog [here](#) which was made by Leigh Peele and does a great job of demonstrating what eyeballing can do to you. A small difference could be a few hundred calories-and all of a sudden you're not in a calorie deficit, not losing weight, and you don't know why. If you are dead set against weighing anything, at least try the hand method.**

-Palm = 1 serving of meat/protein

Guidelines for Setting Up a Gluten Free Diet

- Fist= 1 serving of carbohydrate
- Tip of Thumb=1 tsp for fats such as olive/coconut oil, peanut butter
- Cupped palm=1 or 2 ounces
- Entire Thumb=1 TBSP for fats as above, cheese

As you can see, there's HUGE margin for error here. Depending on the size of your hand and various and sundry other subjective items. Weighing is so much less of a crapshoot. As I've said before, you can't know how to change anything unless you know where you are starting from. Anything other than weighing, you're really just guessing and don't have a true idea of what you're actually taking in. Hence-making a true change is almost impossible. Going along in this vein is the idea of tracking what you eat. Write it in a notebook, use Fitday.com, sparkpeople.com, use your I phone app-I don't care. But write it down and track it. Again, you can't change something until you know what it is.

CHAPTER 2-HOW MUCH TO EAT

This depends on your goals. Do you want to stay the same, lose fat, or try to gain lean mass? (Lean mass=muscle, tendon, etc) Staying the same=maintenance calories. This is a good number to figure out first, regardless of your goal. Again-you're going to be tired of me saying this if you're not already-you have to know where you are before you can change anything. Maintenance is always a ballpark number give or take, because for most people they don't do the exact same activity every day. It may be fairly close though, so that's the idea. If you can determine you burn X amount of calories on a day when you do cardio, vs. a day when you weight train, vs. a day when you are completely off, you can have an idea. However, our non-exercise activity level (sometimes referred to as NEA, or NEAT) can have a very large effect on calorie burn. If you clean the house you are going to burn a hella ton of calories. Even grocery shopping gives you a nice little bump. So maintenance, at best, is a moving target. You want a basic idea.

Guidelines for Setting Up a Gluten Free Diet

DETERMINING MAINTENANCE.

There are several ways.

1-TRACK WHAT YOU ARE EATING FOR AT LEAST 2 WEEKS. If your weight stays stable thru that time, those are approximately your maintenance calories.

2-USE A MATHEMATICAL EQUATION. There are many, but the easiest is 14-16x times your bodyweight in pounds. It's very approximate, and if you do little to no activity you may be as low as 12-13x. But-it gives you a place to start. And really, that's all we can do is get a place to start. Adjustments will have to be made based on real-world results.

You can use the calculator found [here for the Mifflin equation](#) for an idea as well.

3-USE THE BODYBUGG OR GO WEAR FIT. These things are just flat out cool. They are devices that measure various items such as skin temperature and accelerometers to track calories burned. You wear them on your arm, it looks kind of like a small ipod. The people on the Biggest

Guidelines for Setting Up a Gluten Free Diet

Loser wear them. (No comment on anything else about the Biggest Loser, that's a whole 'nother rant.) You will be shocked and amazed at the tiny bit of calories you burn while working at the computer or sitting watching TV. You will be moderately surprised to find that where organized exercise definitely helps, it doesn't counterbalance the rest of day sitting on your butt. It's very cool. I got a bit obsessed with testing it out for a while, and trying to up the burn. It's a great tool for seeing the difference that doing small things in your life, really can add up. And how detrimental our "sitting society" really is. Leigh Peele did a great review of these tools on [here on her site](#) .

So now you have a basic starting point from either a mathematical or practical approach. You've been tracking your actual intake, so you can now see where you are at. If your intake is higher, you may be gaining weight, if lower, losing. Keep in mind that you have to look at trends over the long term, at least a week or two. Water weight can vary dramatically especially for women, so don't get caught in the daily fluctuations.

Guidelines for Setting Up a Gluten Free Diet

OK-so now, set your goal intake. If you want to lose fat, use 80% of maintenance as a calorie level to start.

Obviously maintenance, if you're happy with how you look and feel, is, well-maintenance. Eat at that level. If you're trying to add lean mass you may want to increase calories 200-500 over maintenance, especially on weight training days. Again, this is very ballpark and general.

CHAPTER 3 WHAT TO EAT

Check out this list for a guideline of good stuff to eat. This is in no way all inclusive, but gives you a starting point. Basically, whole foods. And as always, check your individual labels for obvious sources of or hidden gluten, and if in gluten status is in doubt-don't eat it.

Guidelines for Setting Up a Gluten Free Diet

THE TOTALLY NOT ALL INCLUSIVE LIST OF GOOD STUFF TO EAT

LOW-FAT PROTEIN

Shrimp

Chunk Light Tuna

Skinless Chicken Breast

Skinless Turkey Breast

Lean Buffalo

Egg Beaters/Egg Whites

White or light fleshed fish-tilapia, halibut, flounder, mahi

Pork tenderloin

MEDIUM FAT PROTEIN

Salmon

Albacore Tuna

Guidelines for Setting Up a Gluten Free Diet

Skinless Chicken Thigh (dark meat has more fat and more protein per ounce)

Beef (flank steak, top round, well trimmed sirloin)

Eggs

Pork products (i.e. bacon, chops, etc.)

Extra Lean ground beef

GLUTEN FREE COMPLEX (STARCHY) CARB SOURCES

Potatoes –white, red, sweet, etc

Grits

Rice (brown, white, wild, red, go nuts!)

Rice pasta (gluten free)

Oatmeal

Cereal-low fat high fiber is a good choice

Beans –the musical fruit is actually a high fiber complex carb source

Quinoa –pronounced “keen-wa” tastes better than it spells, can be made and eaten savory or sweet

Guidelines for Setting Up a Gluten Free Diet

VEGGIES-FIBROUS CARBS

Broccoli

Cauliflower

Zucchini

Green Beans

Spinach

Romaine Lettuce

Mushrooms

Tomatoes (yes, I know, technically a fruit but gimme a break here)

Eggplant

Asparagus

Artichokes (the canned hearts are truly yummy in salads)

Celery

Cucumber

Fennel (also truly yummy sliced thinly in a salad)

Guidelines for Setting Up a Gluten Free Diet

The list is getting too long....you know there's lots of veggies out there. Try something new, especially if it's local and in season=inexpensive and probably very tasty.

FAT SOURCES (WATCH OUT FOR CARBS/SUGARS IN NUTRITION LABEL)

Nuts-walnuts (high in omega 3 fatty acids), almonds, brazil nuts (high in selenium), pumpkin seeds, macadamia

Natural Peanut or almond butter-the kind that is just ground up nuts and maybe a little salt

Salad dressing –check ingredients for gluten as well as sugars and other nasties

Olive Oil

Avocado

Flaxseed Oil

Coconut Oil

Macadamia Nut oil

Fish Oil

Guidelines for Setting Up a Gluten Free Diet

Full fat cheese (watch amounts-low fat is OK if no added carbs/sugars)

Residual fat from protein sources

So how much of each one?

There is something called the Atwater factors-basically the multiplier to each gram of macronutrient (protein, fats and carbs) that gives you the calories. A gram of protein is 4 calories, so is a gram of carbohydrate. A gram of fat is 9. Those are important. Later on if you need to you can worry about other stuff like sugar alcohols and fiber. Not now. As far as green leafy vegetables, and fibrous carbs listed above, no real need to count them, because they are largely fiber and low in calories. However-if you are eating a metric ton of broccoli, it does have calories. You CAN eat enough veggies to eat your way out of a deficit. I know, I've eaten an entire bag of frozen broccoli in one sitting. It's not pretty. Just remember, eat your veggies at every meal, just don't eat a farm stand full. OK? Otherwise you will have to count them, and that's just a pain.

Guidelines for Setting Up a Gluten Free Diet

Guidelines:

Set protein at .75-1 g/lb of bodyweight if you don't train with weights, 1.5-2 g/lb if you do train with weights. (I highly recommend you DO train with weights.) Set fat at .5 g/lb of bodyweight. Fill in the rest with carbs. If you like, you can "carb cycle"-eat more carbs and less fat on days you train with weights, less carbs/more fat on off days.

Example: 150# person. Assume 2100 cal for maintenance (14x bodyweight) Set protein at 187 grams (748 cal) , fat at 75 grams (675 cal), and carbs make up the rest at 169 grams (676 cal) If I was concerned about percentages (which I'm not) this would be pretty close to a 33% split all around, you're classic "balanced" diet.

If you want to decrease those amounts to achieve a caloric deficit and lose fat, decrease calories by 20% overall and figure your numbers.

Then you get to the personalization part. You need to follow your plan to a "t" for 2 weeks. Then reassess and

Guidelines for Setting Up a Gluten Free Diet

see where you are at. I recommend a "compliance chart" to make sure you are getting at least 90% of your meals perfectly correct. Set up of graph where you give yourself a gold star when you've eaten the way you want to. Or just make an "x" if you don't have gold stars ;) Take a meal or 2 as a splurge, eat out, don't measure, but don't eat like it's your last meal ever. Then stay perfectly on your plan the other 30-35 meals or so of the week. Those few splurges will be a welcome psychological break, and won't hurt your progress if you keep everything else in check.

After 2 weeks of tracking, see where you are at. Consider using a piece of clothing and measuring with a tape around body areas (that are reproducible, like at the bellybutton-that's not moving, right?), the narrowest part of your waist, the widest part of your hips around your butt) as well as scale weight. Don't get hung up on one thing.

If you've been consistent and you are not seeing progress, then you can adjust. Decrease 10% of calories at a time if you need to. Only change 1 thing at a time so you can reassess what is working. Remember, and this is important-this only applies if you are following thru with your plan. If you are not, then there

Guidelines for Setting Up a Gluten Free Diet

is no way to know if it is working or what you should change. Every 6 weeks or so, if you are dieting and making good progress, you may consider calculating your new maintenance level and eating there for a week or two. This is known as a “diet break” and can help prevent progress from stalling, and keep your mental health as well. There is a wealth of great information on [Lyle McDonald's site](#) that you can check out.

If you are not measuring, then eat every few hours or when you are hungry, try to get a lean protein, a veggie, and a small amount of healthy fat in each meal. As you can see this is considerably less precise, but for some people this may be all you need to do. Sometimes taking the simple approach, eating “real food”-not stuff that’s packaged and processed, makes all the difference in the world.

CHAPTER 4-WHEN TO EAT

You've probably heard you have to eat 20 times a day to "stoke the metabolic fire." Yep, not true. Eating small meals multiple times a day may be helpful for other reasons, but the research has not shown any significant "metabolic advantage" to eating more frequently. Your end-of-day-bottom-line calorie intake is the most important thing. Of course, if the calories are from minimally processed high nutritive value that is absolutely beneficial and important. But you can get fat on eating a lot of "clean" calories too, don't let anyone tell you that you can't. So eat real food, in a total value that meets your caloric intake goals. Now splitting it up into meals...

In general, it is preferable to get nutrition in before and after your weight training, especially protein and carbs. Eat far enough ahead of time so that your stomach doesn't revolt. This would be hour or two for most people. Eating fairly (within an hour or so) soon afterward is good also. Your muscles won't fall off if

something happens and a little more time goes by. If at the end of the day you are hitting your nutrition goals, that's the most important.

The rest of the time is really your preference and what fits in your life, as I touched on before. Some people have jobs that absolutely won't allow them to eat except at predetermined times. OK, go with it. Don't stress and think you have to eat 6 times a day. Some people just prefer to eat larger meals less frequently. No worries. A higher meal frequency can be beneficial for some—easier to digest, may keep blood sugar levels more stable. This works for me. I get full quickly, and get hungry again quickly. I do seem a bit sensitive in that sense, so I generally eat smaller meals more often. Your mileage may vary. Tinker with a bit, don't be afraid to change it up. Keep your daily totals in mind, and make smart choices for how you get those calories.

[Alan Aragon](#) is a fitness/nutrition guy, very accomplished writer and has a great knack for putting very sciencey stuff in terms that are easy to understand. He's done a lot of research review on meal frequency, and also puts out a monthly research review that is great if you are a science nerd like me.

CHAPTER 5-PUTTING IT TOGETHER

Example day for a 125-135# woman (yes this is me-my maintenance is about 2000-2300 depending on the day)

Training Day

Meal 1- .5 to .75 c egg whites, spinach. 35 g gluten free oats, 80 grams blueberries, 2 TBSP ground flax seeds

Meal 2- 3-4 ounces of chicken, green beans, 14 g almonds

Meal 3- can of tuna, salad greens, 1 tsp macadamia nut oil

Meal 4- pre workout-1 scoop whey protein, 1 banana

Meal 5-post workout 1 scoop whey protein, 4 rice cakes spread with 2 TBSP Better N Peanut Butter and 1 TBSP strawberry preserves

Meal 6-2-3 ounces of chicken, mixed veggies. (Meals 6 and 7 are pretty close together)

Meal 7-125 grams of low fat cottage cheese, 3 ounces of cooked sweet potato mixed with cinnamon and stevia

Guidelines for Setting Up a Gluten Free Diet

On a rest or cardio only day, take out some of the carb sources and replace with healthy fats. Generally this may be a day for less meals as well-they're just not necessary. You also do not have to use protein powder, I like it, and it helps with the raging sweet tooth I mentioned. I have also [experimented with the gemma pea, rice and hemp proteins](#) for those that can't tolerate dairy.

This may feel a bit like information overload. That's OK; you don't need to do EVERYTHING IMMEDIATELY! Take your time, reread stuff, run the numbers, track your intake, get used to weighing stuff. Take one step at a time. But commit to making the change, little bits at a time. Write down a goal-think ahead to 6 months from now. What's your goal for then? Break it down to month to month, then for what you will do **this week** to take a step toward that goal. One of my coaches has said "Everything you put in your mouth either takes you a step closer or a step further away from your goal." Your choice.

Guidelines for Setting Up a Gluten Free Diet

This life is an endurance event, not a sprint, right? It took some time to develop the habits you have now; it'll take some time to develop new habits. Be gentle with yourself. 1 screw up does not lose the battle-recognize it, move forward, and don't do it again. 1 screw up does not an entire bag of cookies make, you know? Don't turn it into an event. Don't make it worse, and move on.

I am here to help. Let me know what you find challenging, where you'd like more guidance, what resources you would like to see available. Would videos be helpful, do you prefer the written word?

Let me know, and I will do my best to make it available. Please feel free to share this. If you do quote me, I'd appreciate a reference back to the blog.

Best wishes in your journey to health and fitness. I'll see you on the road.

If you found this helpful and would like more step by step information for living healthfully, my ebook [“7 Tips for Living a Healthy Gluten Free Fit Life \(without making yourself nuts in the process\)”](#) is available. Click [here](#) to check it out. Make sure to visit back at [Gluten Free](#)

Guidelines for Setting Up a Gluten Free Diet

[Fitness](#) for ongoing, free of charge information. I generally post new articles twice a week.

Eat well and be well,



Erin

erin@glutenfreefitness.com