

Conclusion (GLUTEN FREE) :

This regime has many strengths but also some weak points.

Strengths: Discovery of new cereals, possibility of reducing some pains, consumption of simple and unprocessed products

The weak points: products rich in fat and sugar, low in fiber, expensive.

This diet should not be a fashion in any case it's a lifestyle choice.



GLUTEN FREE

What is gluten?

Gluten is an insoluble protein that is found in a majority of cereals (wheat, rye, oats, barley ...). It is the energy reserve of the grain seed. But it is not for this quality

that it is appreciated in our kitchen. The gluten protein makes it possible to obtain an extensible binder giving spring to foods that contain it (bread, cake ...). Since the 2010s, it is the subject of a large fashion effect of specialized diets "gluten free"

Medical advice :

Doctors insist that one should not start a diet without the advice of a doctor and a nutritionist. Indeed, there are risks of deficiencies, in particular because several cereals without gluten are not enriched in vitamins of the B complex



And weight loss?

This is not the main attraction of this diet. Knowing that products without glutes are mostly rich in sugars, salt and fat, this diet could even put on weight. No study has yet confirmed that the gluten-free diet makes you lose weight



THE DIFFERENT DIET



ALL DIFFERENT DIET IN 2018



Vegetarian diet :

The vegetarian diet is a diet that does not allow any animal protein (meat, fish or sausage), except eggs and dairy products. If in addition we forbid eggs and dairy products to eat only fruits and vegetables the diet is called vegan.

Other variants: the crudivorisme which allows to eat only raw food and never cooked; Macrobiotism allows you to eat only vegetables and cereals.

They are unbalanced and deficient diets since the human species is omnivorous.



Vegan diet :

Lifestyle combining an exclusive diet with plants (veganism) and refusal to consume any product (clothing, shoes, cosmetics, etc.) from animals or their exploitation.

However, it should be made clear. A vegan simply refuses to live through the exploitation of animals. This means that he avoids, as far as possible, meat, fish, eggs, cheese, milk, butter, leather, wool, silk, anything that comes from animals. Precision: vegetarians consume everything except meat and fish. And this diet only concerns food.

Weight Watchers diet :



The principle of the Weight Watchers diet is twofold: on the one hand a well-balanced and low-calorie diet; On the other hand, group psychological support is given weekly by a counselor who is most often a former obese.

This type of plan has the advantage of being balanced, so that it does not cause any deficiency.

In addition, it allows the person through dialogue and free expression, to relieve the possible suffering of the

restriction, and to share that of others. These sessions are also a way to exchange tips, tips and talk about weight issues.

In any case, he can only be a starter before being able to regulate his own diet.

Mediterranean diet :

Adopt the Mediterranean diet and you will manage to lose some extra pounds, limiting the risk of weight gain thereafter. It is not a slimming diet per se, but rather a healthy way of eating that is called a health diet, or Cretan diet, where he is from. Its recipes are mainly composed of cereals, dried fruits and fresh vegetables.

The Mediterranean diet aims to extend life expectancy by preserving cardiovascular diseases as well as cancer risks. It is directly inspired by the eating habits traditionally enjoyed by the populations of the Mediterranean region.



LACTOSE FREE

What is it ?

The lactose is the specific sugar of milk. It is found in most dairy products : yogurts, cottage cheese, cheeses, but



also cream and all milk-based preparations : desserts, ice-cream, Bechamel, sauce, purees ... Most of those who estimate the dairy products have difficulties in digesting lactose



For Who ?

People in whom lactose causes bloating, flatulence, abdominal pain, diarrhea or nausea. For, to be assimilated, this sugar must first be split into galactose + glucose by an enzyme, lactase, normally present in the duodenum, the upper part of the small intestine. In case of lactase deficiency, lactose can't be hydrolysed. It continues it's way in the colon where it is fermented by the intestinal flora. Hence the digestive disorders. In babies, lactase production is high in order to cope with a high proportion of milk lactos. But, during childhood ? It can decrease to reach in adult only 10 % of it's initial value

The risks :

Small consumers of milk and derivatives are at greater risk of osteoporosis because of insufficient calcium intake in the long term. Don't confuse lactose free meals with dairy free meals



Conclusion :

Excluding lactose helps eliminate diarrhea and bloat. Still need to make sure that there is a cause and effect relationship !