

Resource Review :

Physical and Health Education

EPHE 155:Introduction to Nutrition: Concepts & Controversies

Professor N. Fetterly

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“Weight loss: Follow this gluten-free diet to lose weight” (2019) is a non-reputable source that lacks credibility due to the absence of an academic database. The text is published by the Times of India; however, it does not have an author listed, nor any credentials. There is no scientific or academic evidence to support the statements, which makes this piece unreliable. The informative aspect of the article is controversial as it is biased and seems to be opinion-based, a conclusion drawn from the fact that there is no evidence provided. Essentially, the article argues that one can fast-track their weight loss journey by eating gluten-free. There is no mention of exercise, and the text even implies physical activity is not necessary, claiming that making the one lifestyle change of removing gluten from your diet will make you healthier, happier, and slimmer. This has been proven untrue by the Journal of the Science of Food and Agriculture, which states you can not lose weight solely by removing gluten from your diet, and if one is losing weight it is likely due to exercise or a lack of calorie intake that a gluten-free diet may cause (Pellegrini, 2015). This means that the article has not done its research and is advertising false information. Although the article is not selling the audience a product, it is pushing the consumption of brown rice, herbal spices, and nuts. On the other hand, “Navigating the gluten-free boom” (2015) is a reputable source written by two nutritionists, both of which have received their Ph.D. from the University of Arizona State. In this journal, all sources are cited and the researched information has been supported by scientific evidence conducted either by another reputable source or through the author and Arizona State University’s monitored experiments. The article is very well written and has an impressive academic database. Additionally, the journal—written in 2015—was published by the American Academy of Physician Assistants, meaning the information is relevant and reputable. Underneath each article in the American Academy of Physician Assistants, there is a write-up on each author who participated in the research and writing of the article. Thus proving their credibility on the subject. The journal states that no published research has discovered that a gluten-free intake provides weight loss. However, it has been established that those living with celiac disease or non celiac gluten intolerances can experience weight fluctuation. The authors believe that the growing industry of gluten-free products has been heavily manipulated by marketing through false advertising. Both articles express concern for those who go on a gluten-free diet in an attempt to lose weight. The concern is that they may not fuel their body with the nutrition it needs. A solution to this would be to actively seek out alternative nourishing products (Pellegrini, 2015). However, the articles share many differences in their purpose, message, and scientific evidence.

A survey-style study reported that 27% of American adults go on a gluten-free diet to lose weight, and 23.6% are unsuccessful in doing so (Pellegrini, 2015). There is no scientific evidence interlinking weight loss and a gluten-free diet; therefore, both authors Patricia and Pellegrini believe that those who lose weight on a gluten-free diet are becoming malnourished. Since the gluten-free boom, dieticians are noticing higher rates of malnutrition in their gluten-free patients (Patricia, 2018). Many of those who choose to go on a gluten-free diet are ill-informed of what gluten actually is. As a result, people will accidentally cut out entire food

groups mistaking them for gluten (Pellegrini, 2015). A common example is whole grains such as nuts and seeds. Additionally, the journal links weight loss with malnutrition and argues that while the numbers on the scale may be decreasing, the health of these people is decreasing as well. (Patricia, 2018). In conclusion, the research accomplished by Patricia (2018) and Pellegrini (2015) supports all informative statements regarding gluten-free diets and weight loss in the reputable source “Navigating the gluten-free boom” (2015). While the only factual resemblance found between the researcher’s discoveries and “Weight loss: Follow this gluten-free diet to lose weight” (2019) is that those on a gluten-free diet need to find substitute sources of nutrients in their daily intake. Additionally, the research discredits the non reputable article’s statements by proving there is no scientific research connecting a gluten-free diet to weight loss.

References

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