

# fitness

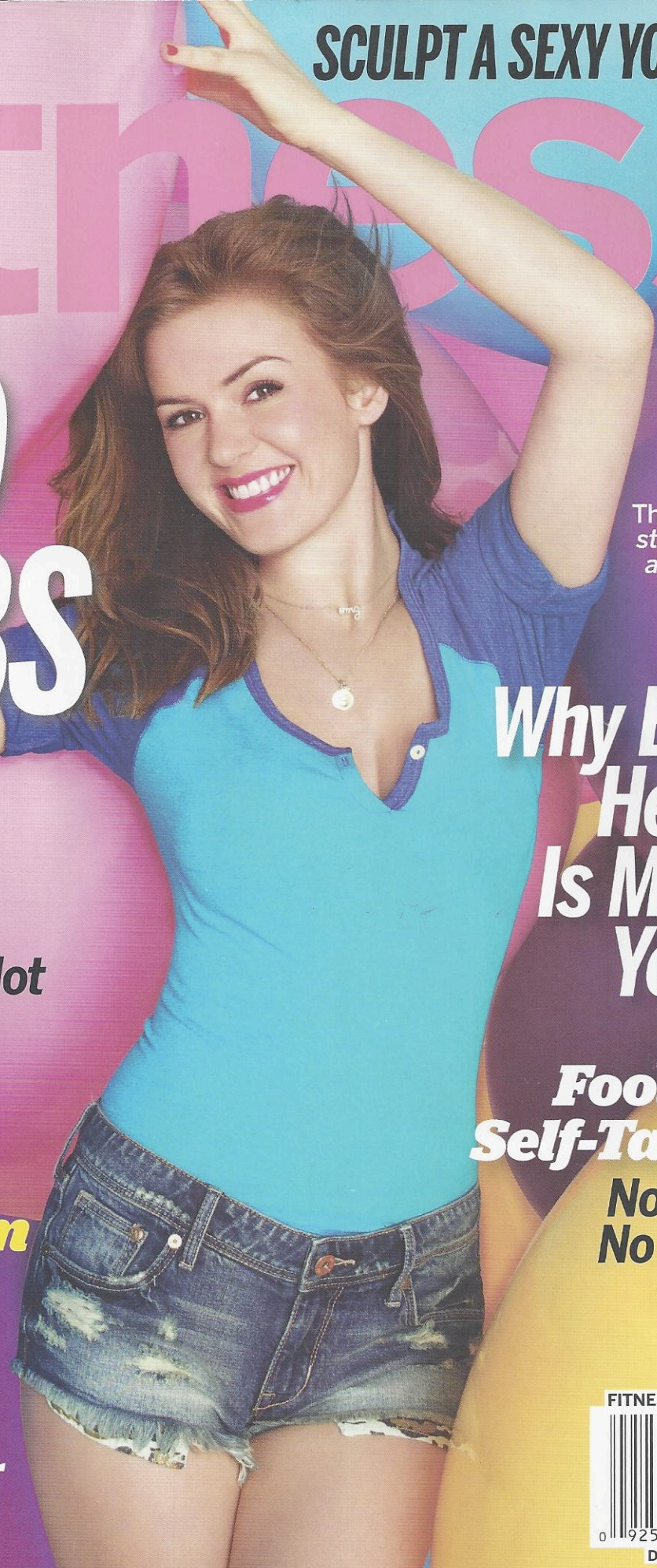
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time they're 50 years old, says Steve Taylor, Ph.D., the founder and codirector of the Food Allergy Research & Resource Program at the University of Nebraska-Lincoln. "This is probably because these cultures weren't historically dairy

A chainsaw with a loaf of bread as the blade. The chainsaw is orange and black, and the bread is golden-brown and sliced. The chainsaw is positioned diagonally across the page, with the bread blade pointing towards the top right. The background is a solid red color.

## THE SKINNY ON GOING G-FREE

Warning: Giving up gluten can make you pack on pounds if you replace regular cookies, cake and other treats with gluten-free versions. The reason is that some of these products have extra sugar to make them more satisfying. "It's easy to swap in foods that are higher in calories and less nutritious than what you were eating before," says Ashley Koff, R.D., a nutritionist in Los Angeles and a FITNESS advisory board member. To give up gluten and still eat healthily, limit your consumption of processed g-free fare and eat more fruits, vegetables, lean meats, fish, beans and nuts, as well as naturally g-free whole grains like quinoa and brown rice to get the fiber, selenium and manganese you need.