

No Grain Challenge Or Reduced Grain Challenge (You choose what will work for you) (12 Day)

What is a grain: wheat or any other cultivated cereal crop used as food.



Wheat



Cereal



Maize



Whole grain



Rice

1. The Challenge is to eliminate grains for 12 days.
2. You can opt to eat grains for the purpose of fueling for your long run and for recovery immediately following your long run. Not for entire day.
3. Foods that are considered grains, (or made from grains) are:
 - Wheat
 - Rye
 - Barley, including barley malt
 - Bran
 - Bulgar
 - Couscous
 - Farina
 - Kamut
 - Orzo
 - Semolina
 - Sorghum (gluten-free)
 - Spelt
 - Corn (gluten-free)
 - Cornflour (gluten-free unless wheaten cornflour)
 - Cornmeal (gluten-free)
 - Millet (is generally recognized as a grain in most sources; some sources say it's a cereal)...you decide
 - Rice (gluten-free)
 - Wild Rice (gluten-free, this one is open to debate also – some people swear it is a grain, some people swear it isn't and is in fact another one of the grain-like seeds. You decide for yourself.
 - Oats
 - Beer (yes, beer!).. just an FYI we don't care...right!
 - Glucose made from wheat

- Teff (gluten-free)
- Montina flour
- Graham flour (wheat)
- Commercially made stock: like chicken, beef or vegetable stock in either powder or liquid usually contains some kind of grain.
- Soy Sauce (contains wheat)
- Source referenced stated that this is not a complete list because there are thousands of items...but I thought it was a good start.

4. Benefit of eliminating grains(per the research):
 - a. Improved mood
 - b. Reduction in belly fat
 - c. Reduced Anxiety
 - d. Lifted Mind Fog
 - e. Enhanced learning
 - f. Some reports linked to Alzheimer's and dementia

Some other information to look at and research:

- No sugar no grainkey to long term health

A large portion of the diseases we are faced with today are [linked to inflammation in our bodies](#). This includes obesity, anxiety, cancer, heart disease, diabetes, [depression](#), etc. In order to protect ourselves from these diseases, we must first protect ourselves from inflammation.

Refined sugars and grains are [two of the most well-known co-defendants](#) to inflammation in the case against sickness.

http://www.huffingtonpost.com/quentin-vennie/sugar-health_b_4537319.html

- Benefits of going grain free

<http://www.rodalenews.com/grains-brain>

- The whole truth about whole grains (when you come off your challenge)

<http://www.webmd.com/food-recipes/the-whole-truth-about-whole-grains>