Early to Rise Customer Support

Advice on Avoiding gluten free pasta is not helpful to those of us who are wheat intolerant or celiac...What type of pasta would you recommend if this is the case as I do find rice pasta very starchy and also sticks together and need to rinse it in hot wate

Kerri -- ETR Customer Support - 2020-02-20 - Chef Gui Eat More Burn More

You are welcome to follow a gluten-free diet if such is your preference or your obligation. But, if you're trying to lose weight in the meantime, than you should avoid gluten-free pasta altogether and focus on other foods. Gluten-free pasta is, well, gluten-free. But it is also made with alternative flours like rice, corn, or potato flours, and these are very high glycemic and can lead to weight gain.

If you are not willing to give up gluten-free pasta, then I recommend cooking pasta al dente (follow the manufacturer's package), rinse it under hot water once it is cooked and drained, and then add high-fiber ingredients to the dish that you're making: leafy green vegetables, lentils and beans, seeds and nuts, vegetables, etc...

I hope this helps.