

Nutrition and Dietetics

# Gluten-free Diet Information

Dietitian:.....

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**Dr. Hans Clean says** “The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.
- If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.
- Keep the environment clean and safe. Let’s work together to keep it that way. Prevention is better than cure”.

This leaflet will explain the basics of a gluten-free diet. Your Dietitian will be able to give you further information specific to you.

## What is gluten?

Gluten is a protein found in wheat, rye, barley and foods that are made from them. A gluten-free diet avoids all foods containing wheat, rye and barley. Some people are also sensitive to the protein found in oats – you should ask your Dietitian if you can safely eat these.

## Who needs a gluten-free diet?

There are two specific conditions that are treated by a gluten-free diet.

**Coeliac Disease or Condition:** gluten causes a reaction which damages the lining of the intestine. This reduces its ability to absorb nutrients from food. Symptoms can include: anaemia, diarrhoea, bloating and weight loss.

**Dermatitis Herpetiformis:** is a skin condition caused by a reaction to gluten. This condition can require medication as well as a gluten-free diet.

Both conditions need a life long gluten-free diet for successful treatment.

## What can I eat?

To stay healthy it is important to avoid foods containing gluten at all times. This means avoiding foods made from wheat, rye and barley. The following checklist maybe useful.

<b>Food Group</b>	<b>Gluten-free</b>	<b>Need to check *</b>	<b>Not gluten-free</b>
<b>Bread, cakes and biscuits</b>	Gluten-free (GF) breads, GF biscuits, GF cakes, GF pizza bases, GF rolls, GF flour mixes: GF naan, chapattis made with gluten-free flour.	Meringues, macaroons, 'yellow' chapattis, pakoras, poppadoms.	Ordinary bread, ordinary chapattis, naan, tortilla wraps, biscuits, cakes, pastries, scones, muffins, waffles, pizza, samosas.
<b>Pasta and noodles</b>	Corn pasta, rice pasta, gluten-free pasta.	Rice noodles, poppadoms.	Fresh, dried and canned wheat pasta, noodles.
<b>Breakfast cereals</b>	Gluten-free muesli, buckwheat flakes.	Malted breakfast cereals e.g. Cornflakes, Rice Crispies, Porridge oats.	Wheat based breakfast cereals e.g. Weetabix, Shreddies, muesli.
<b>Flour and grains</b>	Rice, corn, cornmeal, arrowroot, amaranth, buckwheat, millet, teff, quinoa, sorghum, soya flour, potato starch, potato flour, gram flour, polenta, sago, tapioca, cassava.	Corn flour, flavoured savoury rice products, barley malt extract, oats.	Wheat, durum wheat, wheat bran, wheatgerm, wheat starch, semolina, cous cous, barley, malt, malted barley, rye, triticale, kamut, spelt, chapatti flour.
<b>Meat and poultry</b>	All fresh meats and poultry, smoked meats, cured pure meats, ham.	Meat pastes, pâtés, canned or pre-packed meat, sausages, burgers.	Meat and poultry cooked in batter or bread-crumbs, faggots, rissoles, haggis, breaded ham.

<b>Food Group</b>	<b>Gluten-free</b>	<b>Need to check *</b>	<b>Not gluten-free</b>
<b>Fish and shellfish</b>	All fresh fish and shellfish, smoked, kippered and dried fish, fish canned in oil or brine.	Fish in sauce, fish pastes and pates.	Fish in batter or breadcrumbs, fish cakes, taramasalata, fish fingers.
<b>Cheese and eggs</b>	Plain cheese, plain cottage cheese, cream cheese, low fat cheeses, eggs.	Processed cheese, cheese spread, ready-grated cheese.	Cheese fillers, scotch eggs.
<b>Milk and milk products</b>	Fresh, UHT, dried, condensed, evaporated, cows, goat's and sheep's milk, fresh and soured cream, buttermilk, crème fraîche, plain and fruit yoghurt or fromage frais.	Coffee and tea whiteners, oat milk, yoghurt with added fibre.	Milk with added fibre, artificial cream, yoghurt and fromage frais containing muesli or cereals.
<b>Fats and oils</b>	Butter, margarine, lard, cooking oils, ghee, low fat spreads.	Suet.	
<b>Fruit and vegetables</b>	All fresh, frozen, canned and dried uncoated pure fruits and vegetables.	Oven, microwave and frozen chips, instant mash, potato wedges and waffles, fruit pie fillings.	Vegetables and potatoes in batter, breadcrumbs or dusted with flour, potato croquettes.

<b>Food Group</b>	<b>Gluten-free</b>	<b>Need to check *</b>	<b>Not gluten-free</b>
<b>Savoury snacks</b>	Homemade popcorn, natural and salted nuts.	Crisps, Rice cakes, popcorn.	Snacks made from wheat, rye, barley and oats, pretzels, coated nuts.
<b>Preserves and spreads</b>	Sugar and glucose molasses, jam, conserves, honey, golden syrup, treacle, marmalade, peanut and other nut butters.	Mincemeat, lemon curd.	
<b>Soups, sauces, pickles and seasonings</b>	Tomato and garlic puree, individual herbs and spices, vinegars, tamari (Japanese soy sauce).	Gravy granules, stock cubes, canned or packed soups, packet and jarred sauces and mixes, ground pepper, mustard, mayonnaise, salad cream. pickles and chutney, mixed herbs and spices	Shoyu (Chinese soy sauce) stuffing mix.
<b>Confectionary and puddings</b>	Jelly, milk puddings made with gluten-free ingredients (e.g rice, tapioca), sorbets.	Sweets, chocolates, chewing gum, ice cream and lollies, custard powder, mousses, liquorice.	Sponge puddings, semolina, pies, crumbles.
<b>Drinks</b>	Tea, coffee, fruit juice, squash, clear fizzy drinks, cocoa, complan, build-up, wine, spirits, cider, sherry, port.	Vending machine hot chocolate.	Malted milk drinks, lemon, orange and other fruit barley waters, cloudy fizzy drinks Beer/lager – check directory for gluten-free brands..

<b>Food Group</b>	<b>Gluten-free</b>	<b>Need to check *</b>	<b>Not gluten-free</b>
<b>Miscellaneous</b>	Gelatine, bicarbonate of soda, cream of tartar, fresh and dried yeast, artificial sweeteners, Bovril, marmite.	Tofu, quorn, vegetarian burgers and sausages, ready meals marzipan, cake decorations, Communion wafers, baking powder.	Ice cream cones and wafers.

\*This can be checked by looking in the Food and Drink Directory (available from Coeliac UK) or checking the food label. Foods labelled as gluten 'gluten free', 'very low gluten' or 'suitable for coeliacs' can be safely eaten. For other foods looking at the ingredients list will help you to decide if the food is gluten-free:

<b>Gluten-free Ingredients</b>	<b>Non gluten-free Ingredients</b>
Buckwheat	Barley
Codex wheat starch	Barley flour
Corn	Barley malt
Cornflour	Bulgar wheat
Cornstarch	Cous cous
Maize starch	Dinkle
Gram flour	Durum wheat
Hops	Einkorn
Maize	Emmer wheat
Millet	Kamut
Modified starch	Farrow
Pea starch	Modified wheat starch
Polenta	Semolina
Potato starch	Spelt
Quinoa	Risk
Rice / rice bran	Rye
Rice flour	Rye flour
Rice malt	Triticale
Rice rusk	Wheat
Sago	Wheat bran
Sorghum	Wheat protein
Topioca starch	Wheat rusk
Teff	Wheat starch
	Wheat flour

## Where can I get gluten-free breads, pasta, flour etc?

Everyday staple gluten-free foods are available on prescription from your Doctor. The Dietitian will give you more information and also arrange for you to try some samples from different manufacturers.

Unless you are entitled to free prescriptions, you will need to pay the normal prescription charge for each product you have. To save yourself money, you can buy a pre-payments certificate by completing an FP95 form. Ask your Pharmacist or see <http://appsnhbsa.nhs.uk/ppcwebsales/>.

You will need to buy 'non-staple' gluten-free products from the supermarket or mail order, they stock a wider range of everyday and more fancy items.

## What about cooking?

Most everyday meals and snacks (e.g. Sunday roast, curries, casseroles, soups) can be prepared with gluten-free ingredients. Gluten-free flours have different qualities to wheat flour. Homemade cakes, bread, biscuits, chapatis and pastry can be made successfully but recipes and methods may need some alteration. Flour manufacturers provide lots of helpful hints and recipes.

## Can I still eat out?

Yes of course, you just need to be extra careful. It is useful to ring a restaurant or pub before you go and explain your situation to the chef. Coeliac UK has further information and also a section on their website for caterers. It is also a good idea to let friends and family know about your gluten-free diet, so that they can provide suitable food when necessary.

## Will I get adequate nourishment from a gluten-free diet?

Yes, provided you eat a variety of different foods from all the food groups – ask your Dietitian for more information. If you have not been absorbing adequate nourishment from your diet, it may be necessary for you to take calcium, iron, folate or B12 supplements – your Dietitian or Doctor will do regular blood tests to check if these are needed.

## What will happen if I don't follow a gluten-free diet?

A life-long gluten-free diet is known to be an effective treatment for coeliac condition and Dermatitis Herpetiformis. Not following the diet is likely to have health consequences.

## Where can I find out more information?

Coeliac UK is the leading charity that works to support people with coeliac disease and dermatitis herpetiformis. They produce lots of helpful literature and have a useful website. Contact details are as follows:

**Website:** [www.coeliac.org.uk](http://www.coeliac.org.uk)

**Telephone:** 0845 3052060 or 01494 437278

**Address:** Coeliac UK

3rd Floor Appollo Centre,  
Desborough Road  
High Wycombe,  
Buckinghamshire  
HP11 2QW

There is also a local group who arrange meetings several times a year. Contact Marion Burns on 01902 758096.

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