

Gluten-free Diet Information

Nutrition and Dietetics

Dietitian: _____

Telephone: 01902 695335

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.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

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.

Food Group	Gluten-free	Need to check *	Not gluten-free
Grains and alternatives	Amaranth, buckwheat, chestnut, corn (maize), millet, polenta (cornmeal), quinoa, rice, sago, sorghum, soya, tapioca, teff		Barley, bulgar wheat, couscous, dinkel, durum wheat, einkorn, emmer wheat, Khorasan wheat (commercially known as Kamut®), rye, semolina, spelt, triticale, wheat
Flours	All flours that are labelled gluten-free	Use your Food and Drink Directory to choose suitable products. Flours from all grains may be contaminated through milling	Flours made from wheat, rye or barley eg plain flour, self raising flour etc
Oats	Most people can eat uncontaminated oats labelled gluten-free. Products include gluten-free oats, oatcakes and oat based products		Porridge oats, oat milk, oat based snacks that are not labelled gluten-free
Bread, cakes and biscuits	All products labelled gluten-free including biscuits, breads, cakes, crackers, muffins, pizza bases, rolls, scones	Macaroons, meringues	All biscuits, breads, cakes, chapattis, crackers, muffins, pastries and pizza bases made from wheat, rye or barley flour

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Breakfast cereals	All products labelled gluten-free including millet porridge, muesli, rice porridge, corn and rice based cereals	Buckwheat, corn, millet and rice based breakfast cereals and those that contain barley malt extract	Muesli, wheat based breakfast cereals
Pasta and noodles	All products labelled gluten-free including corn (maize) pasta, quinoa pasta, rice pasta	Rice noodles, buckwheat noodles	Canned, dried and fresh wheat noodles and pasta
Meat and poultry	All fresh meats and poultry, cured pure meats, plain cooked meats, smoked meats	Any meat or poultry marinated or in a sauce, burgers, meat pastes, patés, sausages	Meat and poultry cooked in batter or breadcrumbs, breaded ham, faggots, haggis, rissoles
Meatless alternatives	Plain tofu	Marinated tofu, soya mince, falafel, vegetable and bean burgers	
Fish and shellfish	All dried, fresh, kippered and smoked fish, shellfish, fish canned in brine, oil and water	Fish pastes, fish patés, fish in sauce	Fish or shellfish in batter or breadcrumbs, fish cakes, fish fingers, taramasalata
Cheese and eggs	All cheese and eggs		Scotch eggs

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Milk and milk products	All milk (liquid and dried), all cream (single, double, whipping, clotted, soured and crème fraiche), buttermilk, plain fromage frais, plain yoghurt	Coffee and tea whiteners, fruit and flavoured yoghurt or fromage frais, soya desserts, rice milk, soya milk, nut milks	Yoghurt with muesli or wholegrains
Fats and oils	Butter, cooking oils, ghee, lard, margarine, reduced and low fat spreads		Suet
Fruits and vegetables	All canned, dried, fresh, frozen and juiced pure fruits and vegetables, pickled vegetables in vinegar	Fruit pie fillings, processed vegetable products (such as cauliflower cheese)	Vegetables and fruit in batter, breadcrumbs or dusted with flour
Potatoes	All plain potatoes, baked, boiled or mashed	Oven, deep fried, microwave and frozen chips, instant mash, potato waffles, ready to roast potatoes	Potatoes in batter, breadcrumbs or dusted with flour, potato croquettes
Nuts, seeds and pulses	Plain nuts and seeds, all pulses (peas, beans, lentils)	Dry roasted nuts, pulses in flavoured sauce (such as baked beans)	
Savoury snacks	Homemade popcorn, plain rice cakes	Flavoured popcorn, potato and vegetable crisps, flavoured rice cakes and rice crackers	Snacks made from wheat, rye or barley, pretzels, breadsticks

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Spreads, fillings and dips	Conserves, glucose syrup, golden syrup, honey, jam, marmalade, molasses, treacle	Lemon curd, mincemeat, peanut and other nut butters, yeast extract, prepared dips	Taramasalata
Soups, sauces, pickles and seasonings	All vinegars (including barley malt vinegar), garlic puree, ground pepper, individual herbs and spices, mint sauce, mixed herbs and spices, mustard powder, salt, tomato puree, Worcestershire sauce	Blended and powdered seasonings, brown sauce, canned, packet or fresh soups, chutney, curry powder, dressings, gravy granules, mayonnaise, mustard products (such as English mustard), packed and jarred sauces and mixes, pickles, salad cream, stock cubes, tamari (Japanese soy sauce), tomato sauce	Chinese soy sauce
Confectionery and desserts	Gluten-free ice cream cones, jelly, liquorice root, seaside rock	Chocolates, ice cream, mousses, sweets, tapioca pudding	Ice cream cones and wafers, liquorice sweets, puddings made using semolina or wheat flour
Drinks	Cocoa, coffee, fruit juice, ginger beer, squash, tea, water	Cloudy fizzy drinks, drinking chocolate	Barley waters and squash, malted milk drinks

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Alcohol	Cider, gluten-free beers and lagers, liqueurs, port, sherry, spirits, wine		Ales, beers, lagers, stouts
Home baking	Arrowroot, artificial sweeteners, bicarbonate of soda, corn starch (flour), cream of tartar, food colouring, gelatine, icing sugar, potato starch (flour), fresh yeast, ground almonds, glacé cherries	Baking powder, cake decorations, marzipan, ready to use icings, dried yeast	Batter mixes, breadcrumbs, stuffing mix

All packaged foods in the UK must have a list of ingredients. If a food contains wheat, rye, barley or oats this must be emphasised in the ingredients panel on a food label.

These ingredients will be listed in **bold**, *italics* or underlined. Looking at the ingredients panel is essential to help you decide whether a food is gluten free. If there is a risk of foods being contaminated with gluten, it is recommended that these are avoided.

The table below has a list of ingredients and whether they are suitable on a gluten-free diet.

Gluten-free	Not gluten-free
Buckwheat	Barley
Codex wheat starch	Barley flour
Corn	Barley malt
Cornflour	Bulgar wheat
Cornstarch	Cous cous
Gram flour	Dinkle
Hops	Durum wheat
Maize starch	Einkorn
Maize	Emmer wheat
Millet	Kamut / Khorgson Wheat
Modified starch	Farrow
Pea starch	Modified wheat starch
Polenta	Semolina
Potato starch	Spelt
Quinoa	Rusk
Rice / rice bran	Rye
Rice flour	Rye flour
Rice malt	Triticale
Rice rusk	Wheat
Sago	Wheat bran
Sorghum	Wheat protein
Soya	Wheat rusk
Tapioca	Wheat starch
Teff	Wheat flour
Whey	
Yam Flour	

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

Gluten-free flour and bread 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://nhsbsa.nhs.uk/HealthCosts/2131.aspx>

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 (e.g. pasta, cereals, speciality breads, sweet treats).

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 staff. 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. Many restaurants have books / folders with information regarding allergens and glutes. You can ask for this if you are unsure whether a meal is gluten free.

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 maybe 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

Telephone: 0333 332 2033

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. Coeliac UK can give you information.

Additional Notes

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。