

Patient information

Gluten Free Diet

Contact dietitian Telephone.....

What is coeliac disease or dermatitis herpetiformis?

If you have coeliac disease or dermatitis herpetiformis, your immune system attacks your own tissues when you eat gluten. Gluten is a protein found in wheat, barley and rye.

What does gluten do to me?

In coeliac disease, gluten damages the lining of your gut (the small intestine) and therefore reduces the absorption of nutrients from your diet. This may cause anaemia, osteoporosis, tiredness, diarrhoea and abdominal pain.

In dermatitis herpetiformis, gluten affects your skin too.

What is the treatment?

The only treatment is to cut out gluten completely from your diet. You will need to avoid all foods and drinks containing gluten.

If you join Coeliac UK, you can obtain the Food and Drink Guide which lists all food and drink products that are suitable on a gluten free diet.

Will a diet without gluten help me?

With a gluten free diet, your gut and skin will be able to heal. You will then be able to absorb the nutrients from your food that you need for general health. Other symptoms should improve too.

Can I start eating gluten again?

No. Even when you are feeling better, gluten in your diet will still cause damage to your gut. You need to avoid it lifelong to stay healthy.

	Gluten free foods	<u>Foods containing gluten and foods that may contain gluten (check packaging/Food and Drink Guide)</u>
Breakfast cereals	Cereals labelled as gluten free or listed in Coeliac UK Food and Drink Guide.	Any cereal made from <u>wheat</u> , <u>oats</u> , <u>barley</u> or <u>rye</u> e.g. <u>Weetabix</u> , <u>puffed wheat</u> , <u>muesli</u> . Cereals containing barley malt extract, including cornflakes and rice Krispies.
Cereals*	Rice, corn/maize, sago, tapioca, millet, buckwheat, polenta, amaranth, agar, sorghum, soya bran, rice bran, quinoa, potato. Gluten-free flour, teff flour, rice flour, potato flour, soya flour, corn flour, split-pea flour, gram flour, ground rice, yam flour, arrowroot. Gluten-free: bread, pasta, pastry, crackers, cakes, biscuits, puddings. Rice noodles.	<u>Wheat</u> , <u>rye</u> , <u>barley</u> and <u>foods made from these cereals</u> . <u>Bulgar wheat</u> , <u>couscous</u> , <u>durum wheat</u> , <u>pearl barley</u> , <u>spelt</u> , <u>triticale</u> . <u>Wheat flour</u> and <u>flour products</u> e.g. <u>pasta</u> , <u>custard powder</u> , <u>semolina</u> , <u>wheat-meal flour</u> , <u>oatmeal</u> , <u>wheat bran</u> , <u>oat bran</u> , <u>wheatgerm</u> . Any <u>bread</u> , <u>pastry</u> , <u>cakes</u> , <u>biscuits</u> , <u>puddings</u> , <u>pancakes</u> , <u>ice-cream wafers/cones</u> , <u>crackers</u> , <u>cake</u> or <u>pastry mixes</u> that are not labelled as gluten-free.
Cheese	All varieties (with no additional ingredients)	Cheese spreads, processed cheese, speciality cheeses, cheese sauce.
Meat and eggs	Fresh/frozen meats, all varieties including poultry, bacon, ham and offal. Eggs.	Any cooked with <u>flour</u> or <u>breadcrumbs</u> , tinned meat, smoked meat, sausages, beef burgers, meat paste, pate, <u>meat pies</u> . Cold meats and deli meat products.
Meat alternatives	Tofu, tempeh, lentils, beans, chickpeas, pulses (tinned or fresh, no sauce). Gluten free Quorn products e.g. sausages and meat pies.	Vegetarian/Vegan sausages, burgers, ham/chicken slices, pate. Canned beans in sauce e.g. baked beans.

Fish/shellfish	Fresh/frozen – all varieties, canned fish in oil, water, or brine. Gluten free batter/breadcrumb fish/ fish fingers	Cooked in <u>batter</u> or <u>breadcrumbs</u> , fish paste, canned fish in sauce.
Fats	Margarine, butter, low fat spreads, lard, oils, ghee.	Packet shredded suet, synthetic cream.
Flavourings	Flavourings and colourings. Liquorice root.	Beef essence, chicken essence, milk shake powders/flavourings.
Fruit and fruit juice	All varieties: fresh, frozen, tinned or dried, Gluten free fruit pies and tarts.	Fruit <u>pies</u> and <u>tarts</u> . Proprietary baby and infant fruits.
Dairy and plant based dairy alternatives	All milk (liquid and dried), cream, natural yoghurt, crème fraiche, condensed milk, fromage frais. Soya milk, coconut milk, almond milk, rice milk, quinoa milk, hemp milk.	Fruit yoghurt, products with added fibre. Oat milk.
Nuts and seeds	Plain or salted nuts. Flax/linseeds. Sesame, soya, hemp.	Dry roasted peanuts. Nuts with added coatings/ flavours. Peanut butter.
Puddings	Puddings made from gluten-free ingredients e.g. gelatine, jelly, rice, sago, tapioca. Gluten free sponge puddings, pastry, ice cream cones, mousses, cake mixes.	<u>Shop bought sponge</u> , <u>pastry puddings</u> , dessert mixes, <u>ice-cream wafers or cones</u> , mousses, pie fillings, canned custard, canned milk puddings, infant desserts, <u>semolina</u> , cake decoration, cooking chocolate.
Raising agents	Yeast, cream of tartar, tartaric acid, bicarbonate of soda, gluten-free baking powder.	Baking powder.
Sauces and seasonings	Gluten free gravy thickened with cornflour, rice, Codex wheat starch. Homemade salad dressing or sauce made with gluten-free ingredients e.g. salt, fresh pepper, herbs, pure spices, tomato puree, other vinegars.	<u>Sauces or gravies containing wheat, oats, rye, barley or noodles etc.</u> Stock cubes, gravy mixes and brownings. Bottled sauces, salad dressings, savoury spreads, yeast extract, <u>Marmite</u> , chutneys

		and pickles, Worcester source, barley malt vinegar, soya sauce. Curry powder, mustard, mixed spices and seasoning, packet stuffing mixes.
Soups	Homemade soups using gluten-free ingredients. Gluten free tinned and fresh soups.	Tinned and packet soups.
Sugars, preserves and sweets	Sugar, jam, marmalade, honey, golden syrup, maple syrup, molasses, black treacle, jelly.	Lemon curd, lemon cheese, mincemeat, sweets, chocolate, liquorice.
Vegetables	Fresh, frozen, dried, canned in water or brine, including potatoes and root vegetables.	<u>Dishes made with flour</u> , canned vegetables in sauce e.g., baked beans, processed or instant potato e.g. waffles, chips.
Beverages	Tea, coffee, fruit juice, squashes (not barley squashes) fizzy drinks, Complan, cocoa.	Proprietary milk drinks, <u>Ovaltine</u> , <u>Horlicks</u> , tomato juice, drinking chocolate, <u>barley water/squash</u> , <u>Bovril</u> .
Alcoholic beverages	Cider, wine, sherry, gin, vodka, rum, whiskey, brandy and other spirits, port, Martini and other aperitifs, liqueurs. Gluten free beer, lager and ale.	<u>Beer including real ale, draught, home-brew, stout, low alcohol beers and lagers, bottled beer and lager.</u>

***Some flours made from naturally gluten free grains may be processed in the same place as wheat, barley or rye so these can be contaminated with gluten. Flours labelled gluten free will be guaranteed to be free from contamination.**

Food manufacturers regularly change the ingredients in their products; therefore, it is important to check product labels and the Coeliac UK Food & Drink Guide regularly.

Example meal plan

Breakfast

- Gluten free cereals/porridge oats made with milk and a piece of fresh fruit or a glass of fruit juice
- Gluten free bread (fresh or toasted) with margarine/low fat spread and marmalade, jam, honey or peanut butter served with a piece of fresh fruit or a glass of fruit juice
- Eggs (boiled, poached, scrambled, omelette) served with gluten free bread (fresh or toasted) and tomatoes, mushrooms, peppers, avocado or cheese
- Pot of yogurt* served with gluten free granola, honey and a piece of fresh fruit.

Lunch

- Gluten free soup served with gluten free bread (fresh or toasted) with spread
- Gluten free bread sandwich or toast, topped or filled with lean meat, chicken, tinned fish*, baked beans*, cheese* or egg
- Salad
- Jacket potato with cheese* or baked beans* or tuna, sweetcorn and mayonnaise
- Gluten free crackers with cheese* or gluten free pate and vegetable sticks.

Evening meal

- Home-made bolognese sauce, served with gluten free pasta and green salad
- Roast chicken, lamb, pork, beef, gammon or fish (white/oily), served with vegetables, potatoes and gluten free gravy
- Homemade meat or vegetable curry served with boiled rice and vegetables
- Homemade beef, pork, chicken or prawn stir fry served with boiled rice or rice noodles and gluten free soy sauce
- Gluten free pizza base topped with diced chicken, tomatoes, mushrooms, peppers and mozzarella cheese served with a green salad
- Fruit or gluten free pudding.

Snacks

- Fresh fruit
- Rice cakes (gluten free)
- Gluten free biscuits or cake
- Gluten free crackers and cheese
- Pot of yogurt*
- Plain nuts.

Drinks

- Fruit juice

- Tea/coffee
- Hot chocolate
- Plain/sparkling water
- Squash*
- Milk/yogurt drink*.

*These foods may or may not contain gluten. Check labels and Coeliac UK Food and Drink Guide. **For further meal and recipe ideas, visit Coeliac UK website.**

Food labelling

It is important that you pay attention to food labels on every product that you buy to ensure these are suitable on a gluten free diet. There are three different ways of helping you identify if the product is safe. With some practice, it will become quicker and easier for you to identify those suitable products.

'Gluten free' or Crossed Grain Symbol

The term 'gluten free' is covered by law and can only be used on foods which contain 20 parts per million (ppm) or less of gluten. When you see gluten free on a label or a crossed grain symbol, you know these foods are suitable on a gluten free diet.



Ingredients list

Gluten containing ingredients, such as wheat, barley, rye or oats must be emphasised in the ingredients list, for example in **bold lettering** or *in italics*, even if they are only used in little amounts.

Allergy advice

Some products also include an 'Allergy Advice' statement, which may contain additional information about the suitability of the product.

You may see statements such as:

- 'may contain' traces of gluten
- 'made in factory' also handling wheat
- not suitable for people with coeliac disease/wheat allergy due to manufacturing methods.

Ingredients

Wholegrain **Wheat** (95%), Malted **Barley** Extract, Sugar, Salt, Niacin, Iron, Riboflavin (B2), Thiamin (B1), Folic Acid

Allergy Information

Contains: Barley, Wheat

When you see one of these statements on a product, this means that there is a risk that the product could be contaminated with gluten. If you're unsure, you can contact the manufacturer directly if you would like further information on the suitability of the product or contact Coeliac UK for advice.

Processed and convenience foods

Many foods use flour as a thickening agent or filling ingredients. It is not always obvious. It is essential to check the label on **every** product that you buy. By law, all manufacturers must display a list of ingredients and identify if gluten is present.

Avoid any food or drinks that contain the following:

Barley	Malt	Wheat bran
Barley Flour	Oat bran	Wheat flour
Barley malt extract (will need to check in Food and Drink Guide)	Rye	Wheat rusk
Modified wheat starch	Rye flour	Wheat starch

You are safe to eat:

Corn malt/ Corn starch	Isomalt	Maltitol
Maize starch	Modified starch	Modified maize starch
Rice malt	Rice bran	Maltodextrin
Codex wheat starch	Gluten free wheat starch	Glucose syrup
Potato starch	Pea starch	Xanthan gum
Rice rusk	Tapioca starch	Tapioca modified starch

Practical hints

You will not need to make a 'special' dish. It is easy to make the whole family's meals gluten free:

- Use rice, fresh potatoes, gluten-free pasta or gluten-free bread instead of pre-prepared potato, pasta or bread.
- Use cornflour or rice flour instead of wheat flour in soups, stews, sauces and thick gravy.
- Making gluten-free bread is an art, don't give up after your first try!
- Have a go at gluten free cooking. Try adapting your favourite recipes.

- If you are unsure what a food or meal is made from, do not eat it.

If you have a freezer:

- Make gluten-free meals in advance and freeze individual portions. Use them as ready meals or when the family meal is unsuitable.
- Gluten-free cakes and biscuits also freeze well. They go stale quickly so freeze them soon after baking.

Cross contamination

Gluten-free foods can easily become contaminated by foods containing gluten. It is important that your food is not touched by gluten containing foods during preparation, cooking or serving.

At home

- Clean surfaces well after handling gluten containing foods, before gluten free foods are prepared.
- Use separate dishes, utensils and chopping boards, or ensure they are thoroughly cleaned before preparing gluten-free foods.
- You will need a separate toaster, a clean grill or toaster bags and a separate bread board to avoid contamination from other breadcrumbs.
- Use a clean spoon or knife for jam and butter so that gluten-containing breadcrumbs don't get into shared foods, such as butter. Alternatively, you can use a separate container labelled with your name for butter, jams and other condiments (e.g. mayonnaise, mustard, chutney).
- Use clean oil or a separate fryer (including air fryer) for frying gluten free foods
- When using an oven, place gluten free items on a clean baking tray and ensure these are cooked on the shelf above gluten containing items. It is advised to cook gluten containing items separately from gluten free foods if made from ingredients that could circulate in the oven for example flour or flaky pastry.

Eating out

- Do not avoid eating out. Most people are very understanding of special dietary needs, and many eating establishments now cater for gluten-free diets.
- It is now a legal requirement that takeaways and restaurants are able to tell customers if their food contains ingredients known to trigger allergies. This includes all cereals containing gluten.
- Coeliac UK has a list of local restaurants who prepare gluten-free meals.
- Do not buy foods that have been prepared in the same space as gluten foods. Chips and fast-foods may be coated in flour or may be fried in oil that has been used for gluten-containing foods.

- If you are eating at a friend's house, tell them you need a gluten-free diet. It may help to lend them your Food and Drink Guide to aid preparation of your meal.
- Contact restaurants, hotels or canteens in advance, if possible, to discuss whether there are gluten-free foods on the menu or if they can be arranged. Contact your local Coeliac UK group for local restaurant recommendations. For more information, please contact the Group Organiser (Bury St Edmunds), Jane Mitton by emailing burystedmunds@coeliac.org.uk
- Dietary cards can help make eating out easier as you won't have to explain your needs or rely on the waiter to tell the chef. These are available in different languages for use when abroad. See Coeliac UK information for details.

Useful information

Constipation – this may be a problem when you are on a gluten free diet because many high fibre foods contain gluten. Fibre is essential for your gut to work normally. It is recommended that adults should consume 30g of fibre a day. Other ways that you can increase your fibre intake are:

- Eat plenty of fruit, vegetables, and salad, including eating the skins, pips and seeds where possible. Aim for 5 portions (1 portion = 80g) per day. Fresh, tinned, frozen or dried all count towards your '5-a-day' and are naturally gluten free.
- Swap white rice and pasta for wholemeal alternatives, eat skins on potatoes and choose high fibre gluten-free breads where possible.
- Try gluten free wholegrains such as buckwheat, amaranth, millet, quinoa, sorghum and teff.
- Include pulses, such as peas, beans, or lentils, and add extra vegetables to soups, curries and stews.
- Include dried fruit and/or handful of nuts and seeds as a snack.
- Ensure you drink plenty of fluids throughout a day. An average adult needs between 1.5 to 2.0 liters of fluid a day. This is the equivalent to around 6-8 mugs of fluid.

Weight gain – some people experience weight loss prior to diagnosis of Coeliac disease. If you have lost weight, you are likely to regain this weight in time, because your gut should start to absorb nutrients from your food properly after starting a gluten free diet.

Weight loss – you should aim to monitor your weight on a regular basis, at least once a month. If you notice that you continue to lose weight, ensure to contact your dietitian for further advice.

Useful resources:

Coeliac UK: www.coeliac.org.uk

Coeliac UK helpline 0333 332 2033

Coeliac UK Food and Drink Guide

Local Coeliac UK group - email burystedmunds@coeliac.org.uk

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