

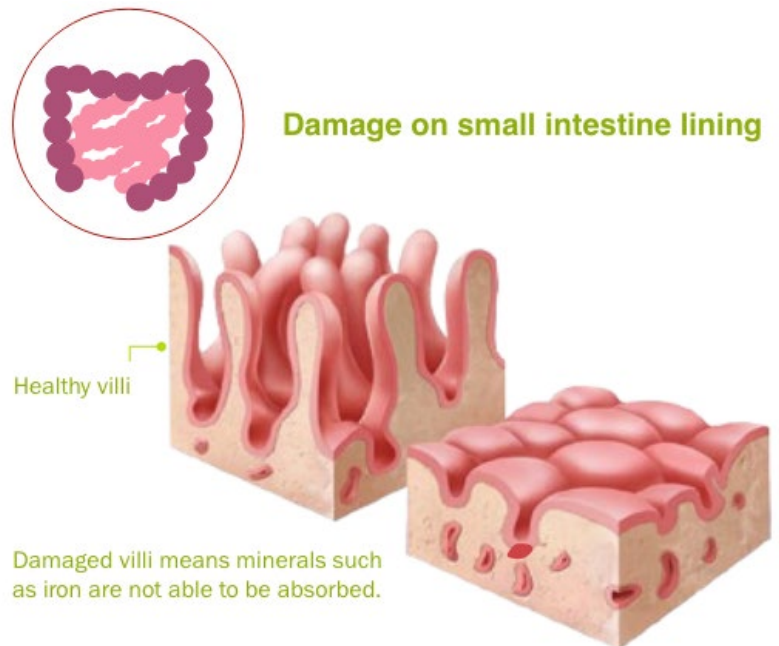
Gluten free diet for coeliac disease

This sheet is for people with coeliac disease diagnosed by a doctor. It may not be suitable for those with gluten intolerance.

What is coeliac disease?

Coeliac disease is a condition where the body's immune system reacts to gluten. Gluten is a protein found in foods made with:

- Wheat
- Barley
- Rye
- Oats



Used with permission from Coeliac New Zealand

How is it managed?

The only treatment is a strict life-long gluten free diet. Eating any gluten (even traces) causes the small, finger-like projections (villi) in the bowel to become inflamed and flattened. Eating a gluten free diet allows the bowel wall to heal and digestion to return to normal.

What are the risks of not following a strict gluten free (GF) diet?

Not following a gluten free (GF) diet causes bowel damage, which results in nutrients from food not being taken up (absorbed) by the bowel. This can cause:

- Iron deficiency anaemia (low red blood cells) and/or other vitamin and mineral deficiencies
- Osteoporosis (brittle and fragile bones)
- Weight loss
- Symptoms such as diarrhoea, nausea (feeling sick) or bloating

Other complications which can relate to untreated coeliac disease include:

- Infertility
- Digestive tract cancer
- Altered mental state
- Increased risk of other autoimmune conditions

How do I make my diet gluten free?

There are many foods that are naturally gluten free. For packaged and processed foods, it is important to always read the nutrition label first. Some examples of suitable foods on a gluten free diet include:

- Fresh fruits and vegetables
- Fresh/unprocessed meat, fish, chicken and eggs
- Plain legumes, nuts and seeds
- Naturally gluten free grains - rice, quinoa (see full table below)
- Gluten free breads and cereals
- Milk and cheese
- Products labelled 'gluten free'
- Products that do not contain ingredients derived from gluten-containing grains

What about food labelling?

In Australia, products need to list all ingredients and allergens on packaging.

Read the ingredient list:

Gluten containing products have ingredients derived from gluten-containing grains including:

- wheat, rye, oats, barley or gluten
- wheat starch, cornflour (wheat)
- thickeners 1400-1450 (wheat derived) or wheat maltodextrin

Ingredients that are gluten free:

- Starches and thickeners not specified as made from wheat
- "Wheat glucose syrup" and "caramel colour from wheat" - processing removes the gluten

Read food labels:

- Some products advertise that they are wheat free. Be aware that **wheat free** and **gluten free** are not the same: “Wheat free” may still include other gluten-containing ingredients, such as oats in muesli.
- Products labelled “gluten free” contain no detectable gluten.
- Products labelled “may contain traces of wheat/gluten” should be avoided by people on a GF diet.

Some **non-food products** you consume (nutrition supplements, medications, lip balm, toothpaste) may contain gluten so it is important to check the labels or ask a pharmacist, GP or dietitian for advice.

What about food preparation?

Even 1/100th of a slice of wheat bread can damage the small bowel. It is essential to prepare, store and cook GF foods away from foods that contain gluten. This avoids **cross contamination**.

Tips to avoid cross contamination:

✓	AT HOME OR WHILST TRAVELLING
	Wash your hands after handling gluten-containing food.
	Use separate, labelled containers for GF foods (bread, biscuits).
	Use separate, labelled appliances e.g. bread makers, toasters, sandwich presses for GF options.
	Use separate toast bags for GF toast.
	Use separate spreads e.g. margarine for GF products.
	Use separate water in a clean pot for cooking GF pasta.
	Use a separate colander to drain gluten free pasta.
	Use clean oil when deep frying. If sharing, make sure the GF foods are fried before the gluten-containing options.
	Prepare gluten free meals first or in a separate area.
	Wash all cooking utensils before and after use e.g. chopping boards, pans, storage containers, cutlery, bowls and plates.

✓	EATING OUT
	Call restaurants before to ask about suitable gluten free options.
	Alert staff and ask for their gluten free options.
	Try cuisines that include a selection of naturally GF options (Thai, Mexican, Vietnamese, Indian). Always double check options are GF.
	Choose foods labelled GF on the menu.
	Check salad dressings and sauces used in cooking are GF.
	Avoid foods fried in the same oils as batter which contains wheat.
	Avoid foods prepared on the same board.






Food group	Gluten free	May contain gluten (READ LABEL)	Contains gluten (AVOID)
Grains & flours	<ul style="list-style-type: none"> Almond meal Amaranth Arrowroot Buckwheat Corn/maize Glutinous rice flour Gram/besan Lentil and soy flours Lupin Millet Polenta Potato starch/flour Quinoa Rice Sago/tapioca Sorghum Teff 	<ul style="list-style-type: none"> Baking powder Wheaten cornflour 	<ul style="list-style-type: none"> All varieties of wheat (including spelt, kamut, couscous, durum, farro) Barley Oats Products using malted gluten grains e.g. malt barley Rye Semolina Triticale (a hybrid of wheat and rye) Wheaten cornflour
Cereal products	<ul style="list-style-type: none"> GF corn tortillas GF muesli GF pasta & lasagne sheets Plain rice & corn cereals (no malt) Rice noodles Rice porridge 	<ul style="list-style-type: none"> Corn & rice tortillas/wraps Soba noodles Vermicelli noodles 	<ul style="list-style-type: none"> Egg noodles Lasagne Muesli Noodles/spaghetti Oat porridge Pasta/macaroni Ravioli/tortellini Udon noodles Wheat-based & mixed grain breakfast foods
Breads, biscuits, cakes, etc.	<ul style="list-style-type: none"> Breads, biscuits, cakes labelled as gluten free Plain rice crackers <i>There are many gluten free breads, biscuits, cakes and pizza bases etc. now available</i> 	<ul style="list-style-type: none"> Flavoured rice cakes and crackers Plain rice and corn cakes 	<ul style="list-style-type: none"> Barley bread Crispbreads Croissants Ice cream cones or wafers Pizza bases Pumpernickel bread Regular biscuits/cakes Regular bread & rolls Rye bread Sourdough bread Waffles/pancakes
Meat/meat alternatives	<ul style="list-style-type: none"> Eggs Fresh (non-marinated) meats Fresh seafood Tinned fish in spring water, brine or oil 	<ul style="list-style-type: none"> BBQ chicken (stuffing & seasoning) Deli meats (ham/turkey/salami etc.) Flavoured tinned fish/chicken Marinated meats/seafood Sausages Tofu 	<ul style="list-style-type: none"> Crumbed/battered meats Hamburgers Imitation seafood e.g. seafood sticks Meat pies/sausage rolls

Food group	Gluten free	May contain gluten (READ LABEL)	Contains gluten (AVOID)
Dairy	<ul style="list-style-type: none"> • Buttermilk • Cheese (hard/soft) • Condensed milk • Evaporated milk • Fresh cream • Milk (goats/cow) • Plain cream cheese 	<ul style="list-style-type: none"> • Artificial cream • Custard (powders) • Dairy desserts • Flavoured milk • Ice cream • Processed cheeses & cheese spreads • Soy milk • Yoghurt 	
Vegetables	<ul style="list-style-type: none"> • Fresh salad items • Fresh vegetables 	<ul style="list-style-type: none"> • Dried legumes & lentils • Frozen & canned vegetables • Frozen or take-away chips • Processed/canned legumes • Vegetable/potato salad/coleslaw 	
Fruit	<ul style="list-style-type: none"> • Fresh/frozen/tinned fruit 	<ul style="list-style-type: none"> • Christmas mince • Fruit mince • Thickened fruit products 	
Beverages	<ul style="list-style-type: none"> • All distilled spirits (even malted whisky) • Cider • Fortified wines (port, sherry) • Fruit & vegetable juices • Mineral water • Soda & tonic water • Sports drinks • Water • Wine 	<ul style="list-style-type: none"> • Chocolate dusting powder • Cordials (some contain barley) • Drinking chocolate • Soft drinks (some contain malt/barley) • Tea & coffee (some herbal/flavoured tea bags contain gluten) • Tea & coffee substitutes (coffee sachets) 	<ul style="list-style-type: none"> • Barley drinks • Beer/ale/lager/stout • Milo & other malt powder beverages
Sauces, spreads & herbs	<ul style="list-style-type: none"> • Fish sauce • Golden & maple syrup • Jams & honey • Marmalade • Molasses • Peanut butter • Pure herbs & spices • Salt & pepper • Tahini • Tomato sauce • Treacle • Vinegars (except malt) 	<ul style="list-style-type: none"> • All commercial sauces (BBQ, sweet chilli, etc.) • Asian sauces (soy, oyster, etc.) • Chutney • Curry powder/pastes • Meat & fish pastes • Mixed packaged herbs or spices • Pickles • Salad dressings & mayonnaise • Stock cubes & gravy mixes • Vanilla & flavouring essences 	<ul style="list-style-type: none"> • Malt vinegar • Vegemite, Promite & Marmite (gluten free varieties available)

Food group	Gluten free	May contain gluten (READ LABEL)	Contains gluten (AVOID)
Other	<ul style="list-style-type: none"> Butter & margarine Oils Plain nuts Plain popcorn Pure icing sugar Sugar Wheat germ oil 	<ul style="list-style-type: none"> Chocolates & chocolate snack foods Flavoured crisps/chips Icing mixture (gluten free varieties available) Jelly Lollies/sweets Tinned & packet soups 	<ul style="list-style-type: none"> Liquorice (gluten free now available) Milo and other malt-containing powders

Useful resources

Accredited Practising Dietitian	<ul style="list-style-type: none"> Support with transition and adherence to a gluten free diet. Assist to reduce risk of cross contamination. Ensure diet is nutritionally adequate. Find a dietitian: www.dietitiansaustralia.org.au
Coeliac Australia, Coeliac New Zealand	<ul style="list-style-type: none"> www.coeliac.org.au; www.coeliac.org.nz Supports people with coeliac disease and their families. Offers annual membership and credible information. Membership is suggested for all people diagnosed with coeliac disease. Products with the Coeliac Australia Endorsement Logo contain no detectable gluten. Not all gluten free products use this logo. 
Recipes, takeaway options & pre-prepared meals	Taste: https://www.taste.com.au/recipes/collections/gluten-free BBC Good Food: https://www.bbcgoodfood.com/recipes/collection/gluten-free Australian Gluten Free Life: https://agfl.com.au/ Gluten Free Eating Directory: www.glutenfreeeatingdirectory.com.au/ Gourmet Meals: www.gourmetmeals.com.au

Phone Apps		iPhone	Android	Cost*	Comment
Coeliac Australia		✓	✓	\$9.99	HELP SHOPPING Details over 800 gluten free ingredients & 300 additives (AUS/NZ)
Find Me Gluten Free		✓	✓	Free with in app purchases	HELP EATING OUT Lists gluten free restaurants e.g. location or meal
FoodSwitch by Bupa		✓	✓	Free	HELP SHOPPING Use the GlutenSwitch filter & scan barcodes to find gluten free options
Woolworths		✓	✓	Free	HELP SHOPPING Woolworths is the Official Supermarket Partner of Coeliac Australia. Lists allergens of product.
Recipeezi Gluten Free		✓	✓	Free initial trial then subscribe	HELP COOKING Gluten free recipes and shopping list

* Please note the cost of these apps may change

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Example meal and snack suggestions

BREAKFAST
<ul style="list-style-type: none">• GF muesli/high fibre cereal with psyllium and milk & fruit• Eggs and grilled tomato, spinach and mushroom on gluten free toast• GF baked beans on GF toast• Smoothie – nuts, milk, fresh/frozen fruit
MORNING TEA
<ul style="list-style-type: none">• Plain rice cakes with cheese topped with tomato and cucumber• Vegetable sticks with hummus or tzatziki
LUNCH
<ul style="list-style-type: none">• Wrap or sandwich (choose wholemeal or seeded GF bread) filled with salad and chicken/ham/tuna (GF)• Piece of fruit
AFTERNOON TEA
<ul style="list-style-type: none">• Yoghurt (check label)• Nuts and dried fruit mix
DINNER
<ul style="list-style-type: none">• Meat/fish/chicken with potato and vegetables (if using gravy check the label to ensure GF)• Stir-fried meat/chicken with vegetables, rice and GF sauces• GF pasta with mince, vegetables and GF bolognese sauce• Curry made with meat/chicken/vegetables, tomato and spices/chillies (check the label of any sauces/pastes)
SUPPER
<ul style="list-style-type: none">• Fruit with yoghurt (check label)• Nuts and dried fruit mix• GF custard/rice pudding/ice cream or sorbet• Hot chocolate (check label) or herbal tea

Summary

- Following a strict gluten free diet is the only treatment for coeliac disease.
- Always read food labels and ingredients lists when eating processed and packaged foods.
- Be aware of cross contamination.
- General healthy eating is important when following a gluten free diet. A dietitian can provide assistance with this.

For any queries or concerns please contact your dietitian:

Name: _____ **Contact:** _____

This resource has been developed in consultation with Coeliac Australia and Coeliac New Zealand.

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