

## 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

### How is it managed?

The only treatment is a strict life-long gluten free diet. Eating any gluten 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.

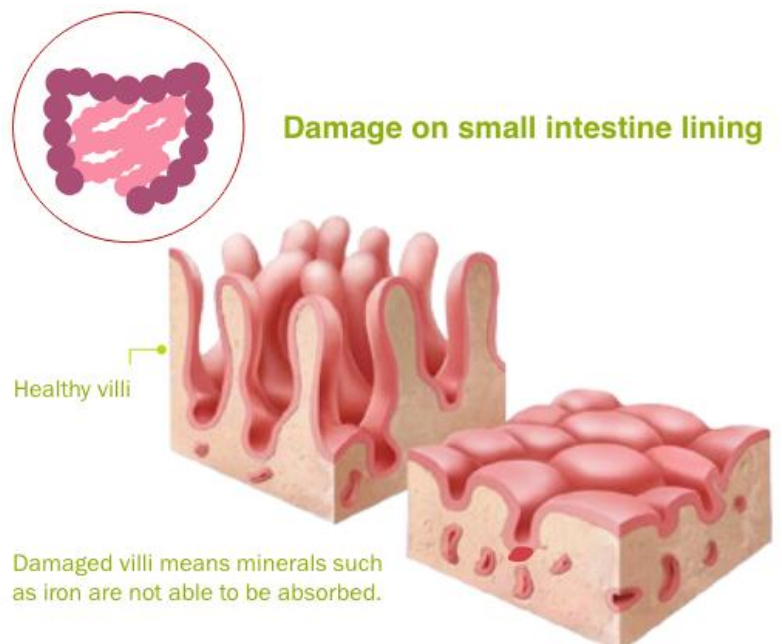
### What are the risks of not following a strict gluten free (GF) diet?

Consequences of small bowel damage and poor absorption of nutrients include:

- Iron deficiency anaemia and/or other vitamin and mineral deficiencies
- Osteoporosis
- Weight loss
- Gastrointestinal symptoms e.g. diarrhoea, nausea, bloating

Other complications which can relate to untreated coeliac disease include:

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



Used with permission from Coeliac New Zealand

## How do I make my diet gluten free?

Suitable foods on a GF diet include:

### 1) Naturally gluten free foods

- Fresh fruits and vegetables
- Fresh/unprocessed meat, fish, chicken and eggs
- Plain legumes and nuts
- Naturally gluten free grains - rice, quinoa (see full table below)
- Gluten free breads and cereals
- Plain dairy (milk, yoghurt, cheese)

### 2) Packaged foods with an ingredient list:

- Products labelled 'gluten free'
- Products that do not contain ingredients derived from gluten-containing grains
- Products with the Coeliac Australia Endorsement Logo

Products with the Coeliac Australia Endorsement Logo contain no detectable gluten. Not all gluten free products use this logo.



## What about food labelling?

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

## Read the ingredient lists

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

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

## What about food preparation?

Even 1/100<sup>th</sup> 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**. Try the following:

✓	<b>AT HOME OR WHILST TRAVELLING</b>
	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
	Trial 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

✓	<b>EATING OUT</b>
	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

### List of food options

	<b>Gluten free</b>	<b>May contain gluten (READ LABEL)</b>	<b>Contain gluten (AVOID)</b>
<b>Grains &amp; flours</b>	<ul style="list-style-type: none"> <li>• Almond meal</li> <li>• Amaranth</li> <li>• Arrowroot</li> <li>• Buckwheat</li> <li>• Corn/maize</li> <li>• Glutinous rice flour</li> <li>• Gram/besan</li> <li>• Lentil and soy flours</li> <li>• Lupin</li> <li>• Millet</li> <li>• Polenta</li> <li>• Potato starch/flour</li> <li>• Quinoa</li> <li>• Rice</li> <li>• Sago/tapioca</li> <li>• Sorghum</li> <li>• Teff</li> </ul>	<ul style="list-style-type: none"> <li>• Baking powder</li> <li>• Wheaten cornflour</li> </ul>	<ul style="list-style-type: none"> <li>• All varieties of wheat (including spelt, kamut, couscous, durum, farro)</li> <li>• Barley</li> <li>• Oats</li> <li>• Products using malted gluten grains e.g. malt barley</li> <li>• Rye</li> <li>• Semolina</li> <li>• Triticale (a hybrid of wheat and rye)</li> </ul>

	Gluten free	May contain gluten (READ LABEL)	Contain gluten (AVOID)
<b>Cereal products</b>	<ul style="list-style-type: none"> <li>• GF corn tortillas</li> <li>• GF muesli</li> <li>• GF pasta &amp; lasagne sheets</li> <li>• Plain rice &amp; corn cereals (no malt)</li> <li>• Rice noodles</li> <li>• Rice porridge</li> </ul>	<ul style="list-style-type: none"> <li>• Corn &amp; rice tortillas/wraps</li> <li>• Soba noodles</li> <li>• Vermicelli noodles</li> </ul>	<ul style="list-style-type: none"> <li>• Egg noodles</li> <li>• Lasagne</li> <li>• Muesli</li> <li>• Noodles/spaghetti</li> <li>• Oat porridge</li> <li>• Pasta/macaroni</li> <li>• Ravioli/tortellini</li> <li>• Udon noodles</li> <li>• Wheat-based &amp; mixed grain breakfast foods</li> </ul>
<b>Breads, biscuits, cakes, etc.</b>	<ul style="list-style-type: none"> <li>• Breads, biscuits, cakes labelled as gluten free</li> <li>• Plain rice crackers</li> <li>• <i>There are many gluten free breads, biscuits, cakes and pizza bases, etc. now available</i></li> </ul>	<ul style="list-style-type: none"> <li>• Flavoured rice cakes and crackers</li> <li>• Plain rice and corn cakes</li> </ul>	<ul style="list-style-type: none"> <li>• Barley bread</li> <li>• Crispbreads</li> <li>• Croissants</li> <li>• Ice cream cones or wafers</li> <li>• Pizza bases</li> <li>• Pumpernickel bread</li> <li>• Regular biscuits/cakes</li> <li>• Regular bread &amp; rolls</li> <li>• Rye bread</li> <li>• Sourdough breads</li> <li>• Waffles/pancakes</li> </ul>
<b>Meat/meat alternatives</b>	<ul style="list-style-type: none"> <li>• Eggs</li> <li>• Fresh (non-marinated) meats</li> <li>• Fresh seafood</li> <li>• Plain tinned fish (check for 'may contain' statements)</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ chicken (stuffing &amp; seasoning)</li> <li>• Deli meats (ham/turkey/salami etc.)</li> <li>• Flavoured tinned fish/chicken</li> <li>• Marinated meats/seafood</li> <li>• Sausages</li> <li>• Tofu</li> </ul>	<ul style="list-style-type: none"> <li>• Crumbed/battered meats</li> <li>• Hamburgers</li> <li>• Imitation seafood e.g. seafood sticks</li> <li>• Meat pies/sausage rolls</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Buttermilk</li> <li>• Cheese (hard/soft)</li> <li>• Condensed milk</li> <li>• Evaporated milk</li> <li>• Fresh cream</li> <li>• Milk (goats/cow)</li> <li>• Plain cream cheese</li> <li>• Yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>• Artificial cream</li> <li>• Custard (powders)</li> <li>• Dairy desserts</li> <li>• Flavoured milk</li> <li>• Ice cream</li> <li>• Processed cheeses &amp; cheese spreads</li> <li>• Soy milk</li> </ul>	
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Dried legumes &amp; lentils (check for 'may contain' statements)</li> <li>• Fresh salad items</li> <li>• Fresh vegetables</li> <li>• Olives</li> </ul>	<ul style="list-style-type: none"> <li>• Frozen &amp; canned vegetables</li> <li>• Frozen or take-away chips</li> <li>• Processed/canned legumes</li> <li>• Vegetable/potato salad/coleslaw</li> </ul>	

	<b>Gluten free</b>	<b>May contain gluten (READ LABEL)</b>	<b>Contain gluten (AVOID)</b>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• Fresh/frozen/tinned fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Christmas mince</li> <li>• Fruit mince</li> <li>• Thickened fruit products</li> </ul>	
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• All distilled spirits (even malted whisky)</li> <li>• Cider</li> <li>• Fortified wines (port, sherry)</li> <li>• Fruit &amp; vegetable juices</li> <li>• Mineral water</li> <li>• Soda &amp; tonic water</li> <li>• Sports drinks</li> <li>• Water</li> <li>• Wine</li> </ul>	<ul style="list-style-type: none"> <li>• Chocolate dusting powder</li> <li>• Cordials (some contain barley)</li> <li>• Drinking chocolate</li> <li>• Soft drinks (some contain malt/barley)</li> <li>• Tea &amp; coffee (some herbal/flavoured tea bags contain gluten)</li> <li>• Tea &amp; coffee substitutes (coffee sachets)</li> </ul>	<ul style="list-style-type: none"> <li>• Barley drinks</li> <li>• Beer/ale/lager/stout</li> <li>• Milo &amp; other malt powder beverages</li> </ul>
<b>Sauces, spreads &amp; herbs</b>	<ul style="list-style-type: none"> <li>• Fish sauce</li> <li>• Golden &amp; maple syrup</li> <li>• Jams &amp; honey</li> <li>• Marmalade</li> <li>• Molasses</li> <li>• Peanut butter</li> <li>• Pure herbs &amp; spices</li> <li>• Salt &amp; pepper</li> <li>• Tahini</li> <li>• Tomato sauce</li> <li>• Treacle</li> <li>• Vinegars (except malt)</li> </ul>	<ul style="list-style-type: none"> <li>• All commercial sauces (BBQ, sweet chilli, etc.)</li> <li>• Asian sauces (soy, oyster, etc.)</li> <li>• Chutney</li> <li>• Curry powder/pastes</li> <li>• Meat &amp; fish pastes</li> <li>• Pickles</li> <li>• Salad dressings &amp; mayonnaise</li> <li>• Stock cubes &amp; gravy mixes</li> <li>• Vanilla &amp; flavouring essences</li> <li>• Mixed packaged herbs or spices</li> </ul>	<ul style="list-style-type: none"> <li>• Malt vinegar</li> <li>• Vegemite, Promite &amp; Marmite (gluten free varieties available)</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>• Butter &amp; margarine</li> <li>• Jelly (check for 'may contain' statements)</li> <li>• Oils</li> <li>• Plain dark or milk chocolate (check for "malt" in the ingredients)</li> <li>• Plain nuts</li> <li>• Plain popcorn</li> <li>• Pure icing sugar</li> <li>• Sugar</li> <li>• Wheat germ oil</li> </ul>	<ul style="list-style-type: none"> <li>• Filled chocolates &amp; chocolate snack foods</li> <li>• Flavoured crisps/chips</li> <li>• Icing mixture (gluten free varieties available)</li> <li>• Lollies/sweets</li> <li>• Tinned &amp; packet soups</li> </ul>	<ul style="list-style-type: none"> <li>• Liquorice (gluten free now available)</li> <li>• Milo and other malt-containing powders</li> </ul>

## Suggested meal plan

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

Things I can do:

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2.

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3.





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## Useful resources

<b>Accredited Practising Dietitian</b>	-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: <a href="https://daa.asn.au/find-an-apd/">https://daa.asn.au/find-an-apd/</a>				
<b>Coeliac Australia, Coeliac New Zealand</b>	- <a href="http://www.coeliac.org.au">www.coeliac.org.au</a> ; <a href="http://www.coeliac.org.nz">www.coeliac.org.nz</a> -Supports people with coeliac disease and their families -Offers annual membership and credible information. Membership is suggested for all people diagnosed with coeliac disease				
<b>Recipes, takeaway options &amp; pre-prepared meals</b>	Taste: <a href="https://www.taste.com.au/recipes/collections/gluten-free">https://www.taste.com.au/recipes/collections/gluten-free</a> BBC Good Food: <a href="https://www.bbcgoodfood.com/recipes/collection/gluten-free">https://www.bbcgoodfood.com/recipes/collection/gluten-free</a> Australian Gluten Free Life: <a href="https://agfl.com.au/">https://agfl.com.au/</a> Gluten Free Eating Directory: <a href="http://www.glutenfreeeatingdirectory.com.au/">www.glutenfreeeatingdirectory.com.au/</a> Gourmet Meals: <a href="http://www.gourmetmeals.com.au">www.gourmetmeals.com.au</a>				
<b>Phone Apps</b>	<b>iPhone</b>	<b>Android</b>	<b>Cost*</b>	<b>Comment</b>	
<b>Coeliac Australia</b>		✓	✓	\$9.49	HELP SHOPPING Details over 800 gluten free ingredients & 300 additives (AUS/NZ)
<b>Find Me Gluten Free</b>		✓	✓	Free with in app purchases	HELP EATING OUT Lists gluten free restaurants filtered to specifics e.g. location or meal
<b>FoodSwitch by Bupa</b>		✓	✓	Free	HELP SHOPPING Use the GlutenSwitch filter & scan barcodes to find gluten free choices
<b>Recipezzi Gluten Free</b>		✓	✓	Free initial trial then subscribe	HELP COOKING Gluten free recipes and shopping list

\* Please note the cost of these apps may change

**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.