



Gluten Free Advice for Coeliac Disease

A patient's guide

What is Coeliac Disease or Dermatitis Herpetiformis?

People who have Coeliac Disease or Dermatitis Herpetiformis are unable to tolerate a protein called GLUTEN, which is present in wheat. Similar proteins are also found in rye, barley and oats.

What effect does the gluten have?

In Coeliac Disease, food containing gluten damages the lining of the small intestine so that food cannot be absorbed properly. In Dermatitis Herpetiformis, the skin may also be affected, and can become blistered and itchy. Coeliac disease is not a food allergy or an intolerance. It is an autoimmune disease.

What is the treatment?

The only treatment for Coeliac Disease is a strict, lifelong elimination of gluten from the diet by cutting out wheat, rye, barley and products made from or containing these. Maize and rice can be eaten safely.

As advised by Coeliac UK only oats labelled gluten free may be eaten by people following a gluten free diet. Research has shown that most people with coeliac disease can tolerate gluten free oats with no problems. However a very small number of people with coeliac disease may still be sensitive to [gluten free](#) oat products. This is due to oats containing a protein similar to gluten called avenin.

There are many gluten-free foods available on prescription and Coeliac UK regularly produces an up-to-date list of these and gluten-free manufactured products available from supermarkets.

Why is a diet without gluten beneficial?

A gluten free diet allows the small intestine (and/or skin) to heal and absorb nutrients essential for healthy living. This will continue for as long as gluten is eliminated from the diet.

Note - Even the smallest quantities of gluten can damage the small intestine. Diarrhoea and ill-health may result. What's more even if there are no obvious ill-effects with gluten consumption, injury to the small intestine will still occur.



What foods can I eat?

	Gluten Free	Need to check	Not gluten free
Cereals and flour	Corn, corn starch, cornmeal, rice, arrowroot, amaranth, buckwheat, millet, teff, quinoa, sorghum, soya flour, potato starch and potato flour, polenta, sago, tapioca, cassava, bean fours, e.g. split pea flour	Corn flour, flavoured savoury rice	Wheat, bulgar wheat, durum wheat, wheat bran, wheatgerm, wheat starch, semolina, cous cous, barley, malt, malted barley, rye, triticale, kamut, spelt, pearl barley
Bread, cakes and biscuits	Gluten free breads, biscuits, cakes, pizza bases, rolls and flour mixes. Rice cakes	Meringues, macaroons	Ordinary bread, naan, pitta, chapattis, biscuits, cakes, pastries, scones, muffins and pizza. Ordinary crispbread and crackers
Pasta and noodles	Corn pasta, rice pasta, gluten free pasta	Rice noodles	Fresh, dried and canned wheat pasta, noodles, Lasagne, ravioli etc.
Breakfast cereals	Any cereal marked gluten free Gluten free porridge oats	Malted breakfast cereals	Wheat based breakfast cereals e.g. weetabix, shredded wheat, puffed wheat, muesli, rice krispies, cornflakes Porridge oats
Meat and poultry	All fresh meats and poultry, smoked meats, cured pure meats, Parma ham, serrano ham	Meat pastes, pates, canned or pre packed meat in own juices, sausages, burgers, ham	Meat and poultry cooked in batter or bread crumbs, faggots, rissoles, haggis, breaded ham
Fish and shellfish	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
Cheese and eggs	Plain cheese, plain cottage cheese, cream cheese, low fat cheeses, eggs	Processed cheese, cheese spread, ready grated cheese	Cheese fillers, scotch eggs
Milk and milk products	Fresh, UHT, dried, condensed, evaporated, goat's and sheep's milk, fresh and soured cream, buttermilk, crème fraiche. Soya milk (alpro, So good, granose)	Coffee and tea whiteners, oat milk, yoghurt, fromage frais	Milk with added fibre, artificial cream, yoghurt and fromage frais containing muesli and cereals



	Gluten Free	Need to check	Not gluten free
Fats and oils	Butter, margarine, lard, cooking oils, ghee	Suet, reduced and low fat spreads	
Fruit and vegetables	All fresh, frozen, canned and dried pure fruits and vegetables	Oven, microwave and frozen chips, instant mash, fruit pie, fillings, waffles	Vegetables and potatoes in batter, breadcrumbs or dusted with flour, potato croquettes and waffles
Nuts, seeds and pulses	All pulses, plain nuts and seeds, roasted nuts	Dry roasted nuts	
Savoury snacks	Plain potato crisps, homemade popcorn	Flavoured crisps	Snacks made from wheat, rye, barley and oats, pretzels
Preserves and spreads	Sugar and glucose molasses, jam, conserves, honey, golden syrup, treacle, marmalade, peanut butter and other nut butters	Mincemeat, lemon curd	
Soups, sauces, pickles and seasonings	Tomato and garlic puree, individual herbs and spices, vinegars, tamari (Japanese soy sauce)	Gravy granules, stock cubes, canned or packet soups, packet and jarred sauces and mixes, ground pepper, mustard, mayonnaise, salad cream, dressings, pickles and chutney, mixed herbs and spices, soya and soya sauce	Shoyu (Chinese soy sauce), stuffing, mixed pickles and chutney, mixed herbs and spices
Confectionary and puddings	Jelly, milk puddings made with GF ingredients e.g. rice, ground rice, sago, tapioca, egg cornflour, sorbets	Sweets, chocolates, chewing gum, ice cream and, lollies, custard powder, mousses, marzipan, cake decorations	Boiled sweets and seaside rock rolled in flour, sponge puddings, semolina, ice cream cones and wafers
Drinks	Tea, coffee, fruit juice, squash, clear fizzy drinks, cocoa, complan, build up, wine, spirits, cider, sherry, port		Malted milk drinks, barley waters cloudy fizzy drinks, vending machine hot chocolate
Miscellaneous	Gelatine, bicarbonate of soda, cream of tartar, fresh and dried yeast, artificial sweeteners, Bovril, marmite	Tofu, quorn.	Baking powder



Examples of meals and snacks

Breakfast	Gluten free cereal and milk Fresh fruit or fruit juice Scrambled/boiled eggs Gluten-free bread, fresh or toasted/Rice cakes (check label to ensure it is Gluten free) Margarine high in unsaturated fat or low fat spread Marmalade, jam, honey, peanut butter or marmite
Mid AM	Milk shake/smoothie/ rice krispies squares/ snack a jacks/Thai bites/Fresh fruit/dried fruit
Lunch	Gluten-free soup with gluten-free bread Gluten-free bread sandwich or toast topped or filled with lean meat, chicken, tinned fish, baked beans cheese
Mid PM	(as Mid AM)
Evening	Lean meat, fish, chicken, pulses Gluten-free gravy/sauce. Potatoes, sweet potato, rice or gluten-free bread/crispbread, gluten-free pasta. Vegetables or salad Fruit (fresh or tinned in natural juice) or gluten-free pudding.
Late snack	Milk, tea, coffee or other gluten-free drink. Fresh fruit, gluten-free biscuit or cake if desired.

Avoid any foods containing the following:

Wheat	Bulgar wheat
Barley	Malt
Cereal binder	Rusk
Cereal filler	Rye
Cereal Protein	Vegetable Protein*
Edible Starch	Wheat Flour
Food Starch	Spelt
Kamut	



Processed and Convenience Foods

Many foods manufacturers use flour not only as a thickening agent but also as a cheap filler ingredient. Its' use will not always be obvious, for example, in stock cubes, spreads or ice cream. It is therefore essential to check ingredients labels on individual products.

Food manufacturers change the ingredients of their products so it is important to check the labels regularly and the current Coeliac UK list of gluten-free manufactured products.

Monosodium glutamate is a flavour enhancer used in many manufactured products. Although the name is similar, it is not gluten and therefore you do not need to avoid it.

Some manufactured products have the gluten-free symbol (an ear of wheat circled and crossed through) on the label. Unfortunately, not all manufacturers use this symbol.

If you want to know more about a particular food product or are unsure whether you can eat it, consult your dietitian.

Drugs and Medication

Some drugs and medicine contain gluten. Please check with your doctor or chemist first.

Fibre

Constipation can be a problem but it can be prevented by increasing the amount of fibre in the diet.

- Try to include plenty of fruit, both fresh and dried and eat skins wherever possible.
- Eat plenty of vegetables and salad. Remember that potato skins are also an excellent source of fibre, so either boil potatoes in their skins or bake them in their jackets.
- Use brown rice instead of white rice.
- Make sure you drink plenty of fluid.

Eating out

Do not avoid eating out. If you are careful you should not have any problems. If eating at a friend's house inform them of your diet in advance. At work, restaurants and hotels, if possible contact them to find out whether a gluten free option is available on the menu or can be arranged

Weight gain

You may have lost some weight before Coeliac Disease was diagnosed. You will soon regain this when you have eliminated gluten from your diet. This is because you absorb nutrients from the food you are eating more efficiently.

Osteoporosis

You are more at risk of Osteoporosis (when your bones become thin and more likely to break) because of decreased absorption of calcium. Therefore it is crucial to consume 1500mg calcium per day either from the diet or from a calcium supplement. Your dietitian will be able to advise.



Practical Hints

- Don't always feel you have to make a 'special' dish. It is easy to make the whole family's meals gluten-free by simply excluding flour and replacing it with a gluten-free cereal (cornflour or rice). For example in soups, stew, sauces and thick gravy.
- Making gluten-free bread is an art; so don't give up after your first attempt. If using the vacuum-packed gluten-free bread, you may find it more palatable when toasted!
- Experiment with gluten-free cooking and try to adapt your favourite recipes.
- If you have a freezer, you can prepare individual meals in advance. Gluten-free cakes and biscuits also freeze well.
- Baking small amounts can be time consuming and uneconomical so it might be helpful to make and freeze batches of gluten-free foods.
- To avoid cross contamination, allocate your own toaster or toaster bags and chopping boards, and use separate containers for butter/jam/marmalade, etc. Always remember to wipe down surfaces.

If you are uncertain of the ingredients in a composite meal, do not eat it.

Useful websites:

www.glutafin.co.uk

www.lovemore-freefromfoods.com

www.geniusglutenfree.com

www.juvela.co.uk

www.generaldieting.com

www.glutenfreedom.info

www.wellfoods.co.uk

www.halenhearty.co.uk

www.livewell.eu

www.specialdietsconsulting.co.uk

www.mrscrimbles.com

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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We strongly encourage all our patients to join Coeliac UK, an independent charity with expertise in coeliac disease and the gluten free diet. For a small subscription fee per month, members of Coeliac UK have access to a range of excellent resources. Coeliac UK funds critical research into coeliac disease, and advocates for better availability of gluten free food.

COELIAC UK

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