

Gluten Free Diet

For Children and Young People

Nutrition and Dietetics Department



Coeliac disease is a lifelong, autoimmune condition caused by your body reacting to gluten and damaging the lining of your small intestine. This results in foods not being absorbed as well as they should be.

The most common symptoms of coeliac disease are weight loss, tiredness, lethargy, anaemia, abdominal discomfort and mouth ulcers. Avoiding gluten in your diet will allow the intestine to recover and will lead to a reversal of your symptoms.

The gluten free diet needs to be followed for life.

You must follow the gluten free diet strictly. Eating gluten may not make you feel unwell or cause you any immediate symptoms, however; even small amounts can still cause damage to your intestine. This can lead to problems such as anaemia, osteoporosis, nutritional deficiencies and infertility in future months or years.

This diet sheet will guide you in getting started on your gluten free diet. It should be used in conjunction with an up-to-date *Food and Drink Directory* from Coeliac UK as ingredients in food products can change over time (see overleaf).

Where is gluten found?

Gluten is a protein found in **wheat, barley, rye** and food containing any of these grains. Some people also need to avoid oats.

Gluten is found in:

Breads, cakes, pasta, breakfast cereals, pastry products, pizzas, beers and lagers.

Gluten is widely used in a range of processed and manufactured foods. It is important to check food labels carefully especially in foods such as soups, sauces, gravies, ready meals, sausages, fish fingers and other bread-crumbed products.

Naturally gluten free food:

Many foods do not contain any gluten and can be used freely in the diet. These include all meats, poultry, fish, milk and eggs, all vegetables, fruits, potatoes, rice, nuts, seeds, pulses, oils and sugar.

As gluten free foods are more expensive and generally come in small servings, it will save you money if you make use of naturally gluten free foods as much as possible.

Getting started - Join 'Coeliac UK'

Coeliac UK is a charitable organisation providing information and support for all those with coeliac disease.

It is very important that you become a member! You can become a member from as little as £1.25 per month!

Coeliac UK provide vital information to ensure you keep your diet free from gluten. You can join online or via the enclosed membership form:

Coeliac UK

PO Box 220

High Wycombe

Buckinghamshire

HP11 2HY

Helpline number: **0845 305 2060**

Switchboard number: **01494 437278**

Website: **www.coeliac.org.uk**

Use the current 'Food and Drink Directory'

This directory is produced annually by Coeliac UK and is updated regularly to give you a detailed list of branded products which are currently gluten free.

The directory is specially designed to fit in your pocket or bag and will definitely make supermarket visits a lot easier. As a member of Coeliac UK, you will receive this free of charge each year.

The directory can also be downloaded as an app, which is updated regularly, allowing you to scan bar codes to assess if foods are gluten free. This app contains over 100,000 items; ensure you are kept up to date with any ingredient changes.

Food labelling

There are many laws governing how our food is labelled. For a food to be labelled 'Gluten free', it must contain less than 20ppm (parts per million) of gluten. These foods are suitable for all those with coeliac disease.

Since December 2014, gluten-containing ingredients must be identifiable on food ingredients lists. Manufacturers usually do this by printing the ingredients in **bold**, which you can easily spot on the label.

Avoiding foods that contain gluten:

It is very important that you check food labels carefully!

There are various ways wheat and gluten-containing ingredients can appear on food labels. Watch out for the following terms on ingredients' lists:

- **wheat, wheat flour, wheat bran**
- **wheat protein, wheat rusk**
- **wheat starch, modified wheat starch**
- **bread and breadcrumbs**
- **barley, barley flour, barley malt**
- **rye, rye flour**
- **oats, oatmeal**
- **durum wheat, pasta, noodles**
- **semolina**
- **cous cous,**
- **spelt, bulgar wheat, triticale**

'Very Low Gluten Foods'

These foods contain 21-100 ppm gluten and therefore should be **avoided**.

You may also see a **'may contain'** warning. This indicates that the manufacturer has determined that even if gluten isn't an ingredient, there is a risk of contamination from other foods made in the factory. Therefore, these foods should be avoided.

Common Confusing Ingredients Include:

Modified Starch

If the source is gluten-containing it must be declared.

- Modified wheat starch – avoid
- Modified maize starch – allowed
- Modified potato starch – allowed
- Modified starch – allowed

Barley

Barley malt vinegar should only be used if it is labelled gluten free. Balsamic, cider, sherry, spirit, white and red wine vinegars are suitable alternatives.

Products that include barley malt extract in the ingredients list should not be consumed unless they are labelled gluten free. Look for 'gluten free' on the pack or check Coeliac UK's *Food and drink directory*.

Wheat based maltodextrins

Although these are made from wheat they have been processed in such a way that the gluten has been removed.

Glucose Syrup

Glucose syrups derived from wheat or barley including dextrose, are also safe to eat because of how they have been processed.

The crossed grain symbol



CUK-M-001

Look out for this sign on foods:

This means that these foods have been accredited as gluten free by Coeliac UK and they have seen test certificates to prove they are gluten free.

For more detailed guidance on food labelling and choosing suitable foods, we recommend you have a look at the following Coeliac UK links:

Choosing Suitable Foods:

<https://www.youtube.com/watch?v=bU8Zz5YUa4>

Myth Busting:

<https://www.youtube.com/watch?v=FXKb5X2d9WY>

Special gluten free foods

A wide range of special gluten free foods are available online and in many food stores. They can replace some of the foods excluded from your diet e.g. breads, flour mixes, pasta, crackers, biscuits, cakes and ready meals.

Certain gluten free breads and flours can be prescribed by your GP. More information is available from your Dietitian or GP.

You may see CODEX wheat starch on some of these products. This is wheat which has had the gluten extracted and is safe for use in a gluten free diet.

Examples of gluten and gluten free foods

ALLOWED	AVOID or CHECK LABELS
Breads / cereals / flours	
<p>Gluten free breads and rolls (these are available on prescription)</p> <p>Maize / corn, rice, millet, sago, tapioca, ground rice, polenta, quinoa, sorghum, buckwheat,</p> <p>Cornflour, gluten free flours, potato flour / starch, (farina and fecule), rice flour, soya flour, gram flour, arrowroot</p>	<p>Ordinary bread, rolls, pitta bread, rye bread, naan and chapatti, breadcrumbs</p> <p>Barley, pearl barley, rye, oats, wheatgerm, semolina, bulgar wheat, spelt, cous cous, durum wheat, triticale, kamut</p> <p>Rye flour, wheat flour, modified wheat starch, wheat rusk, wheat / oat bran, barley malt extract, wheatgerm</p>
Breakfast Cereals	
<p>Specialist gluten free cereals, 'own brand' rice and corn based cereals with minimal malt extract (see <i>Food and Drink directory</i>).</p>	<p>Wheat, corn and rice based cereals with added malt extract cereals or oats including porridge, Ready Brek</p>
Pasta	
<p>Corn pasta, rice pasta, rice noodles, gluten free pastas</p>	<p>Spaghetti, macaroni, ravioli and other wheat based pastas</p>

ALLOWED	AVOID or CHECK LABELS
Cakes / biscuits / crackers	
Gluten free cakes / biscuits, meringues	All ordinary cakes and pastries, pies, buns, biscuits, ice cream cones / wafers, packet sponge mixes
Gluten free crispbreads, oatcakes, crackers, rice cakes	Ordinary crackers / crispbreads, Ryvita, oatcakes, rusks
Dairy Products and Eggs	
All milk – fresh, dried, condensed and evaporated, sterilised and UHT, coffee and tea creamers and whiteners	Milk with added fibre, oat milk
Fresh creams, soured cream buttermilk, crème fraiche, spray cream	Artificial creams
All fresh eggs	Egg substitutes, Scotch eggs
Natural yoghurts, fromage frais, most fruit yoghurts (check labels)	Yoghurts and fromage frais containing muesli and cereals.
All hard cheeses	Soft cheeses with added fibre

ALLOWED	AVOID or CHECK LABELS
Meat / meat substitutes	
<p>All fresh and frozen meat, poultry and offal, bacon, smoked and cured pure meat, e.g. ham, parma ham</p> <p>Tofu</p>	<p>Burgers, sausages, scotch eggs, bread crumbed meat products, sausage rolls, meat pies/puddings, tinned meat, pate, meat pastes and Yorkshire puddings</p> <p>Soya mince, TVP, Quorn</p>
Fish	
<p>All fresh, smoked, kippered or peppered fish and shellfish, fish canned in oil or brine</p>	<p>Fish in breadcrumbs or batter, tinned fish in tomato or other sauces, fish paste</p>
Vegetables	
<p>Potatoes, plain frozen chips, french fries, oven chips, microchips, roast and sauté potatoes</p> <p>All salad leaves and fresh, frozen, plain canned and pickled vegetables</p> <p>Canned and dried pulses, beans, lentils and chickpeas</p>	<p>Potato in breadcrumbs or batter.</p> <p>Check canned vegetables in sauces e.g. baked beans</p>

ALLOWED	AVOID or CHECK LABELS
Fruit	
All fresh, frozen, tinned, dried and frozen fruits	Fruit pie fillings, fruit sauces
Soups	
Homemade gluten free soups, some fresh carton soups	Many tinned and dried packet soups contain gluten as a thickener
Sauces/stocks/spreads	
Salt, pepper, pure herbs and spices	
Gluten free gravies and stock powders/cubes	Gravy mixes, stock cubes, yeast extracts
Vinegar, mint sauce/jelly, cranberry sauce, tomato/garlic puree	
Gluten free stuffing mix and soy sauce	Ordinary stuffing mixes, mixed pickle / chutney, soy sauce
Certain brands of curry and pasta sauces are gluten free (check <i>Food and Drink directory</i>)	Check brands of ketchup, mayonnaise, salad cream, curry powder, mustard

ALLOWED	AVOID or CHECK LABELS
Confectionary/preserves/desserts	
<p>Jam, marmalade, honey, syrup, treacle, peanut and other nut butters</p> <p>Gluten free sweets and chocolate</p> <p>Jellies, custard powder, meringues, certain ice cream products, gelatine</p>	<p>Mincemeat</p> <p>Some chocolates, toffees, boiled sweets and liquorice. Check labels.</p> <p>Pies, puddings and gateaux, Check types of ice cream</p>
Snacks	
<p>Certain brands and flavours of crisps, rice cakes, plain and salted nuts</p> <p>Dried fruits, certain cereal and fruit bars</p>	<p>Check labels and flavours of crisps, pretzels, and bombay mix</p>

ALLOWED	AVOID or CHECK LABELS
Drinks	
<p>Tea, coffee, cocoa powder, Complan, Build Up</p> <p>Fruit juices, clear squashes, clear fizzy drinks</p> <p>Wines, spirits, liqueurs, cider, sherry, port Gluten free beers</p>	<p>Malted drinks, such as Horlicks and Ovaltine, drinking chocolate - beware of toppings on hot drinks</p> <p>Barley drinks or squash. Check cloudy squash / fizzy drinks as they may contain barley</p> <p>All other beers, real ales, lager and stout</p>
Cooking ingredients	
<p>Butter, margarine, low fat spreads, lard, cooking oils, yeast, Xanthan gum, sugar, sweeteners, maltodextrins, bicarbonate of soda</p>	<p>Shredded suet and baking powder</p>

Meal Suggestions

Coeliac UK has 1000's of gluten free recipes on it's website. There are some suggestions below.

Breakfasts

- Fruit or fruit juice
- Gluten free cereal with milk
- Gluten free toast with jam/marmalade/honey
- Tea/coffee with milk

Main Meals

- Roast chicken with potato, mixed vegetables and gluten-free gravy (use gravy browning)
- Spaghetti bolognese made with gluten free spaghetti, mince, onions, mushrooms and chopped tomatoes
- Stir fry vegetables with rice and black bean* sauce
- Gluten free pizza base with fresh tomatoes and vegetables served with oven chips
- Kedgeree with smoked haddock, rice, onions and mixed vegetables

Desserts

- Fruit salad, yoghurt*, sorbet, jelly, fromage frais, blancmange, milk puddings (except semolina), custard*, ice cream*, cream*, meringues*.
- You can also make your own puddings with gluten free flours e.g. apple pie and ice cream*, sponge and custard.

Snack Meals

- Toasted sandwiches made with gluten free bread
- Part baked gluten free rolls with cheese, pate or hummus
- Filled jacket potatoes
Filling ideas: ham/chicken and salad
egg and cress or chives
cottage cheese with peppers or pineapple
cheese and onion
tuna and sweetcorn
baked beans*
- Potato salad with prawns, ham or chicken
- Rice salad with chickpeas or kidney beans
- Soup* with gluten free rolls/crackers
- Baked beans* on toast

Snack Foods

Fruit, gluten free biscuits or cakes, homemade popcorn, crisps*, rice cakes

*** Please check the list of ingredients on these products carefully to ensure you are using a gluten-free brand.**

Contamination

Great care is needed to avoid contamination of your gluten free foods with gluten from your family's/friends' foods. Breadcrumbs are the main source of contamination.

- Use a separate toaster / grill to other household members or use toast "pockets"
- Avoid getting breadcrumbs in jam/margarine/butter from the rest of the family. Use a different knife or spoon and separate spread if necessary
- Clean surfaces and bread boards carefully. Do not put gluten free bread onto a bread board which has crumbs of normal bread on it
- When cooking foods in the same oven, put gluten free foods on the top shelf
- It is not necessary to buy separate utensils, simply clean them thoroughly

Oats and oat products

Oats contain a protein which is similar to gluten. Some people who are very sensitive may be unable to tolerate oats, however the number is small. Even if you can tolerate oats, you must choose **gluten free oats** due to the risk of cross contamination with other grains.

Gluten free oats can be included from diagnosis.

Please note that 'Pure Oats' are not suitable on a coeliac diet, this does not mean they are gluten free. Ensure oats are labelled as gluten free.

Holidays

Do not use the Coeliac UK *food and drink directory* abroad as foods that are not bought in the UK may be made at a different factory and may not be gluten free.

Coeliac UK have a range of '*Country Guides*' with advice on managing your diet abroad, which include translations of key questions about gluten free eating.

Don't forget to request a gluten free meal in advance on any flights.

If you are staying in a hotel we recommend contacting them before you arrive to discuss what provision they make for the gluten free diet. If you are concerned that there will be a lack of gluten free foods available, it is worth bringing some gluten free food with you.

Eating out/days out – be prepared

It is always good to be able to enjoy meals away from home. In case you cannot buy any suitable food or are out for longer than expected, it is a good idea to take some gluten free provisions with you e.g. fresh fruit, gluten free biscuits, snack bars or rolls.

Not all restaurants have gluten free options so phone restaurants in advance to check what gluten free choices are available.

Coeliac UK website guides and apps

The '*Venue guide*' gives details of restaurants and cafes which can provide gluten free food and drinks.

The '*gluten free on the move*' app lists restaurants that are accredited by Coeliac UK as gluten free. It also contains reviews on over 7,000 venues.

Both of these apps can only be accessed if you join Coeliac UK.

Remember Coeliac UK!

As well as the “*Food and Drink Directory*”, all members receive “*The Crossed Grain*” a quarterly magazine with helpful articles, information, and recipes to try.

If you have internet access, their website has a wealth of useful information to help you manage your diet.

Useful websites:

www.bda.uk.com

www.coeliac.org.uk

Dietitian: 01932 722202

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Clinical Nurse Leader, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.

To use the Text Relay service, prefix all numbers with 18802.

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यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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