

# Gluten Free Diet



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**Patient Name:**

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**Dietitian:**

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**Date:**

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**Contact Number:**

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**Email:**

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# Contents

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|                |   |
|----------------|---|
| <b>3</b>       | Introduction  |
| <b>4</b>       | Coeliac disease   |
| <b>5 - 6</b>   | Dermatitis herpetiformis, non-coeliac gluten/wheat sensitivity, gluten neuropathy |
| <b>7-9</b>     | Checking food labels  |
| <b>10</b>      | Cross contamination   |
| <b>11</b>      | Checking Food Labels  |
| <b>11 - 23</b> | Suitable Foods and Foods to Avoid   |
| <b>24 - 26</b> | Eating Out  |
| <b>27</b>      | Travel Tips   |
| <b>28</b>      | Recipes   |
| <b>30</b>      | Cooking Tips  |
| <b>31</b>      | Useful Websites   |

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## Introduction

This diet sheet contains advice for adults or children who need to follow a gluten-free diet. This may be because you have been diagnosed with coeliac disease, dermatitis herpetiformis, gluten neuropathy, non-coeliac gluten/wheat sensitivity or an allergy to wheat/rye/barley or oats. If you have wheat allergy or need to follow only a wheat-free diet, the BDA wheat free diet sheet is also available and may be more suitable; ask your dietitian if you think a wheat free diet sheet may be more helpful for you.

To avoid gluten, you need to avoid all gluten-containing cereals as listed below:

- wheat
- rye
- barley

Oats:

Gluten-free oats are oats that do not come into contact with wheat, rye and barley in the harvesting and manufacturing process. Most people with coeliac disease can tolerate gluten-free oats, occasionally some people may continue to have symptoms. Discuss with your dietitian whether you should avoid oats altogether or if you can include gluten-free oats depending on your diagnosis.

Avoiding gluten can make shopping, preparing meals and eating out more difficult so this information has been written to help you.

Gluten-containing grains are an important source of carbohydrate and contain nutrients such as fibre, B vitamins, calcium, iron and folate so it is important to find suitable gluten-free alternatives that you enjoy eating.



## Coeliac Disease

If you have been diagnosed with coeliac disease, you will need to follow a strict gluten-free diet for life; avoiding even trace amounts of gluten (less than a crumb of gluten-containing bread). To be safe for people with coeliac disease gluten-free food should not come into contact with gluten-containing food in the cooking or manufacturing process to be safe for people with coeliac disease.

Coeliac disease is an autoimmune condition, not an allergy. When a person with coeliac disease eats gluten (even in small amounts) it triggers an immune reaction where the body attacks and damages its own tissues. One of these tissues is the lining of the small intestine where the small finger-like projections called villi can be damaged or totally flattened when gluten is eaten. This damage can affect how well the body can absorb nutrients from foods and can lead to a wide range of symptoms.

Coeliac disease affects around 1 in 100 people. It can develop at any age, from babies who have been weaned onto gluten foods through to elderly adults. There is a strong genetic aspect with a 10 percent chance of a first degree relative also having coeliac disease.

It is common for patients who have recently been diagnosed with coeliac disease to have low body levels of iron, calcium and other micronutrients, until a fully gluten-free diet is established and the villi healed.

Symptoms can be varied and differ from person to person; such as; weight loss, abdominal pain, vomiting, diarrhoea, abdominal bloating, constipation, anaemia, mouth ulcers, headache, in addition to symptoms beyond the gut such as tingling sensations in hands in feet (peripheral neuropathy), difficulty with balance, weak dental enamel anxiety and depression. Some patients may not suffer from any symptoms but still have damage to the tissues in the same way.

If coeliac disease is left untreated, or if the diet is only partially followed, patients are at higher risk of developing further complications such as infertility, osteoporosis and there is also a low risk of developing bowel cancer.

It is not uncommon for patients to be deficient in iron and calcium and other micronutrients at the point of diagnosis until the gluten free diet is established and the small intestine has healed.

Symptoms can take a while to fully improve on a strict gluten free diet and help from a specialist dietitian can make sure that all traces of gluten are avoided.

If you suspect that you might have coeliac disease your GP can arrange a simple blood test for coeliac disease to check for IgA-tTG level (Immunoglobulin A tissue transglutaminase) and Total IgA level. In some cases a diagnosis can be made on the blood results alone, or in some cases a further test called an endoscopy (camera test) might be needed to make the diagnosis. The camera takes very small samples (biopsies) from the duodenum and can then be assessed for the damage to the villi.

**It is very important to keep gluten in your diet before having a test to diagnose or rule-out coeliac disease. The test will not be valid unless gluten is in the diet for at least 1 meal every day for 6 weeks before testing.**

Detailed dietary information on coeliac disease can be found on the Coeliac UK website:  
[www.coeliac.org.uk](http://www.coeliac.org.uk)

A fact sheet on coeliac disease is also available to read on the BDA's website:  
<https://www.bda.uk.com/resource/coeliac-disease-and-gluten-free-diet.html>



## **Dermatitis Herpetiformis**

Dermatitis Herpetiformis (DH) is an autoimmune skin condition that presents with red, raised, itchy, stinging blisters that are most commonly seen on elbows, knees, buttocks and the scalp. The blisters often present in a symmetrical way on the body; for example, appearing on both knees in the same pattern. Diagnosis of DH is confirmed by a referral to a dermatologist and a skin biopsy.

Most often patients diagnosed with DH also have damage to their intestines like with coeliac disease; with or without gastro symptoms.

It is important for anyone who has been diagnosed with DH to have a coeliac screen and possibly an endoscopy (camera test) before removing gluten from the diet.

Patients diagnosed with DH will require a strict, life-long gluten-free diet as is described for coeliac disease on page: 5. In addition to a strict gluten-free diet some patients with DH may require topical creams or medication to help control the condition.



## **Gluten Neuropathy**

Gluten neuropathy can include gluten ataxia, gluten encephalopathy or gluten neuropathy (such as sensory neuropathy, polyneuropathy, etc).

Symptoms may include difficulty with balance or movements, difficulty with speech, headache, tingling, burning feelings, or cognitive changes.

In gluten neuropathy, eating gluten causes an immune reaction and a release of antibodies that attack the nerve structures.

This condition is very closely linked to coeliac disease and many people with gluten neuropathy may also have the damage to the small intestine, with or without symptoms. Some people with gluten neuropathy do not have damage to the small intestine. It is important for any patient who has symptoms of gluten neuropathy to be referred to a neurologist and to have a coeliac screen and possible endoscopy (camera test) out before gluten is removed from the diet.

The usual antibodies checked for coeliac disease such as IgA TTG (tissue transglutaminase) or EMA (endomysial antibodies) may not be useful for patients presenting with neuropathy and anti-gliadin antibodies may be a more helpful test whilst gluten is in the diet. A newer antibody test (IgA/IgG tissue transglutaminase 6) has recently become available. This is a more sensitive test for neurological gluten conditions. However, currently it is only available in specialist centres.

Patients with gluten neuropathy will require a strict, life-long avoidance of all gluten, even trace amounts as is described for coeliac disease on page 5. Depending on the age of the patient, not all neurological symptoms may fully reverse, however it is important to follow the gluten-free diet so that neurological symptoms do not progress and worsen over time.

More information can be found at:

<https://www.coeliac.org.uk/information-and-support/coeliac-disease/conditions-linked-to-coeliac-disease/neurological-conditions/>



## Non-coeliac Gluten/Wheat Sensitivity:

Non-coeliac gluten sensitivity (NCGS), sometimes called Non-Coeliac Wheat Sensitivity is a condition where patients present with symptoms very similar to coeliac disease or Irritable Bowel Syndrome (IBS) but have negative blood tests for coeliac disease and a normal duodenal biopsy (when on a gluten containing diet). However, people who present with this condition find their symptoms improve when they remove gluten from the diet.

It is not yet clear what causes NCGS and research is ongoing to better understand it. For some people NCGS may involve an immune response to gluten that is related, but different, to the one seen in coeliac disease. Other research indicates NCGS is not caused by gluten, but by other components in gluten containing foods. It does not appear that people who have NCGS are at risk of the comorbidities associated with coeliac disease.

It is important to ensure that a coeliac blood screen is taken before gluten is removed from the diet if you suspect you have NCGS.

Patients with NCGS often have an individual level of tolerance to gluten. Its therefore important to discuss with your dietitian at what level you need to remove gluten once coeliac disease has been ruled out.



## Checking food labels

European Union (EU) food allergen labelling law has been retained by the UK and requires that common food allergens used as ingredients or processing aids must be **declared and highlighted on the packaging or at the point of sale**. The 14 common food allergens include wheat, rye, barley and oats.

These laws apply to all **packaged and manufactured foods and drinks sold throughout the EU**. They also apply to **foods sold loose** (e.g. from a bakery, delicatessen, butcher or café) and **foods packed or pre-packed for direct sale** (e.g. café, sandwich bar, food outlet, market stall, some catering products). If you travel outside the UK or EU, be aware that labelling laws are different so check ingredients carefully.

For **pre-packed products (e.g. made in a factory)** allergens must be listed in one place on the product label (i.e. in the ingredients list) and highlighted (**e.g. in bold or underlined**).

In the UK, for a product to be labelled 'Gluten-Free' it must contain no more than 20 parts per million of gluten. This level of gluten has been demonstrated to be safe for people with coeliac disease and other gluten related disorders.

Codex wheat starch (sometimes referred to as 'gluten-free wheat starch') is found in some products labelled gluten free. This means that the gluten has been removed or reduced from the product and the level contains no more than 20 parts per million of gluten and is safe to eat. Similarly, some products may contain barley malt extract. If the level of gluten in a product with barley malt extract is no more than 20 parts per million it can be labelled gluten free and is therefore safe to eat. Barley malt vinegar is also suitable if labelled 'gluten-free'.

Some products are also verified by Coeliac UK and will appear in their directory of gluten-free foods and drinks. Coeliac UK also have an app 'Gluten Free food checker' that can be downloaded to scan barcodes on products to quickly determine if a product is gluten-free in a supermarket or by searching on the app.

Products verified to be gluten-free by Coeliac UK will also show the 'crossed-grain symbol' and this further guarantees their suitability.

## Example of food label containing gluten:

### **Beefburger:**

**Ingredients:** British Beef (65%), Water, Onion, **Wheat Flour**, Dextrose, Salt, Sugar, Yeast Extract, Black Pepper, Chilli Powder, Flavouring, Onion Oil.

**Allergy Advice:** For allergens, see ingredients in **bold**.

More information on food allergy labelling is available below:

[www.nhs.uk/conditions/food-allergy/living-with/](http://www.nhs.uk/conditions/food-allergy/living-with/)

[www.coeliac.org.uk/information-and-support/living-gluten-free/the-gluten-free-diet/food-shopping/food-labels/](http://www.coeliac.org.uk/information-and-support/living-gluten-free/the-gluten-free-diet/food-shopping/food-labels/)

Coeliac UK Video on Reading Labels: <https://youtu.be/GsQhkb1nLmE>

Differences to be aware of:

- As of Autumn 2021, Natasha's Law states that foods which are **pre-packed on the same site where they are sold (pre-packed for direct sale)** such as in a café, sandwich shop, deli or food outlet preparing food in their own kitchen must display the full list of ingredients.

- foods sold **without packaging** such as in a bakery, café or pub. For these foods, allergen information has to be provided either in writing or verbally. If provided verbally, the business must be able to provide further written information if requested (in the UK only).

### **FOOD ALLERGY NOTICE**

IF YOU HAVE A FOOD  
ALLERGY PLEASE ASK A  
MEMBER OF STAFF FOR  
FURTHER INFORMATION

**THANK YOU**

**There are many ways in which wheat, rye, barley or oats can be labelled, so it is important to check the ingredients list on food items. By EU law you must be able to clearly tell that a product contains wheat, rye, barley or oats. For example, if rusk is listed, it should tell you in brackets that this is from 'wheat'.**



## Avoid foods which contain:

- Barley
- Batter
- Breadcrumbs
- Bulgar Wheat
- Couscous
- Durum wheat
- Einkorn
- Emmer
- Freekah
- Hydrolysed wheat protein
- Kamut
- Malt
- Modified wheat starch
- Oats\*
- Pearl barley
- Rusk
- Rye
- Semolina
- Triticale
- Wheat bran
- Wheat flour
- Wheat germ
- Whole wheat

*\*check with your dietitian if you should avoid all oats or if gluten-free oats can be eaten.*

Always check the food label: manufacturers change their ingredients from time to time e.g. 'new improved recipe'. It is always safer to re-check the ingredients list.

## 'May contain...' or 'Made in a factory...' labelling statements:

These warnings are used by food manufacturers to highlight a possible risk of an otherwise gluten-free product being contaminated by wheat, oats, rye or barley during manufacturing. There is currently no law to say how or when this type of labelling should be used but it appears on a wide variety of products. The way these statements are worded does not indicate their level of importance, e.g. 'not suitable for....' does not mean there is a greater risk of contamination than 'made in a factory with gluten or may contain gluten....'.

If a food says 'may contain' wheat, oats, barley and rye it is best to check the Coeliac UK directory or food checker app to check if Coeliac UK approve it as a safe food as tested to have less than 20ppm. If the food is not listed then it is safer not to consume it and check with Coeliac UK for more information.

## Allergy Alerts

Sometimes foods have to be withdrawn or recalled. There may be a risk to customers because allergy labelling is missing, wrong or there is any other food allergy risk. You can get these alerts from the Food Standards Agency website. It is also possible to subscribe to a free email or SMS text message alert system to receive messages when Allergy Alerts are issued.

To subscribe, go to: [www.food.gov.uk/news-alerts/search/alerts](http://www.food.gov.uk/news-alerts/search/alerts)

Alternatively, you can view product alerts online from: (requires membership)  
[www.anaphylaxis.org.uk/information-training/allergy-alerts/](http://www.anaphylaxis.org.uk/information-training/allergy-alerts/)

## Cross contamination

Cross contamination occurs when gluten-free food comes into contact with gluten. For example, when sharing a toaster, crumbs from gluten-containing bread can touch and contaminate your gluten-free toast, making it unsafe to eat. Cross contamination can occur whilst cooking or preparing foods.

When you are following a strict gluten-free diet it is essential to avoid cross-contamination of gluten all the time. Even tiny amounts of gluten, such as a crumb of gluten-containing bread, can cause an immune reaction to gluten and cause tissue damage and/or symptoms. Some people may have no symptoms when consuming small or large amounts of gluten, however, patients without symptoms may still have damage to their intestine and other tissues when consuming gluten.

Ensure that all work surfaces and chopping boards are cleaned well or use separate chopping boards for gluten and gluten-free foods. Use separate containers for jams, margarine, butter etc. and use clean utensils for serving them. It is safer to use two separate toasters for bread and use a 'toaster pocket' when using a toaster whilst staying at someone else's home or on holiday. Bread can also be toasted on a clean pan or with the oven grill.

High-risk situations where cross contamination can occur include: cafes, restaurants, canteens, barbeques, buffets, deli-counters and self- service salad bars. Discuss with the establishment before you go on what options are suitable for you.

## Your dietitian will tell you whether you should include or avoid these foods:

| Include / avoid                  | Ingredient   | Notes |
|----------------------------------|--|-------|
| <input type="checkbox"/> INCLUDE | Gluten free or pure/uncontaminated oats:                                       |       |
| <input type="checkbox"/> AVOID   | Gluten free oat based cakes, cookies, biscuits e.g. flapjacks, and cereal bars |       |
|                                  | Gluten free Oat milk, Oat cream  |       |

**NB Medication and Supplements:** always check labels, including prescribed medication as they may contain wheat - discuss with your doctor or pharmacist.



## Suitable foods and foods to avoid

The following pages give examples of suitable foods and which foods to avoid or check. Please note this is not an exhaustive list - always check labels.



## Foods allowed

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### Cereals, grains/flours

Amaranth seed/flour/flakes, banana flour, bean flours, buckwheat flour/grain/flake (also called sarasin flour), carob flour, chestnut flour, coconut flour/desiccated coconut, fava/ broad bean flour, flaxseed flour, fufu flour, gram/chickpea/garbanzo flour, hemp flour, lentil/urid/urd/urad flour, maize/corn flour, corn meal, polenta, millet flour/grain/flakes, mustard seed/powder, plantain flour, potato flour/starch, quinoa flour/grain/flakes, rice flour/flakes/ground, sago, sesame flour, sorghum flour, sweet potato flour, tapioca flour/grain, teff, yam flour.

Pre-blended flours containing above e.g. Doves Farm™, Orgran™, supermarket own brand flour mixes.

Gluten-free oats may be suitable even if standard oats are avoided - discuss with your dietitian if these are suitable.

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### Breads

Breads and bread mixes made from permitted ingredients e.g: Barkat™, B free™, Biona™, Delicious Alchemy™, Helen's™, Warburtons™ and Genius™, and supermarket own branded gluten free breads.

Gluten-free pita breads/crumpets/pancakes – such as B free™, Warburtons™, Genius™, supermarket own brand.

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### Crackers/Crispbreads

Gluten-free crispbreads/crackers e.g. Amisa™, Orgran™, Schar™, supermarket own brands.

Rice cakes.

Corn cakes.

Gluten-free bread sticks e.g: Schar™, Supermarket own brands.

If Gluten-free oats are permitted: certain brands of gluten-free oatcakes e.g. Nairns™

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## Pastries

Ready rolled gluten-free puff pastry; e.g: Jus Roll™, The Kitchen™, Genius™ and Supermarket own brand.

Pastry mixes: Schar™, supermarket own brand mixes.

Schar™; frozen pan au chocolate

Made to order such as: <https://mannadew.co.uk>

See recipe on page 28.

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## Breakfast Cereals

Breakfast cereals made from rice, corn/maize, gluten free oats, buckwheat, millet, quinoa, sorghum. Check for the level of barley malt extract added.

Gluten-free oats (if allowed), porridge or museli and products e.g. Nairns™, supermarket own brands.

Wheat-free Weetabix alternative: Nutribrex™.

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## Pasta, pizza, noodles, rice, potato

Buckwheat, amaranth, pea, corn or rice noodles/ pasta, polenta, cooked maize meal, e.g. Amisa™, Barkat™, Doves Farm, Orgran, supermarket own brands.

All types of rice, wild, basmati, long grain, paella rice, risotto rice, etc.

Pizza bases and mixes: BFree™, Doves Farm, Schar™, Venice Bakery™ supermarket own brands. Morrisons pizza counter with cross contamination precautions instructed when making.

Some ready to cook noodle pots or stir fry packs made with rice or buckwheat noodles.

Bird's Eye Potato Waffles, McCain™ Naked oven chips, some supermarket own brand waffles and chips.

Orgran™ Gluten-free tinned spaghetti.

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## Dairy & alternatives (Choose products fortified with calcium and iodine wherever possible)

**Milk, plain cheese and natural yoghurt are all gluten-free.**

**If you choose to have a milk alternative:**

**Milk alternatives made from:**

**Coconut, Nut:** e.g. Almond, Hazelnut, Cashew: e.g. Alpro™, Koko™.

**Pea:** e.g. Mighty Pea™ and Qwrkee™.

**Rice:** e.g. Rice Dream™ (not for children under 4½ years)

**Potato:** e.g. Dug™

**Yoghurt/dessert alternatives made from:**

**Coconut:** e.g. Coconut Collaborative™, Coyo™, Koko™ Little Bandits™, Tesco Free From Cheesecakes, Waitrose Plantlife chocolate and caramel pots.

**Nut:** Nush™, Petit Filous™ dairy alternative.

**Oat:** (if allowed): check if oat milk and yoghurt are made from gluten-free oats.

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**Cheese alternatives made from:**

**Coconut:** e.g. Applewood Vegan™, Koko™, Violife™, Vitalite™, Babybel plant™

**Nut:** e.g. Vegusto™.

**Pea:** e.g. Cheezly™ soya free.

**Rice:** e.g. Mozzarisella™.

**Cream alternatives:**

**Rice:** e.g. Rice Dream Cuisine™, Soyatoo Rice Whip™.

**Coconut:** Coconut cream

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**Meat, fish, beans**

Any fresh poultry/meat/game: chicken, turkey, duck, quail, pheasant, lamb, pork, beef, veal, venison, rabbit, boar, goat.

Plain fresh or frozen white/oily fish.

Pulses e.g. borlotti beans, chickpeas, dahl, kidney beans, lentils.

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**Eggs**

All bird's eggs (boiled/ fried/ poached/ scrambled omelette)

Dried whole egg powder, egg white, egg yolk.

Pasteurised frozen egg protein, egg albumin, ovalbumin, globulin, ovoglobulin, livetin, ovomucin, vitellin, ovovitellin.

Meringue.

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**Nuts****Whole nuts should be avoided until 5 years of age**

Peanuts (beer nuts, cacahuete, Chinese nuts, earth nuts, ground nuts, goober nut/pea, mandelonas, monkey nuts) and all tree nuts: almond, betel, Brazil, cashew, chestnut, cobnut, hazelnut, goober, macadamia, pecan, pistachio, walnut.

Nut butters.

Nut oils.

Nut based cheese alternative: Vegusto™.

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**Fruit**

Any fresh, stewed, bottled, tinned, dried, plain frozen.

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**Vegetables**

Any fresh, plainly frozen, canned or dried without sauces.

Water chestnuts, bamboo shoots.

Seaweed.

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## Cakes, Biscuits, Snacks and Desserts

Gluten-free cake/biscuits – see recipes and websites for ideas on pages 28-31.

Angelic gluten-free biscuits, Orgran Gluten Free Mini Vanilla Cookies™, Chocolate Itsy Bitsy Bear cookies™,

Schar™: Gluten-free digestives/ chocolate fingers/ nice biscuits/ custard creams/ spekulatius/ Jaffa cakes/ delicious balls/ rich tea/ chocolate nobbles, etc.

Tesco/Morrisons free-from digestive biscuits

Doves Farm Free Stem Ginger Cookies™ / Lemon zest cookies™.

Genius™ gluten-free pancakes.

Genius™ gluten-free crumpets.

Supermarket own brand gluten-free jam tarts.

Lovemore™: Jammy Wheels, Custard Creams, O-Chocos.

Walker's™ Gluten-free shortbread / plain and chocolate chip

Sesame snaps.

Halva.

Pancakes made with suitable ingredients – see recipe on page 29.

Chia seed pudding made with milk.

Plain fruit juice ice lollies.

Gluten-free ice cream cones e.g. Eskal™, Tesco™.

### Ice Creams made from:

**Milk:** Most ice creams are gluten free if they do not contain any wafer, biscuit or brownie pieces. Check the Coeliac UK directory. For example: Magnum Classic™, Twister™, Ben and Jerry's Phish Food™, Cornetto Gluten free and Vegan Cone™, etc.

In an ice cream parlour - check ingredients and ask for a fresh tub and scoop to be used for your portion.

**Coconut:** Alpro Coconut ice cream™, Coconuts Naturally™, Magnum Vegan™, Sainsbury's Free From Iced Desserts™, Snowconut™, Tesco Free From Split Ice Lollies™, Yorica™.

**Nut:** Alpro Almond™. Booja Booja™

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## Crisps, savoury snacks

**(whole nuts avoided until age 5 years)**

**Nuts:** tree nuts and peanuts.

**Seeds:** sesame, chia, sunflower, pumpkin, poppy, linseeds, tahini paste, pine nuts.

Coconut.

Houmous.

Plain popcorn.

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**Crisps:** Most ready-salted (check Coeliac UK directory), plain Pom Bears™, Plain Kettle Chips™, Seabrookes™, supermarket own brand cheesy puffs, such as Marks and Spencer and Morrisons, and supermarket own brand tortilla chips.

Crisps with lentil, vegetable, chickpeas or quinoa, e.g. Eat Real™ range, sesame sticks.

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### Confectionary

Milk and dark chocolate that does not contain gluten (check for barley) and does not have a 'may contain' gluten warning.

Some examples:

Eat Natural™ bars

Nak'd™ bars

Aero™ Bubbly milk choc, orange choc and mint choc bars

Animal bar™

Kelkin™ gluten free teacakes chocolate flavour

Aldi™: chocolate bars ; rum, raisin and nut, white chocolate, mini chocolate bars creamy milk, Choceur mini chocolate bars, Choceur milk hazelnut bar, etc

Boiled sweets, chews, mints, chewing gum, most brands of marshmallows.

Haribo™.

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### Herbs, spices, flavourings, sauces

Salt, pepper, herbs, spices, ginger, garlic, monosodium glutamate powder, vinegar including barley malt vinegar if it is labelled gluten free, tomato puree.

Tomato ketchup, fish sauce, sweet chilli sauce.

Corn flour.

Guacamole, salsa, houmous.

Home-made soups, sauces and gravies made with vegetable or meat stock thickened with wheat free flour.

**Stock cubes:** Knorr™ stock cubes or stock pots, Kallo™ Organic Stock Cubes, Marigold Organic Swiss Bouillon™.

**Gravy:** Marigold Organic™ gravy powder, Bisto™ Gluten Free.

Comptons™ Gravy salt.

**Soya sauce alternative:** Tamari™ Gluten-free soya sauce, Coconut Aminos™.

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## Fats and oils

Spreads (e.g. Flora™, Bertolli™, Pure™ Sunflower, Pure™ Olive, Vitalite™)

Stork™ Margarine block

Olive oil, rapeseed oil, sunflower oil, sesame oil.

Nut oils, soybean oil.

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## Drinks

Water, tea, tea bags, pure cocoa powder, fruit juice, fruit squash (check doesn't contain barley), fizzy drinks, mineral water, coconut water.

Coffee.

Check in coffee shops that cross contamination of coffee milk frothers does not occur with gluten-containing oat milk.

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## Miscellaneous

Jam, marmalade, syrup, honey, sugar.

Vanilla essence.

Gluten-free baking powder e.g. some supermarket own brands, Barkat™, Doves Farm™, Dr Oetker™.

Xanthan gum, bicarbonate of soda, tartaric acid, gelatine, yeast, arrowroot, glucose syrups made from wheat, wheat derived maltodextrin, dextrose, monosodium glutamate.

Gluten-free wheat starch/ codex wheat starch; This is safe to eat if the product is labelled gluten-free.

Maltodextrin (even when made from wheat)

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\*Please note that these sources were gluten free at the time of publishing.

**Please continue to check labels every time as product content may change.**



## Foods to check

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### Cereals, grains/flours

Baking powder, modified or hydrolysed starch, binders, thickeners, edible starch, cereal proteins.

Dried yeast.

Gluten-free chapati flours are available such as: Eurostar™, Gluten Free Heera Chaki Atta™, Motherland Gluten-free Chapati Flour™, etc.

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### Breakfast cereals

Some cereals contain barley as barley malt extract in levels above the safe threshold of 20ppm. Check the Coeliac UK directory to be sure.

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### Pasta, pizza, noodles, rice, potato

Savoury rice, ready-made rice dishes.

Potato products e.g frozen potato wedges/chips/processed shapes as some as seasoned.

Instant mashed potato.

Potato salad.

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### Dairy & alternatives

Blancmange powders.

Flavoured cheese

Coconut desserts (check for soya).

Oat milk/oat yoghurt/oat cream

Please check with your dietitian if gluten-free oat based milk/yoghurt/cream are suitable.

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### Meat, fish, beans

Processed meats, breaded meats (often are gluten free so do check), poultry and fish.

Wheat/gluten free sausages, meatballs or burgers.

Fish paste, fish stock, pate and spreads, dishes containing fish/seafood.

Vegetarian paté, cutlets, sausages, burgers, mince and ready meals, Quorn™.

Pulses in sauces e.g. baked beans.

Fortified nutritional yeast.

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### **Nuts**

Nuts coated in flavouring/seasoning/chocolate.  
Bombay mix.

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### **Fruit**

Fruit pie fillings.  
Glacé fruits.

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### **Vegetables**

Pre-packed vegetables for roasting, roast parsnips/ potatoes etc.  
Vegetables in sauces.  
Check stir fry packs for soya/edamame beans.

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### **Cakes, Biscuits, Snacks and Desserts**

Flavoured: crisps, nuts, popcorn.  
Ice lollies.  
Supermarket own brand free from ice creams.

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### **Crisps, savoury snacks**

Seasoned crisps  
Roasted or seasoned nut /seed snacks.  
**Crisps:** some varieties of flavoured crisps - e.g. salt and vinegar, sweet chilli.

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### **Confectionary**

Seaside rock, chewy sweets, pic 'n' mix.

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### Herbs, spices, flavourings, sauces

Curry pastes/sauces, curry powder – check for wheat.

Seasoning mixes e.g. chilli con carne, casserole, fajita.

Mustard – check Dijon, whole grain and American.

Oyster sauce.

Tomato based pasta sauces.

Sweet and sour sauces.

Mayonnaise, salad cream

Tinned soup.

Thickened pickles and chutneys.

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### Miscellaneous

Play Doh™.

Barley malt extract:

If a product is labelled gluten-free the barley malt extract has gluten at a level less than 20ppm and will be safe to eat. If a product has barley malt extract and it is not labelled gluten-free, it will not be safe to eat.

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\*Please note that these sources were gluten free at the time of publishing.

**Please continue to check labels every time as product content may change.**



## Foods to avoid

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### Cereals, grains/flours

Wheat, (bulgur, durum, farina, Graham flour, Kamut, matzah, seitan, spelt, sprouted wheat, triticale, wheat berries, wheat germ oil), hydrolysed wheat protein, wheat malt, couscous, semolina.

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### Breads

Wheat breads (e.g. white, wholemeal, granary, ciabatta, focaccia, French, soda, sourdough spelt bread), brioche, chapattis, croissants, crumpets, English muffins, naan, pitta, tortillas, wraps.

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### Crackers/Crispbreads

Communion wafers.

Cream crackers, bread sticks, crispbreads.

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### Pastries

Pies, quiche, pasties, sausage rolls.

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### Breakfast Cereals

Wheat-based cereals, wheat bran/germ.

Non gluten free oat-based muesli/cereals, porridge, instant oat cereals (e.g. Ready Brek), baby cereals.

Rusks or other baby biscuits/snacks.

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### Pasta, pizza, noodles, rice, potato

Pasta/noodles made from wheat:

Dried or fresh wheat pasta, tinned spaghetti in tomato sauce, ready-made pasta meals

Pizzas, pizza bases, dough balls.

Dried, fresh or processed noodles eg. Pot noodles™, super noodles, udon, ramen, chow mein and other wheat noodle dishes.

Potato products containing wheat: waffles, croquettes.

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### **Dairy & alternatives**

Roquefort cheese

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### **Meat, fish and beans**

Sausages/burgers made with wheat/ breadcrumbs/rusk.

Fried chicken, poultry in breadcrumbs/batter.

Fried fish, fish fingers, fish cakes, taramasalata, shrimp paste.

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### **Fruit**

Fruit pies, crumbles, fritters.

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### **Vegetables**

Vegetables in mayonnaise, salad cream or butter.

Fresh, frozen and tinned vegetables in batter, breadcrumbs e.g. fried mushrooms, onion rings, cauliflower cheese.

Dried stew mixes.

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### **Cakes, Biscuits, Snacks and Desserts**

Biscuits, buns, cakes, scones, pastries, croissants, doughnuts, pancakes, muffins, rusks, waffles.

Pretzels, Japanese rice crackers.

Semolina, crumbles, pastries, flans, tarts, cheesecake, sponges, éclairs, steamed/ suet puddings, trifle, soufflé.

Ice cream cones and wafers.

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### **Crisps, savoury snacks**

Walkers™ crisps.

Wheat based crisps.

Japanese rice crackers if soya sauce is used.

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### **Confectionary**

Chocolate containing barley or biscuit / wafer.

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### **Herbs, spices, flavourings, sauces**

Curry powder containing wheat.

Meat tenderiser.

Gravy or stock cubes containing wheat/milk/egg eg. Bisto™ gravy granules, Oxo™ cubes.

Thickened pickles and chutneys.

Mustard containing wheat.

Soy sauce.

Creamy or cheese based sauces where wheat flour has been used.

Tinned, packet or powdered soups containing gluten.

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### **Fats and oils**

Wheat germ oil.

Margarine containing wheat germ oil.

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### **Drinks**

Some brands of coffee are produced using wheat flour – check label.

Malted milk drinks e.g. Ovaltine™, Bournvita™, Horlicks™.

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### **Miscellaneous**

Foods containing wheat protein isolates.

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\*Please note that these sources were gluten free at the time of publishing.

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## Eating out

Current Law states that if a business provides food to their customers directly, for example in a restaurant or cafe, they must provide allergen information in writing. This could be either:

- full allergen information on a menu, chalkboard or in an information pack
- a written notice placed in a clearly visible position explaining how their customers can obtain this information - for example by speaking to a member of staff. For further information see:

[www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses#direct-selling](http://www.food.gov.uk/business-guidance/allergen-guidance-for-food-businesses#direct-selling)

### Coeliac UK accreditation:

- Coeliac UK offers training and auditing to catering establishments such as restaurants, canteens, schools to ensure they can offer safe gluten free menus that minimise the risk of cross contamination and be awarded Gluten Free Accreditation status. There are over 3300 venues so far accredited. An accredited venue can display the GF accreditation symbol (shown below). To view accredited venues you can visit:
- [www.coeliac.org.uk/information-and-support/your-gluten-free-hub/venue-guide](http://www.coeliac.org.uk/information-and-support/your-gluten-free-hub/venue-guide)
- Venues that are not GF accredited but have been recommended by the network of local Coeliac UK groups can also be found in this guide.
- You can also download the app; Gluten Free on the Move to have this information.





## Distance selling

If food is sold through distance selling, for example through a telephone or online order for a takeaway, allergen information must be provided at two stages in the process:

- before the purchase of the food is completed - this could be in writing (for example on a website, catalogue or menu) or verbally (for example by phone)
- when the food is delivered - this could be in writing (for example on allergen stickers on food or enclosed hard copy of menu) or verbally (for example by the person delivering or by phone).

The allergen information should be available to a customer in a written form at some point between a customer placing the order and taking delivery of it.

If you are ordering through a food delivery company e.g. Deliveroo, Just Eat, Uber Eats, you must contact the restaurant directly to inform them of your allergies and to find out whether the meal is suitable. You should do this every time you make a new order.

## Tips for eating out

- Check the restaurant's website as this may contain allergy information.
- Ring the restaurant in advance to ensure they can cater for your/your child's diet. Try to call at off-peak times when the staff will have more time to deal with your query.
- Speak to your waiter/waitress or the chef on arrival to check they are all aware of your dietary needs

You may find it helpful to use a 'chef card' such as those available to buy from [www.dietarycard.co.uk](http://www.dietarycard.co.uk) or print off from [www.food.gov.uk/sites/default/files/media/document/allergy-chef-cards.pdf](http://www.food.gov.uk/sites/default/files/media/document/allergy-chef-cards.pdf). Hand the card to your waiter/waitress and this will help to ensure that correct information is passed to the chef and if necessary that the food you have requested should not have any contact with or products that contain gluten.

- Keep to "simple" foods on the menu. Sauces and gravies contain many ingredients which cannot always be remembered by staff.
- If you do not understand the description of a menu item, it is safer not to order it.
- Avoiding the busiest times may be helpful in ensuring staff are attentive and have time to check ingredients.
- Remember gluten may not be mentioned in the description of a dish – check for hidden sources e.g. marinades.
- Self-service areas, buffets and salad bars are also at risk of cross contamination from one dish to another.
- Make sure not to share a dipping oil or butter when breads bought to a table in a restaurant – if gluten free bread is provided ask for a separate dish of butter/margarine/oil for dipping.
- Ensure spoons are not used between gluten-containing dishes and gluten-free dishes when sharing a meal.
- Make sure those you are dining with know about your/your child's dietary needs.

- If in doubt, choose to eat elsewhere.
- If eating with friends or at a party, remember to tell the host about your/your child's dietary needs in advance so they can prepare suitable dishes.
- At children's parties it may be helpful to take your own gluten-free foods. If you are not staying with your child, remember to explain how serious his or her reaction could be and how to deal with it. Ensure that your child/their host knows they should not swap foods/eat from another child's plate.
- Some restaurants have signed up to the Allergy UK 'Allergy Aware' scheme This shows that staff have had allergy training and the restaurant follow recommended procedures to ensure safety for customers with food allergies:  
[www.allergyuk.org/information-and-advice/for-caterers](http://www.allergyuk.org/information-and-advice/for-caterers)



## Travel Tips

- If you are travelling abroad, check in advance how to describe your dietary needs in the local language. There are several websites that provide useful phrases and eating out translation cards in a variety of languages: [www.dietarycard.co.uk](http://www.dietarycard.co.uk), [www.yellowcross.co.uk](http://www.yellowcross.co.uk), [www.allergyaction.org](http://www.allergyaction.org) and [www.allergyuk.org](http://www.allergyuk.org).
- If you are flying, speak to your airline well in advance to check if they can meet your /your child's dietary needs. Make yourself known to the flight crew to ensure the correct meal is received and ask for an ingredient list of the meals provided.
- Consider taking suitable snacks or packed lunch for the journey in case your flight is delayed or your meal is not available on the day of travel.
- Try to obtain a letter from your doctor or dietitian explaining why you/your child needs to take special food items.
- Any special food items not needed for the flight should be put in your suitcase. Be careful with fruit, dairy, vegetables or meat as these are often not allowed to be brought into a country. You can get more detailed advice at [www.gov.uk](http://www.gov.uk) and the country's equivalent that you are traveling to:  
<https://www.gov.uk/guidance/personal-food-plant-and-animal-product-imports>
- If you are staying in a hotel, try to get a room with a kitchen area in case there are no safe places to eat out.
- You can check local restaurants and menus through Trip Advisor/social media and other similar sites. You may find useful tips and also contact details of restaurants to contact them prior to you going.
- Consider adding Medical ID details to your smartphone. This information is accessible from the lock screen and in case of emergency, enables quick access to information about you/your child's allergies, other important medical information and emergency contacts.
- Coeliac UK have advice sheets for individual countries to visit on managing a gluten-free diet abroad.



## Recipes

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### Pastry

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#### Ingredients

225g (8oz) gluten-free plain flour mix  
60g (2oz) hard vegetable margarine  
60g (2oz) soft vegetable margarine  
2-3 tbsp cold water, milk or milk alternative or 1 egg  
2 tbsp icing sugar for sweet pastry

#### Method

Rub the margarines into the flour, or pulse in a food processor until it resembles breadcrumbs.  
Add the sugar if you are making sweet pastry.  
Add 2 tablespoons of cold water/milk/milk alternative/egg and pull together until it forms a ball of dough.  
Wrap in cling film and refrigerate whilst you are making your filling or you can use immediately if ready.  
Roll out the pastry between two pieces of cling film and cut into required size.

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### Gluten Free White Sauce

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#### Ingredients

20g ( $\frac{3}{4}$  oz, 1 tbsp) margarine or butter  
20g ( $\frac{3}{4}$  oz, 1 tbsp) plain gluten free flour or cornflour  
300ml ( $\frac{1}{2}$  pint) milk substitute/milk  
Salt and pepper to taste

#### Hob Method

Place all ingredients in a pan and heat gently, whisking continuously until sauce thickens.

#### Microwave Method

Place all ingredients in a bowl.  
Whisk to remove lumps.  
Microwave it for 30 seconds and then whisk.  
Repeat this until it makes a smooth sauce.

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## Gravy

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Use either home-made vegetable or meat juices, and thicken with arrowroot, soya, rice or corn flour. To colour gravy use allowed gravy browning. Bisto Best™ may also be suitable, check the label before use.

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## Chocolate Cake

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### Ingredients

75g (3oz) margarine  
5 tbsp cocoa powder  
100g (4oz) rice flour or pre blended gluten-free flour mix\* self raising  
75g (3oz) ground almonds \*  
1 tsp gluten free baking powder  
225g (8oz) caster sugar  
2 eggs  
\*If you are nut allergic – use 175g (7oz) self-raising pre-blended wheat/gluten free flour instead of the rice flour and ground almonds

### Method

Preheat the oven to 180°C/350°F/gas 4.  
Line a 20cm/8” cake tin with greaseproof paper.  
Beat together the fat and sugar until light and fluffy.  
Bring 100ml/3fl oz water to the boil, pour onto the cocoa, mix well, then beat into the creamed mixture.  
Beat in the eggs, adding a spoonful of rice flour with each.  
Mix the baking powder into the remaining rice flour and ground almonds and fold into the mixture.  
Spoon the mixture into the tin and bake in the oven for approximately 35 minutes or till the cake is firm to the touch.  
Cool on a wire rack before cutting.  
Decorate as desired.

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## Gluten free american-style pancakes:

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### Ingredients

250g self raising gluten-free flour mix  
1-2 tsp gluten-free baking powder  
3 eggs, beaten  
400mls of milk or milk substitute.

### Method

Sift flour and baking powder into a bowl. Make a little ‘well’ with a whisk in the middle.  
Add milk and beaten egg together in a jug.  
Gradually add milk and beaten egg, mixing in small circles, gradually incorporating the flour as you go until all blended together.  
In a hot pan, add a little oil for frying and add a ladle full of mixture, turn after 1-2 minutes and brown on each side.  
You can add dried fruit or coconut too before flipping.

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## Gluten Free Cooking Tips

- Homemade gluten-free cakes and biscuits can be easy to make. Gluten-free bread and pastry is trickier, so try starting with cakes to gain confidence.
- Be extremely accurate with weights and measures. Always use scales & measuring spoons. If using mixes; follow the manufacturer's instructions.
- Xanthan gum is a useful ingredient to add to gluten-free baking to improve texture - exact amounts as per recipe should be used.
- Blended gluten-free flours, ready mixed with xanthan gum or raising agents are available from some brands e.g. Doves Farm™, Glutafin™, supermarket own brands and Orgran™.
- Gluten-free pastry works best with rice, soya, potato or polenta flour. A rice and potato flour combination is fine and very absorbent and holds the liquid making it less crumbly. Adding egg also helps it to hold together. Ready-made gluten-free pastries are available from brands such as Genius™ and Schar™ and pastry mixes from Mrs Crimbles™ and Helen's™.
- Gluten-free pastry can be frozen or chilled.
- Use cling film to cover gluten-free pastry when rolling it out to prevent it from sticking to the rolling pin.
- Potato flour or cornflour are good alternatives to wheat flour for thickening sauces.
- Gluten-free pasta rarely needs to boil for the full time stated on the packet.
- Try ready-made gluten-free breadcrumbs to coat meat or fish e.g. Orgran™ All Purpose Crumbs, supermarket own brands or finely crushed cornflakes as an alternative.
- Many naturally gluten-free foods are located all over the supermarket and not just in the free-from section.

There are lots of gluten free recipes available online and in recipe books. Coeliac UK also have more than 1000 recipes on their website

More recipes can be found on some of the product websites listed on the next page.

[www.glutenfreegoddess.blogspot.co.uk](http://www.glutenfreegoddess.blogspot.co.uk)

[www.glutenfreecupatea.co.uk](http://www.glutenfreecupatea.co.uk)

[www.intolerantgourmand.com](http://www.intolerantgourmand.com)

[www.freefromfairy.com](http://www.freefromfairy.com)

[www.foodsmatter.com/freefrom\\_recipes](http://www.foodsmatter.com/freefrom_recipes)

[www.bbcgoodfood.com](http://www.bbcgoodfood.com)

[www.wheat-free.org](http://www.wheat-free.org)



## Useful Websites

### Patient Support

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[www.nhs.uk/conditions/coeliac-disease](http://www.nhs.uk/conditions/coeliac-disease)

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[www.bda.uk.com](http://www.bda.uk.com) The British Dietetic Association provides fact sheets on coeliac disease and food allergy.

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[www.bad.org.uk/pils/dermatitis-herpetiformis-gluten-sensitivity/](http://www.bad.org.uk/pils/dermatitis-herpetiformis-gluten-sensitivity/) British Assoc Dermatologists

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[www.coeliac.org.uk](http://www.coeliac.org.uk) Coeliac UK—the leading Charity for people with coeliac disease and dermatitis herpetiformis.

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### Product websites

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[www.amyskitchen.co.uk](http://www.amyskitchen.co.uk) Wheat and gluten free meals and soups

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[www.bfreefoods.com](http://www.bfreefoods.com) Wheat and gluten free products and recipes

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[www.bakelshomebaking.com](http://www.bakelshomebaking.com) Bread mixes

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[www.dovesfarm.co.uk](http://www.dovesfarm.co.uk) gluten-free products and recipes

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[www.ds glutenfree.com](http://www.ds glutenfree.com) gluten-free products and recipes

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[www.geniusglutenfree.com](http://www.geniusglutenfree.com) gluten-free products and recipe

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[www.glutenfree-foods.co.uk](http://www.glutenfree-foods.co.uk) Gluten-free products

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[www.justglutenfree.co.uk](http://www.justglutenfree.co.uk) Gluten-free breads

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[www.kirstys.co.uk](http://www.kirstys.co.uk) Free-from ready meals.

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[www.nairns-oatcakes.com](http://www.nairns-oatcakes.com) A range of gluten-free oat products

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[www.newburnbakehouse.com](http://www.newburnbakehouse.com) A range of gluten-free products

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[www.orgranglutenfree.co.uk](http://www.orgranglutenfree.co.uk) Gluten-free products

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[www.pureglutenfree.co.uk](http://www.pureglutenfree.co.uk) Gluten-free flours and other baking ingredients

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[www.shop.venicebakery.co.uk](http://www.shop.venicebakery.co.uk) Gluten-free pizza bases and flatbreads

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