



coeliacuk

live well **gluten free**

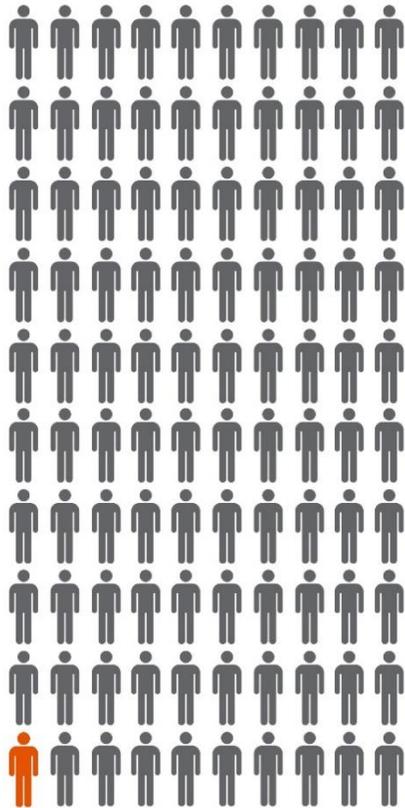
Coeliac disease and the gluten
free diet

What will be covered?

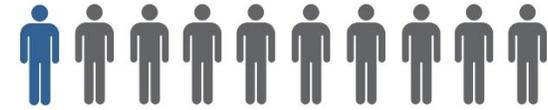
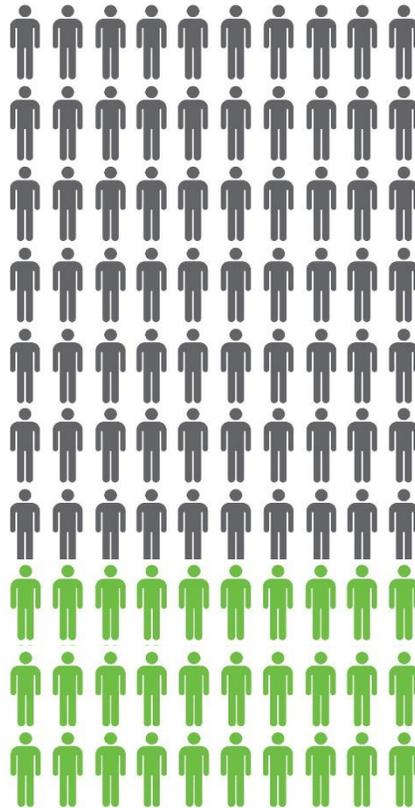
- About coeliac disease
 - Symptoms
 - Diagnosis
- Gluten free diet
 - Naturally gluten free foods
 - Substitute foods
 - Oats
 - Reading food labels and using the Food and Drink Guide
 - Cross contamination
- Eating out and travelling
- Vaccinations
- Coeliac UK membership

About coeliac disease

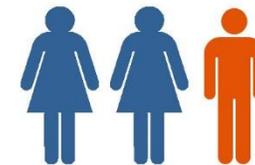
1 in 100 people have coeliac disease.



Only 30% of people with coeliac disease are diagnosed



Risk increases to 1 in 10 for people with a first degree relative (parent, sibling or child) with coeliac disease.

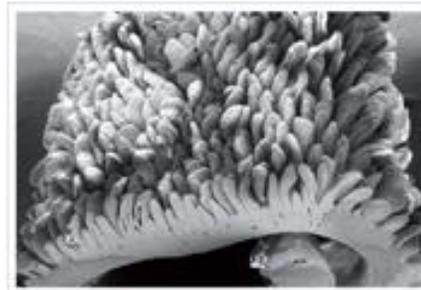


Twice as many women as men have coeliac disease.

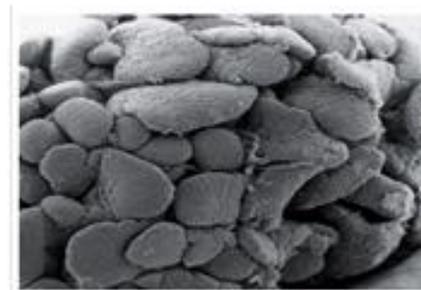
What is coeliac disease?

- Coeliac disease is a lifelong autoimmune disease (not an allergy or intolerance)
- The body attacks its own tissues when you eat gluten. This damages the lining of the gut.

Healthy gut:



Coeliac disease:



Your body can react to tiny amounts of gluten

- Antibodies are part of the immune system
- They normally react to bacteria and viruses and help to fight infection
- In coeliac disease, antibodies react to gluten and attack the body
 - Antibodies react to tiny amounts of gluten, so it is important to follow a strict gluten free diet

Most common symptoms

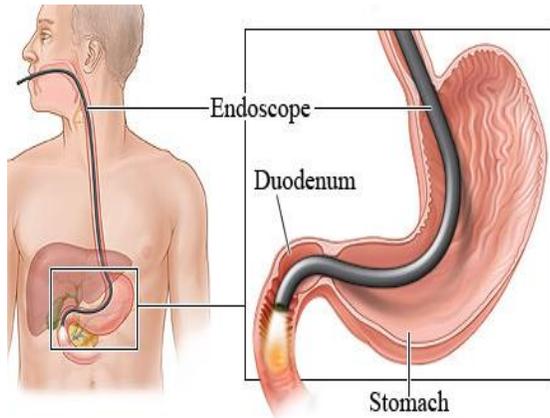
TIREDNESS
ANAEMIA
NAUSEA VOMITING
WEIGHT LOSS
BLOATING
CONSTIPATION
MOUTH ULCERS
FREQUENT DIARRHOEA
DERMATITIS HERPETIFORMIS

Dermatitis Herpetiformis (DH)

- The skin manifestation of coeliac disease
- Less common than coeliac disease (1 in 3,300)
- Commonly occurs on elbows, knees, shoulders, buttocks and face



Diagnosis



- Gluten must be in the diet in more than 1 meal a day for 6 weeks before testing
- Blood test to look for antibodies
- Endoscopy and biopsy to look for damage to the lining of the gut

What is gluten?

- Collective name for proteins found in:
 - Wheat
 - Barley
 - Rye



- Gluten is also found in strains of wheat including spelt, triticale, Khorasan wheat (kamut)

Naturally gluten free foods

- Fruit and vegetables
- Plain meat, fish and poultry
- Eggs
- Plain milk, cream, cheese (including pre-grated cheese), yoghurt
- Rice
- Lentil and pulses
- Corn
- Potatoes
- Butters, margarines and oils
- Nuts and seeds
- Herbs and spices
- Wine, cider and spirits



GLUTEN FREE CHECKLIST

	Gluten free	Items to check	Not gluten free
Grains and alternatives	All grains, buckwheat, chestnut, corn, millet, quinoa, cornmeal, oatmeal, rice, rye, sorghum, soy, teff, amaranth		Baker's gluten wheat, triticale, or hybrid of wheat, spelt, emmer, or hard wheat. Whole grain wheat (commonly known as kamut), rye, semolina, spelt, triticale, wheat
Flours	All flours that are labelled gluten free	Use your Food and Drink Directory to choose suitable products. Flours from all grains may be contaminated through milling	Flours made from wheat, rye or barley (plain flour, self-raising flour etc)
Eggs	Most plain egg mix. Uncontaminated egg labelled gluten free. Products include gluten free cakes, pastries and cat based products		Pastry, cake, all milk, all bread (except those that are 'gluten free')
Bread, cakes and biscuits	All products labelled gluten free including biscuits, breads, cakes, crackers, muffins, pizza bases, rolls, scones	Macarons, meringues	All biscuits, breads, cakes, crispbreads, crackers, muffins, scones and pizza bases (made from wheat, rye or barley flour)
Breakfast cereal	All products labelled gluten free including rice, cornmeal, millet, rice, sorghum, corn and rice based cereals		Ruckwheat, corn, millet and rice based breakfast cereals and those that contain barley malt extract
Pasta and noodles	All products labelled gluten free including corn, wheat, pasta, durum wheat, rice pasta		Flour noodles, buckwheat noodles
Meat and poultry	All fresh meats and poultry, cured, game, venison, plain cooked, smoked, roasts		Any meat or poultry reprocessed or in sausage, burger's, meat patties, pastes, sausage
Meatless alternatives	Plain tofu		Manufactured tofu, soya mince, falafel, vegetable and yeast burgers
Fish and shellfish	All fresh, frozen, kippered and smoked fish, shellfish, fish canned in brine, oil and water		Fish paste, fish pates, fish in sauce
Cheese and eggs	All cheese and eggs		Fish's shellfish butter or accompaniments, fish cakes, fish fingers, fishmeal-based
Milk and milk products	All milk (boiled and sterilized) all cream (single, double, whipping, ultra-cream and some trace), butter, margarine, plant-based milk, plain yogurt		Coffee and tea alternatives, full and flavoured yogurt or fromage frais, soya desserts, rice milk, soya milk, nut milk



See Coeliac UK's Gluten Free Checklist

Foods which contain gluten

- Bread
- Pasta
- Crackers
- Breakfast cereals
- Couscous and semolina
- Pastry
- Biscuits
- Cakes
- Soy sauce
- Barley squash
- Malted milk drinks
- Ales, beers, lagers, stouts
- Some processed foods such as sausages, soups, sauces and ready meals



	Gluten free	Need to check	Not gluten free
Grains and alternatives	Amaranth, buckwheat, chestnut, corn (maize), millet, plantain (cassava), quinoa, rice, sorgho, teff, triticale, soy, rapeseed, yam		Barley, bulgur wheat, couscous, durum wheat, emmer wheat, farro, kamut wheat (commonly known as Kamut®), rye, semolina, spelt, triticale, wheat
Flours	All flours that are labelled gluten free	Use your Food and Drink Directory to choose suitable products. Flours from grains may be contaminated through milling	Flours made from wheat, rye or barley eg plain flour, self-raising flour etc
Oats	Most people can eat unprocessed oats labelled gluten free. Products include gluten free oats, oatcakes and oat based products		Porridge oats, oat milk, oat based snacks that are not labelled gluten free
Bread, cakes and biscuits	All products labelled gluten free including biscuits, cakes, crackers, muffins, pizza bases, rolls, scones	Macarons, meringues	All biscuits, breads, cakes, chapatis, crackers, muffins, pastries and pizza bases made from wheat, rye or barley flour
Breakfast cereals	All products labelled gluten free including millet, porridge, maize, rice porridge, corn and rice based cereals	Buckwheat, corn, millet and rice based breakfast cereals and those that contain barley malt extract	Malt, wheat based breakfast cereals
Pasta and noodles	All products labelled gluten free including corn, lentil, potato, quinoa, pasta, rice pasta	Rice noodles, buckwheat noodles	Canned, dried and fresh wheat noodles and pasta
Meat and poultry	All fresh meats and poultry cured with herbs, plain cooked meats, smoked meats	Any meat or poultry marinated or in a sauce, burgers, meat pastes, sausages	Meat and poultry cooked in batter or breaded with breadcrumbs, haggis, nuggets
Meatless alternatives	Plain tofu	Marinated tofu, soy sauce, falafel, vegetable and bean burgers	
Fish and shellfish	All dried, fresh, kippered and smoked fish, shellfish, fish canned in brine, oil and water	Fish pastes, fish paste, fish in sauce	Fish or shellfish in batter or breadcrumbs, fish cakes, fish fingers, taranaki salad
Cheese and eggs	All cheese and eggs		Quiche, egg
Milk and milk products	All milk (dried and dried) all cream (single double whipping, dried soured and ultra-processed), tutti-frutti, plain/whole milk, plain yogurt	Coffee and tea whiteners, fruit and flavoured yogurt or fromage frais, soya caseinates, rice milk, soya milk, nut milk	Yoghurt with thickeners or wholegrain

This information is for reference only and should not replace advice given by your healthcare professional.



See Coeliac UK's Gluten Free Checklist

Gluten free substitute foods

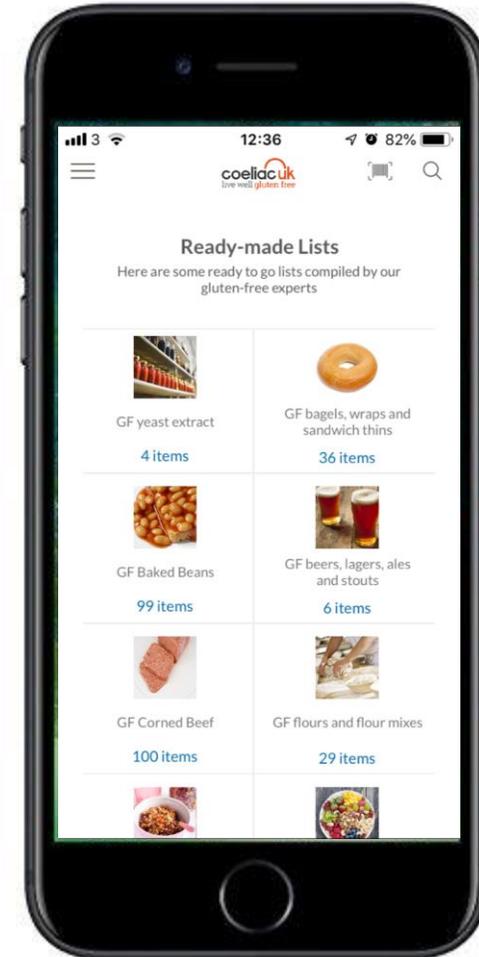
- There are gluten free versions of many foods which are traditionally made from gluten containing grains including:
 - Bread
 - Pasta
 - Crackers
 - Breakfast cereals
 - Biscuits
 - Cakes
 - Breaded/battered fish or meat products
 - Beer

Gluten free food on prescription

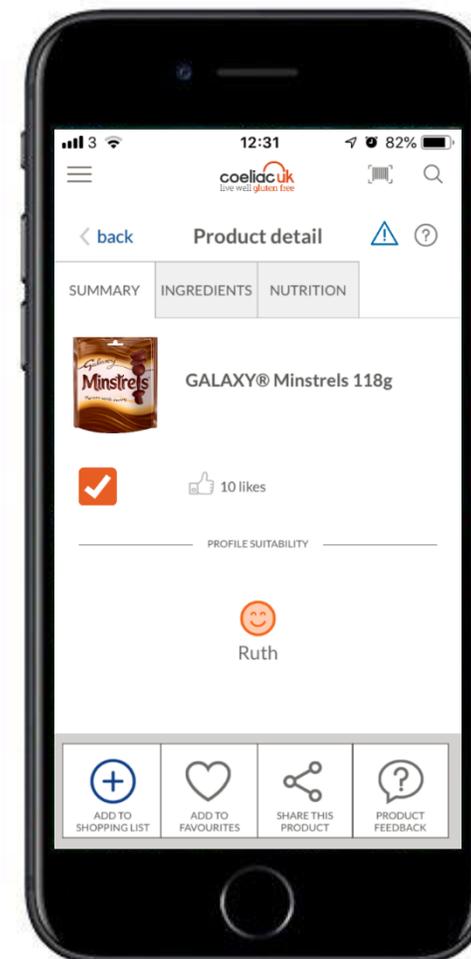
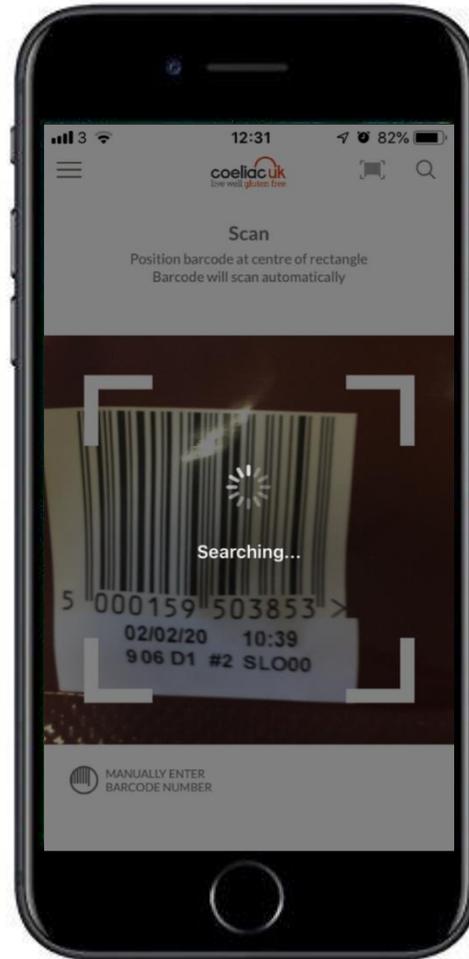
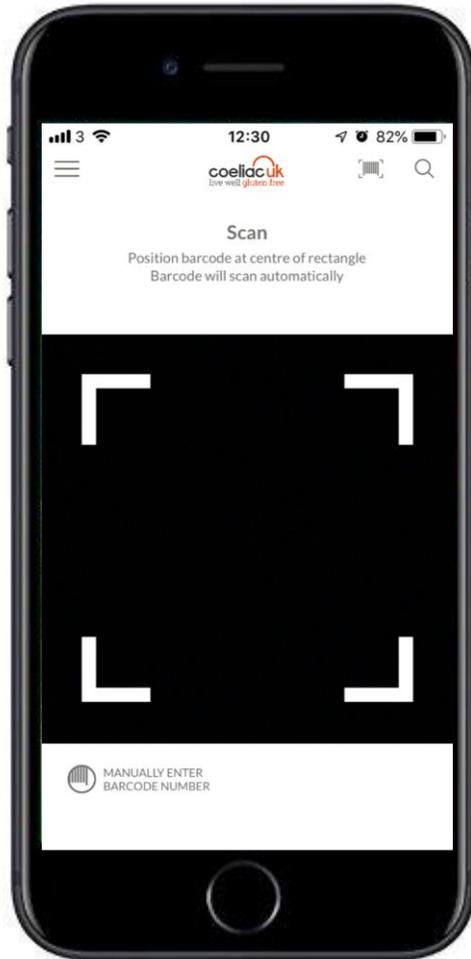
- Access to gluten free food on prescription varies across the UK
- See www.coeliac.org.uk/prescription-policies/ for the latest

Coeliac UK's food information

- Access to over 100,000 products with weekly updates
- Available in print and digitally
- Food alerts
- Additional dietary needs via Gluten Free Food Checker app
- Coeliac UK's Food Labelling Video
 - <https://www.coeliac.org.uk/foodlabellingvideo>

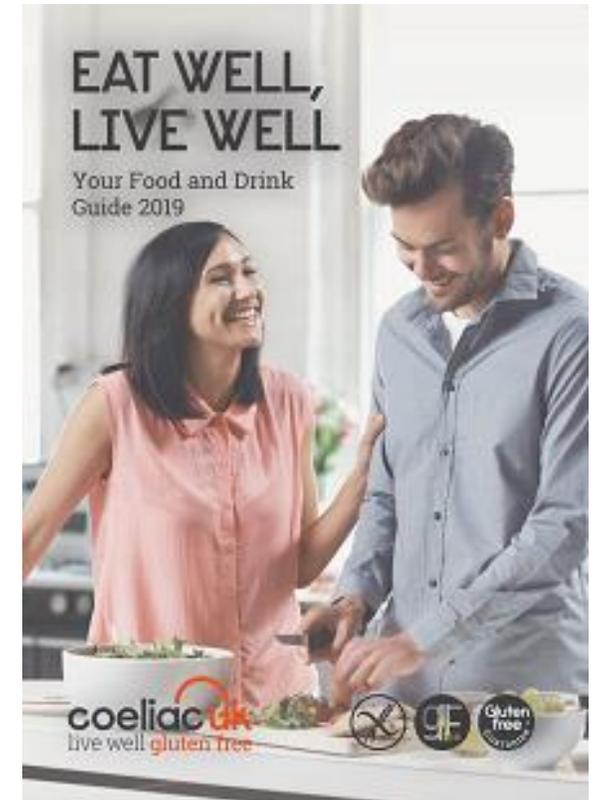


Gluten free food checker app



Food and Drink Guide

Coeliac UK's hard copy guide to food and drinks suitable for a gluten free diet, including branded and supermarket own brand products.



Keeping your Guide up to Date

- It is important to check for updates as products do change and many new products are added throughout the year
- Monthly updates to the Food and Drink Guide:
 - on the Coeliac UK website
 - in Coeliac UK's monthly email newsletter



See Coeliac UK's Food and Drink Guide

Oats

- Oats do not contain gluten but are often contaminated during milling
- **Only oats labelled "gluten free" are suitable for people with coeliac disease**
 - The terms "100% oats" or "pure oats" does not tell you anything about gluten contamination
- Oats contain avenin which is similar to gluten. Most people with coeliac disease can tolerate avenin in gluten free oats. A small number of people are sensitive to avenin in gluten free oats.



See Coeliac UK's Oats Leaflet

Gluten free and the crossed grain symbol

- “Gluten free” has a legal definition
 - ≤ 20 ppm gluten
 - Applies to packaged foods, loose foods and in catering
 - Safe for all people with coeliac disease
- Coeliac UK’s Crossed grain symbol
 - Nationally and internationally recognised symbol which shows the product is certified as gluten free



Reading food labels

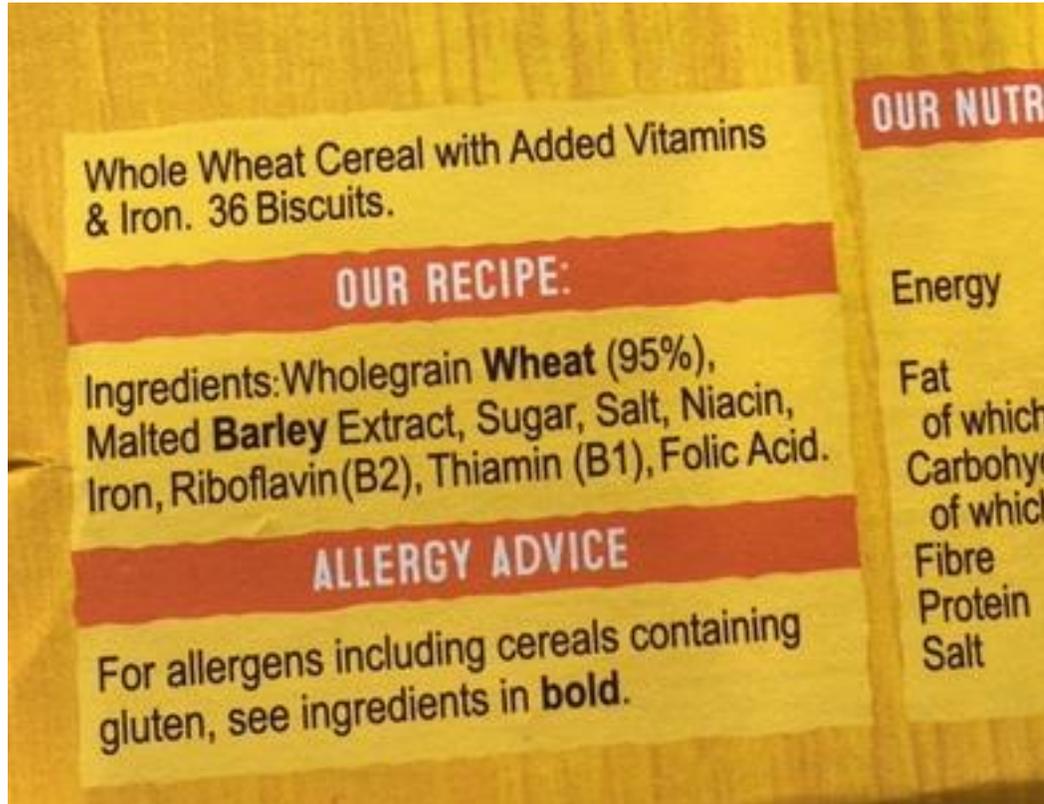
- Manufacturers must list ALL ingredients on an ingredients list
- The gluten containing grain used must be listed and **emphasised**:
 - **Wheat**
 - **Rye**
 - **Barley**
 - **Oats**
- Gluten cannot be “hidden”
- If you’re unsure if a product is suitable (e.g. if there is a may contain statement), you can call Coeliac UK’s Helpline to check (0333 2033 332)



Is this food suitable?



Is this food suitable?



- No
- Wheat and barley are ingredients. These cereals contain gluten.

Is this food suitable?



Is this food suitable?



- ✓ Yes
- ✓ There is no wheat, rye, barley or oats in the ingredient list
- ✓ There is no “may contain” statement
- ✓ Nuts are allergens and are listed in bold. However, these are emphasised for people with allergies and are not a problem for people with coeliac disease

Is this food suitable?

Crunchy cereal bars made with whole grain rolled oats and Canadian maple syrup.

Ingredients: Whole grain rolled **oats** (59%), sugar, sunflower oil, canadian maple syrup (2%), honey, salt, molasses, emulsifier: sunflower lecithin; raising agent: sodium bicarbonate, natural flavouring.

For allergens, see ingredients in bold.

May contain peanut, tree nuts and soy ingredients.

Store in a cool, dry place.

Is this food suitable?

Crunchy cereal bars made with whole grain rolled oats and Canadian maple syrup.

Ingredients: Whole grain rolled **oats** (59%), sugar, sunflower oil, canadian maple syrup (2%), honey, salt, molasses, emulsifier: sunflower lecithin; raising agent: sodium bicarbonate, natural flavouring.

For allergens, see ingredients in bold.

May contain peanut, tree nuts and soy ingredients.

Store in a cool, dry place.

- No
- This product contains oats which are not gluten free

Is this food suitable?



Is this food suitable?



- No
- There is no wheat, rye, barley or oats in the ingredient list
- But there is a “may contain” statement. There is a risk of contamination with cereals containing gluten during manufacturing

Is this food suitable?

INGREDIENTS: Gluten free rolled oats*, raw cane sugar*, sunflower oil*, yogurt chips (1%)* (sugar*, palm kernel oil*, non-fat **milk** powder*, lactic acid, emulsifier: **soy** lecithin*, salt, vanilla*), rice starch*, freeze-dried blueberries (1%)*, freeze-dried berry blend* (strawberries* 1%, raspberries* 1%), sea salt, natural flavour, antioxidant: tocopherol-rich extract. *Organic.

Allergy advice: for allergens, see ingredients in **bold**. May contain traces of peanuts or tree nuts.

Is this food suitable?

INGREDIENTS: Gluten free rolled oats*, raw cane sugar*, sunflower oil*, yogurt chips (1%)* (sugar*, palm kernel oil*, non-fat **milk** powder*, lactic acid, emulsifier: **soy** lecithin*, salt, vanilla*), rice starch*, freeze-dried blueberries (1%)*, freeze-dried berry blend* (strawberries* 1%, raspberries* 1%), sea salt, natural flavour, antioxidant: tocopherol-rich extract. *Organic.

Allergy advice: for allergens, see ingredients in **bold**. May contain traces of peanuts or tree nuts.

- ✓ Yes
- ✓ There is no wheat, rye or barley in the ingredient list and the oats are gluten free
- ✓ There is no “may contain” statement for gluten

Frequently Asked Questions

Is barley malt vinegar safe?

Can people eat glucose syrups derived from cereals containing gluten?

I've heard grated cheese isn't safe as it's coated in flour?

Do I need to use gluten free beauty products e.g. shampoo?

Malt vinegar can be made from barley but the gluten is removed during processing

Yes, these ingredients are gluten free and suitable

All cheese, including grated cheese are gluten free. If any starch is added as an anti-caking agent it will be gluten free

No, gluten is only a problem if eaten



 **For more FAQs, see the Food and Drink Guide**

Cross contamination

- Even tiny amounts of gluten can cause symptoms in the short term and gut damage in the long term so it's important to avoid cross contamination:
 - Use a separate toaster or toaster bags
 - Use clean oil or a separate fryer for gluten free foods
 - Ensure chopping boards and utensils are cleaned thoroughly before use
 - Use separate spreads and condiments or use jam spoons to prevent breadcrumbs from getting into condiments
 - Cook gluten free foods at the top of the oven and gluten containing at the bottom in case of spillage from the shelf above

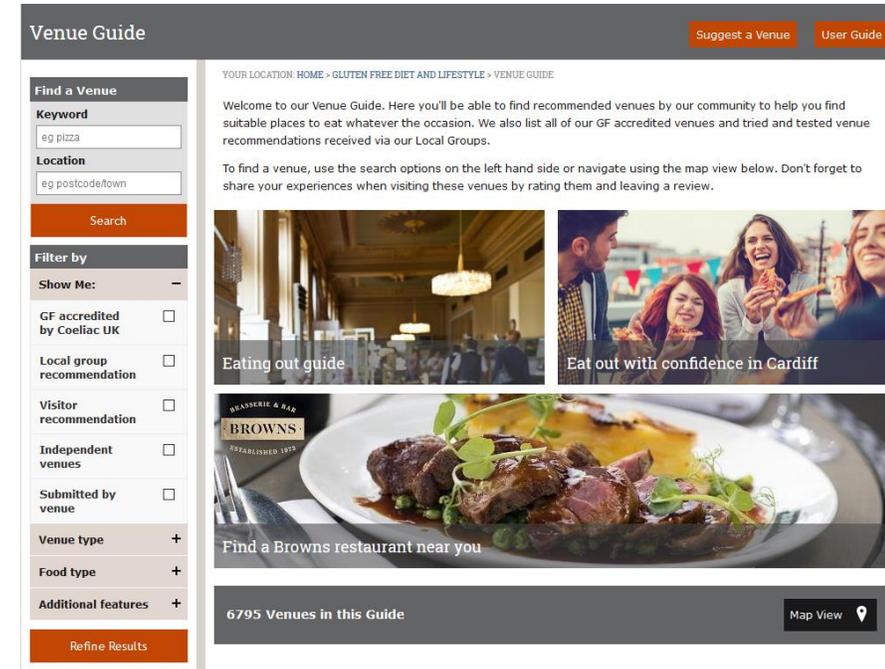
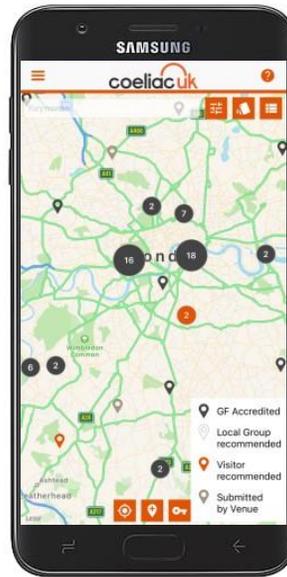


Eating out

- By law, caterers must be able to provide you with information on any allergens, including cereals containing gluten in the meals they sell.
 - This information can be written or oral.
- Call ahead to speak to the chef/waiter or check their website for gluten free options
- Explain that you need a gluten free meal for medical reasons
- List some possible sources of gluten:
 - Stock cubes
 - Breadcrumbs
 - Wheat flour in sauces
 - Oil used to fry foods containing gluten
 - Soy sauce
 - Croutons in salad
- Explain the importance of avoiding cross contamination

Eating out

- Search and filter options for over 7,000 venues across the UK
- Read rating and reviews from others
- Available online and via the Gluten Free on the Move app
- Coeliac GF accredited, Local Group recommendations and Visitor recommendation
- Look out for Coeliac UK's GF symbol which tells you that the caterer meets the gluten free standard



This is what others think of Verdo Lounge

Great GF menu, including really tasty burgers on GF bap :-)



Rated on: 04/07/2017



Travelling

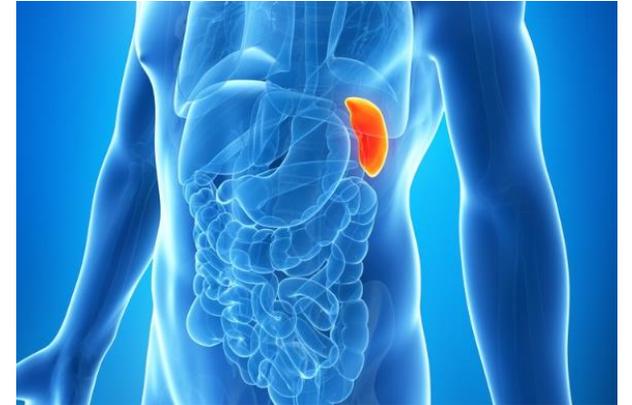
- Over 50 Country Guides with translations www.coeliac.org.uk/travel
 - Packaged foods in EU are covered by same food labelling laws as the UK
- Plan ahead
 - Discuss gluten free catering before booking
 - Ask in advance for gluten free airplane/Eurostar meals
 - Take emergency snacks
- Taking food abroad
 - Check for additional baggage allowance



See Coeliac UK's Travel Guides

Vaccinations

- The spleen is an important part of the immune system. If it doesn't work properly it can lead to an increased risk of infection
- Some people with coeliac disease have reduced spleen function
- Therefore certain vaccinations are recommended:
 - Vaccination against pneumococcal infection and a booster every five years
 - The need for flu vaccination should be considered by your GP on an individual basis
 - Meningococcal A,C,W,Y should be given to anyone born between 1995 and 2014



Coeliac UK membership

Join online www.coeliac.org.uk/join or over the phone **0333 332 2033**

	Individual		Concessionary	Household	
	Complete	Digital	Complete	Complete	Digital
Annual fee	£27	£15	£21	£33	£18
Quarterly	£6.75	£3.75	£5.25	£8.25	£4.50
Monthly	£2.25	£1.25	£1.75	£2.75	£1.50
2 year offer	£48	-	£42	£60	-
Services available					
Welcome pack*	✓		✓	✓	
Annual Food and Drink Guide	✓		✓	✓	
Live Well Gluten Free Magazine	✓		✓	✓	
Crossed Grain Newsletter	✓		✓	✓	
Gluten Free Food Checker App	✓	✓	✓	✓	✓
Gluten Free on the Move App	✓	✓	✓	✓	✓
Food and Drink Information	✓	✓	✓	✓	✓
Venue Guide	✓	✓	✓	✓	✓
Recipe Service	✓	✓	✓	✓	✓
Monthly Newsletters	✓	✓	✓	✓	✓
Helpline	✓	✓	✓	✓	✓
Member2Member	✓	✓	✓	✓	✓
Local Groups	✓	✓	✓	✓	✓
Exclusive discounts and offers	✓	✓	✓	✓	✓

*Welcome Pack includes: Food and Drink Guide, Your Gluten Free Life booklet, Guide to coeliac disease, Gluten Free Checklist & exclusive gluten free product offers



Summary

- Coeliac disease is a lifelong autoimmune disease
- The only treatment is a strict gluten free diet
- Following a strict gluten free diet is important to improve symptoms and reduce your risk of complications
- Gluten is found in wheat, rye and barley. Only oats labelled as gluten free are suitable for a gluten free diet.
- Support is available from Coeliac UK and from your local healthcare team

Materials needed

- Latest copy of Food and Drink Guide
 - Free as part of HCP membership (www.coeliac.org.uk/join-us/HCP)
 - If you've not received a copy please call our Helpline 0333 332 2033
- Coeliac UK Membership Forms
 - www.coeliac.org.uk/membershipform/
- Leaflets can be printed from the HCP useful downloads page:
 - www.coeliac.org.uk/usefuldownloads
 - Please note that we regularly review our resources. Please see our website for the latest versions.
- **This presentation must not be used beyond January 2021 when it is due for review.**
 - See www.coeliac.org.uk/usefuldownloads for the latest version