



coeliacuk

live well **gluten free**

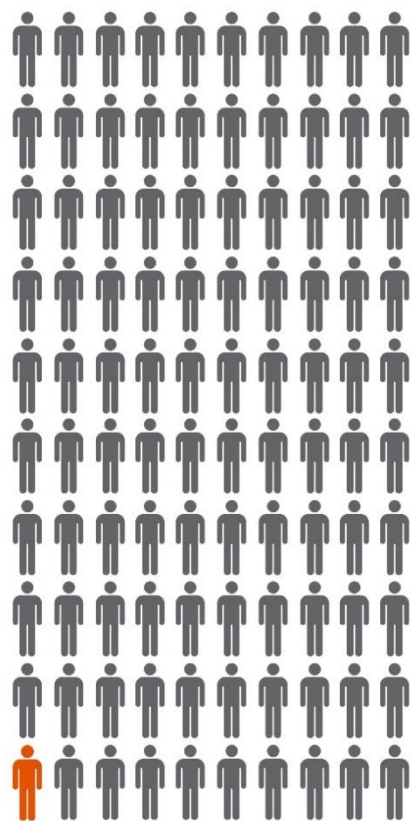
Coeliac disease and the gluten
free diet

What will be covered?

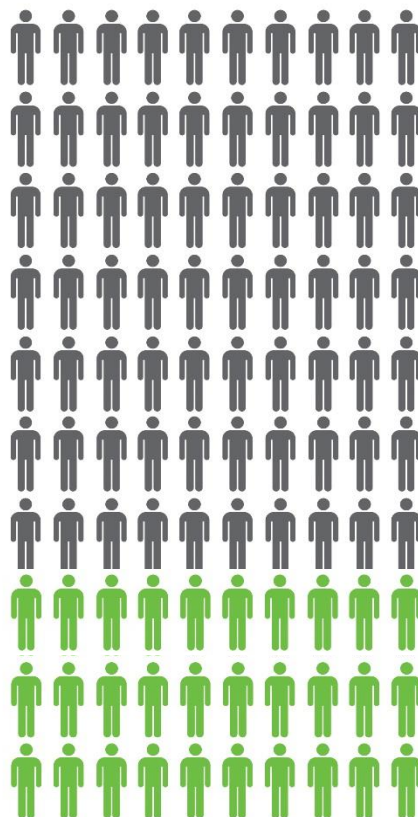
- About coeliac disease
 - Symptoms
 - Diagnosis
- Gluten free diet
 - Foods that naturally do not contain gluten
 - Substitute foods
 - Oats
 - Reading food labels and using the Food and Drink Guide
 - Cross contamination
- Eating out and travelling
- Vaccinations
- Coeliac UK membership

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.

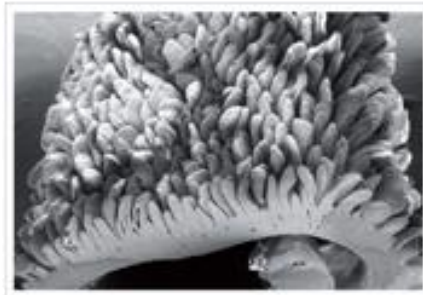


Twice as many women
as men have coeliac
disease.

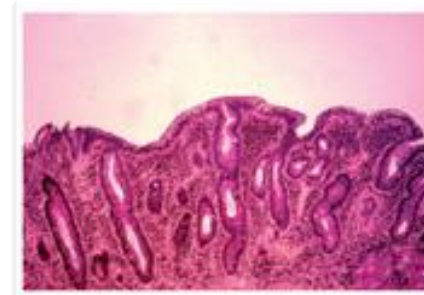
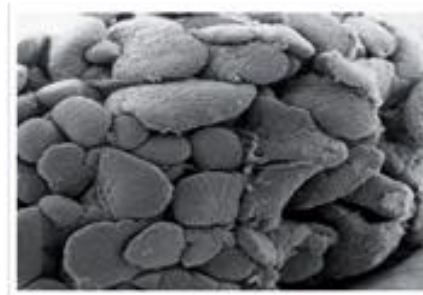
What is coeliac disease?

- 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

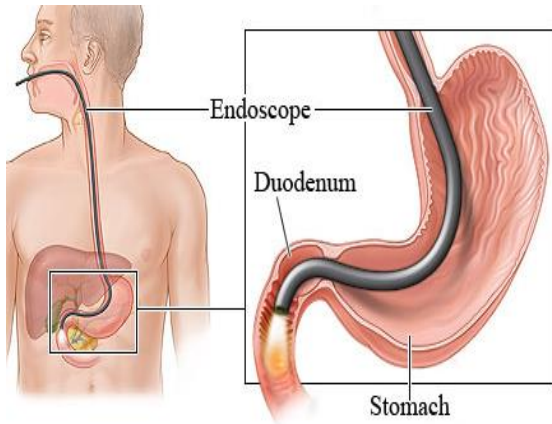
TIREDNESS
ANAEMIA
NAUSEA VOMITING
WEIGHT LOSS
BLOATING
CONSTIPATION
MOUTH ULCERS
FREQUENT DIARRHOEA
DERMATITIS HERPETIFORMIS

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
- Some people might be diagnosed by blood tests. Others will need an endoscopy and biopsy to look for damage to the lining of the gut.

Why is a gluten free diet important?

- Improves symptoms
- Allows the gut to heal
- Allows the body to absorb nutrients from food
- Reduces the risk of long term complications
 - Osteoporosis
 - Fertility problems
 - Neurological conditions
 - Nutritional deficiencies
 - Very rare lymphoma and small bowel cancer



See Coeliac UK's Osteoporosis Leaflet



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)

Foods that naturally don't contain gluten

- 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



	Gluten free	Check to check	Not gluten free
Grains and alternatives	Amaranth, buckwheat, chestnut, corn (maize), millet, quinoa, sorghum, rice, rye, spelt, teff, triticale, wild rice, millet, quinoa, rice, rye, spelt, teff, triticale, wild rice		Buckwheat, buckwheat, chestnut, corn (maize), millet, quinoa, sorghum, rice, rye, spelt, teff, triticale, wild rice
Flours	All flours that are labelled gluten free	Use your Food and Drink Directory to check suitable products. Flours from all grains may be contaminated through milling	Flours made from wheat, rye or barley (gluten free flour, self-raising flour etc.)
Eggs	Most people can eat uncontaminated egg labelled gluten free. Products include gluten free cakes, pastries and oat based products		Protein rich, not milk, not wheat based products that are not labelled gluten free
Bread, cereals and biscuits	All products labelled gluten free including breads, cereals, cakes, pastries, pizzas, biscuits, rice, scones		Macarons, meringues
Breakfast cereals	All products labelled gluten free including granola, porridge, muesli, rice, sorghum, corn and rice based cereals		All cereals, breads, cakes, flapjacks, cookies, muffins, scones and pizza bases made from wheat, rye or barley flour
Pasta and noodles	All products labelled gluten free including corn, potato, pasta, quinoa, rice, rice pasta		Flour, rice, buckwheat, rice
Meat and poultry	All fresh meats and poultry, cured, air-dried, plain cooked, meats, smoked meats		Any meat or poultry marinated or in sauce (except meat, poultry, sausage)
Meatless alternatives	Plant-based		Meatless, soy, seitan, rice, vegetable and other burgers
Fish and shellfish	All fresh, frozen, smoked and smoked fish, shellfish, fish canned in brine, oil and water		Fish, poultry, fish, shellfish, fish in sauce
Cheese and eggs	All cheese and eggs		Fish, shellfish, fish, shellfish, fish in sauce, fish, shellfish, fish in sauce
Milk and milk products	All milk (bottle and/or fresh) and milk products (yoghurt, cheese, cream, butter, margarine, etc.)		Yoghurt with cereal or wholegrain

This is a summary of the products that are naturally gluten free. It is not a guarantee. Always check the label for gluten free products.



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
- 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, potato (cornmeal), quinoa, rice, sago, sorghum, soy, tapioca, yam		Barley, bulgur wheat, couscous, durum, durum wheat, emmer, emmer wheat, farro, khorasan 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 eg plain flour, self-raising flour etc
Cats	Most people can eat unprocessed oats labelled gluten free. Products include gluten free oats, catcakes and cat 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, breads, cakes, crackers, muffins, pizza bases, rolls, scones	Maccaroons, 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, muesli, rice porridge, corn and rice based cereals	Buckwheat, corn, millet and rice based breakfast cereals and those that contain barley malt extract	Muesli, wheat based breakfast cereals
Pasta and noodles	All products labelled gluten free including corn (maize) paste, cornmeal, rice, rice paste	Rice noodles, buckwheat noodles	Canned, dried and fresh wheat noodles and pasta
Meat and poultry	All fresh meats and poultry cured, pure, roasts, plain cooked meats, smoked meats	Any meat or poultry marinated or in a sauce, burgers, meat pastes, pies, sausages	Meat and poultry cooked in butter or breading unless labelled gluten free, haggis, rissoles
Meatless alternatives	Plain tofu	Marinated tofu, soy mince, 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 powder, fish in sauce	Fish or shellfish in batter or breadcrumbs, fish cakes, fish fingers, farofa, salmon
Cheese and eggs	All cheese and eggs		Quiche, eggs
Milk and milk products	All milk (paste and dried), all cream (single, double, whipping, dried, soured and, (dried, (fresh), (tutti-frutti), plain, homogenized, pasteurized)	Coffee and tea, whey, fruit and flavoured, yoghurt or fromage frais, soy desserts, rice milk, soy milk, nut milk	Yoghurt with muesli or wholegrains

This information is for guidance 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

Alcohol and the gluten free diet

- Cider, wine, sherry, spirits, port and liqueurs are gluten free
 - Even when a cereal containing gluten is used as an ingredient, all spirits are distilled during manufacturing which removes any trace of gluten.
 - Therefore, all spirits (including malt whisky made from barley) are safe for people with coeliac disease
- There are two types of gluten free beer:
 - Beer made from non gluten containing cereals
 - Gluten removed gluten free beer (allergen labelling law means you can identify these beers as the label will state that it "contains barley")
 - For both types of beer, by law, manufacturers can only label a beer "gluten free" if it contains 20 ppm or less of gluten.
- Men and women are advised not to regularly drink more than 14 units a week.
 - Visit [nhs.uk/conditions/alcohol-misuse/](https://www.nhs.uk/conditions/alcohol-misuse/) for more information

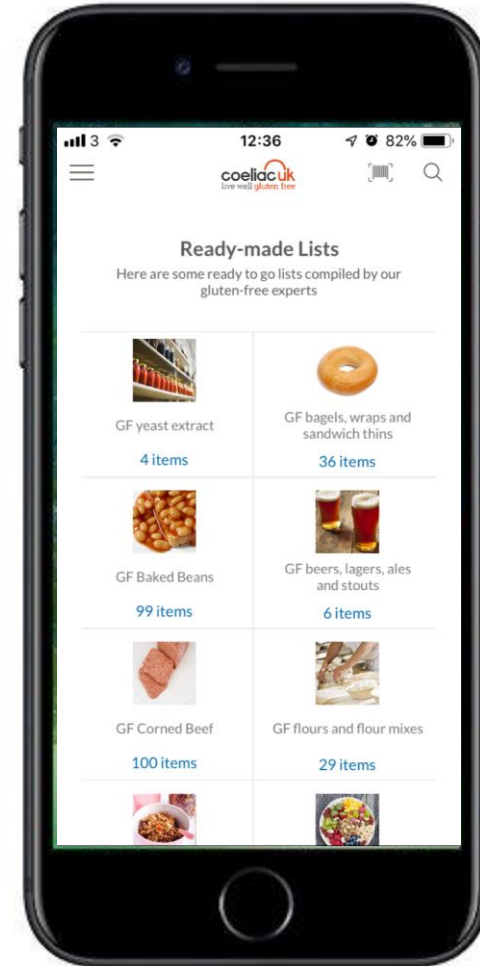


Gluten free food on prescription

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

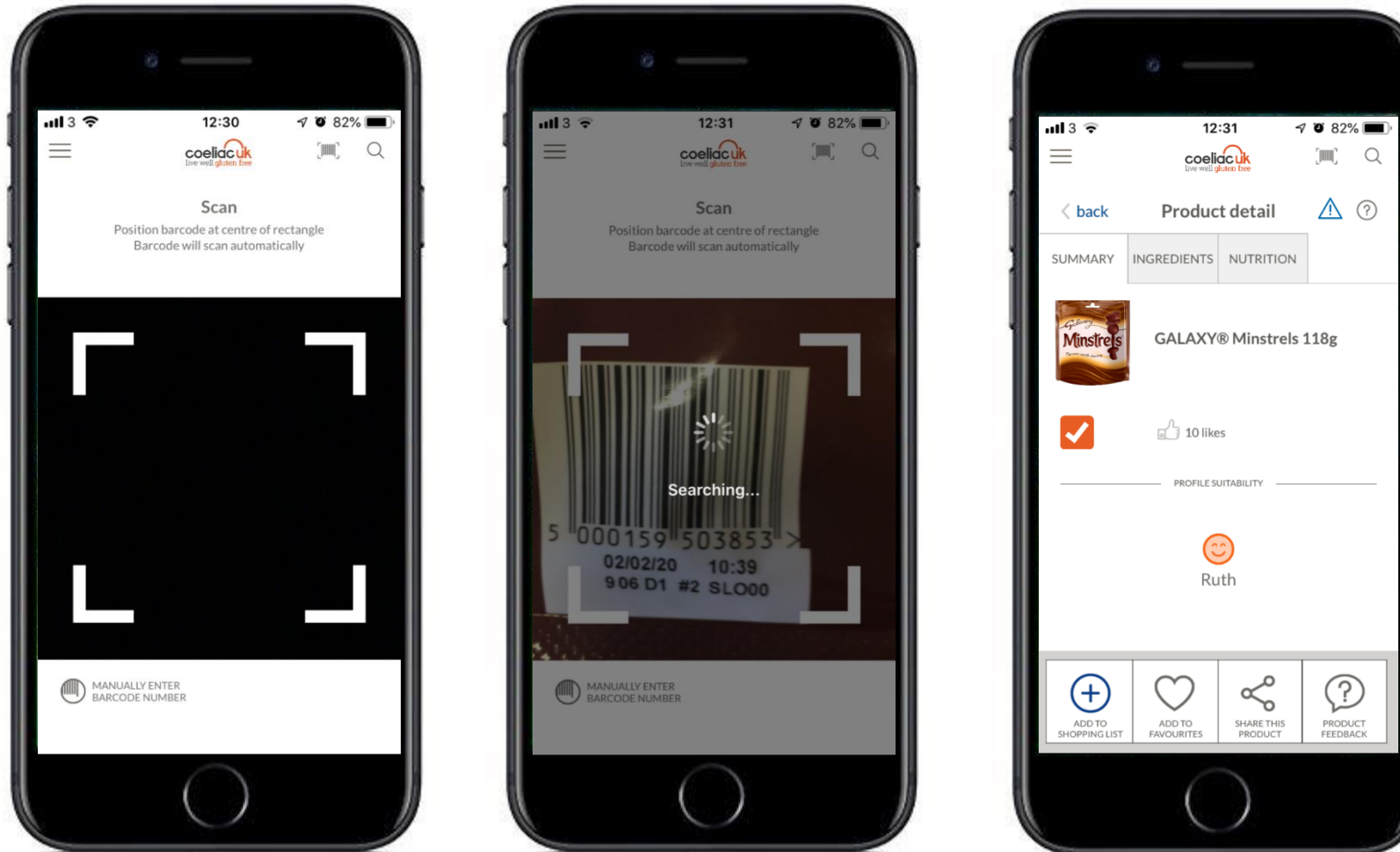
Coeliac UK's food information

- Access to over 150,000 products digitally with weekly updates
- Concise version available in print
- 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

coeliacuk
live well **gluten free**

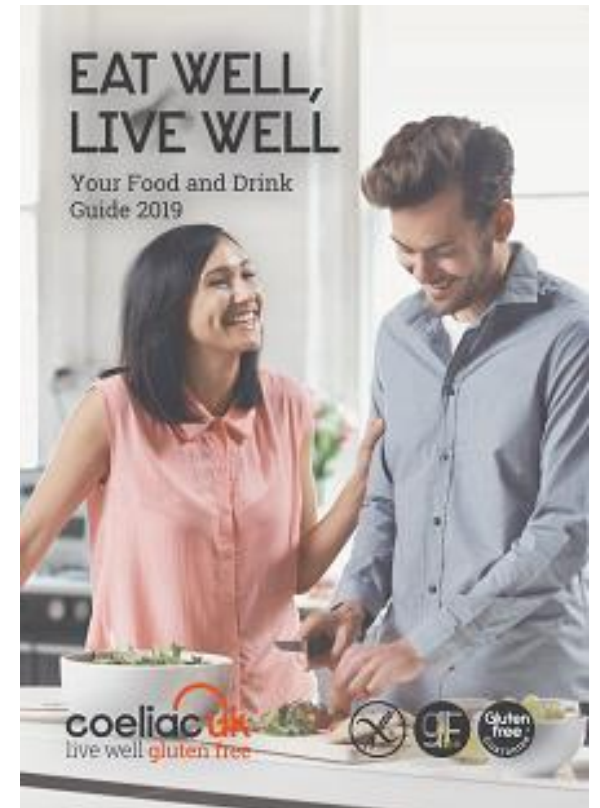


Food and Drink Guide

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 harvesting and 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.



Gluten free and the crossed grain symbol

- “Gluten free” has a legal definition
 - ≤ 20 parts per million (ppm) gluten
 - Applies to pre-packaged foods and loose foods
 - Safe for all people with coeliac disease
- Coeliac UK's Crossed Grain trademark
 - 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, you can call Coeliac UK’s Helpline to check (0333 332 2033)

Is this food suitable?



Is this food suitable?

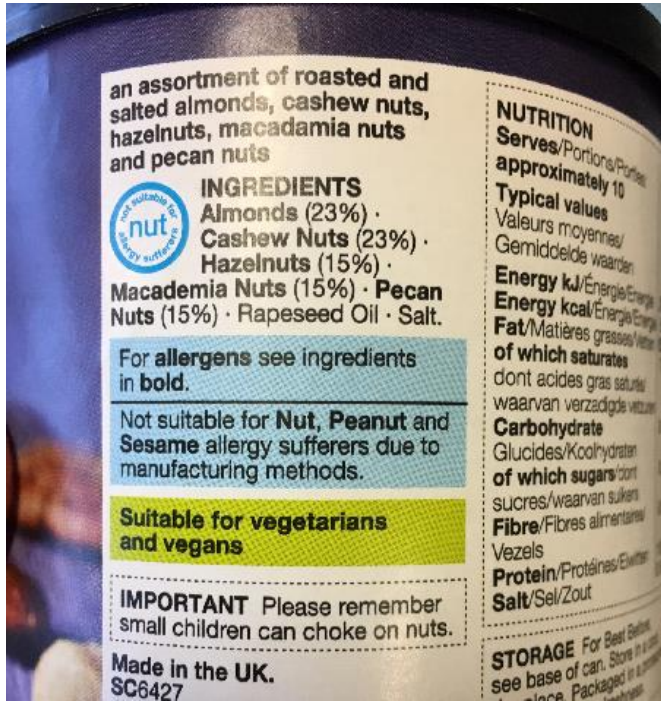


- No
- Wheat and barley are ingredients. These cereals contain gluten.

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 **oats** (43%), brown rice syrup, coconut oil, raisins (7%), coconut sugar, date syrup, sunflower oil, **almond** butter (3%), flaked **almonds** (3%), cacao nibs (2%), cacao powder (2%), sea salt

for allergens see ingredients in **bold**. may contain **sesame**, other **nuts**, **soya** and **milk**. store in a cool, dry place

ter and crunchy cacao nibs

 7 plant-based foods



Is this food suitable?



- ✓ 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

Is this food suitable?

INGREDIENTS: Rice noodles (67%) (rice, salt, sugar), vegetables (15%) (freeze-dried mushroom (3%), dried black fungus (3%), dried bamboo shoot (3%), freeze-dried green bean (1.5%), dried carrot, freeze-dried spring onion, porcini mushroom powder (1%), freeze-dried ginger (0.5%), onion powder, yeast extract, rice flour, **barley** malt vinegar, salt, spices, natural flavouring, maltodextrin, sugar.

! For allergens see ingredients in bold

THE SCIENCE BIT:

Nutritional Information

Typical values as consumed

	Per 100g	Per Cup
Energy	217kJ/51kcal	920kJ/217kcal
Fat	trace	0.7g
of which saturates	trace	0.2g
Carbohydrate	10.7g	45.1g
of which sugars	0.7g	2.9g
Fibre	1.0g	4.0g
Protein	1.8g	7.6g
Salt	0.5g	2.0g

**5 STEPS TO
EAT HAPPY...**
1. Shake me,
2. Fill me,
(with hot water)
3. Stir me,
4. Wait for me,
(around 3 mins)
5. Eat me!


Registered with
the Vegan Society


Certified
low sugar


GB-121-006
CUK-G-111



Is this food suitable?

INGREDIENTS: Rice noodles (67%) (rice, salt, sugar), vegetables (15%) (freeze-dried mushroom (3%), dried black fungus (3%), dried bamboo shoot (3%), freeze-dried green bean (1.5%), dried carrot, freeze-dried spring onion, porcini mushroom powder (1%), freeze-dried ginger (0.5%), onion powder, yeast extract, rice flour, **barley** malt vinegar, salt, spices, natural flavouring, maltodextrin, sugar.

5 STEPS TO EAT HAPPY...
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Salt	0.5g	2.0g

SUGAR WISE
 Certified low sugar

Vegan
 Registered with the Vegan Society

GB-121-006
CUK-G-111

- ✓ Yes
- ✓ This product has the Crossed Grain trademark which means it is certified as being gluten free
- ✓ Barley malt vinegar can be a confusing ingredient and next we'll address some common questions

Barley Malt Vinegar

How is barley malt vinegar made?

Barley malt vinegar is made using a process called fermentation, which breaks the gluten protein in barley into smaller fragments.

Is it safe for people with coeliac disease?

Foods that contain small amounts of barley malt vinegar can be eaten by people with coeliac disease if they contain 20 parts per million (ppm) of gluten or less. In addition, vinegar is usually only eaten in small amounts.

How can you tell if products that contain barley malt vinegar are suitable?

Products made with barley malt vinegar need to be labelled gluten free to show that they contain 20ppm or less of gluten

Frequently Asked Questions

Can people eat glucose syrups derived from cereals containing gluten?

Yes, these ingredients are gluten free and suitable

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

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

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

No, gluten is only a problem if eaten



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

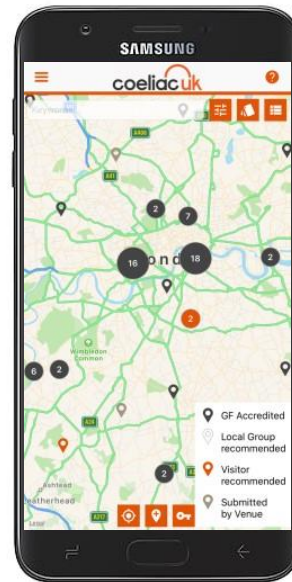
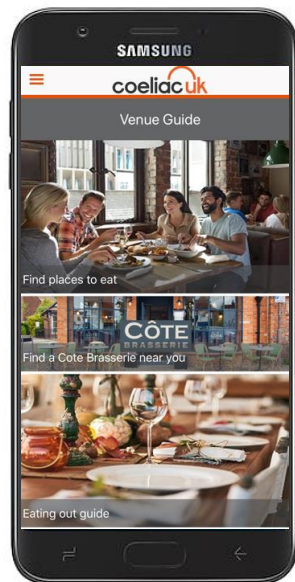


Eating out

- 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 6,000 venues across the UK
- Read ratings and reviews from our gluten free community
- Available online and via the Gluten Free on the Move app
- Coeliac GF accredited, Local Group recommended and Visitor recommended
- Look out for Coeliac UK's GF symbol which tells you that the caterer meets the gluten free standard



Venue Guide

[Suggest a Venue](#) [User Guide](#)

YOUR LOCATION: HOME > GLUTEN FREE DIET AND LIFESTYLE > VENUE GUIDE

Welcome to our Venue Guide. Here you'll be able to find recommended venues by our community to help you find suitable places to eat whatever the occasion. We also list all of our GF accredited venues and tried and tested venue recommendations received via our Local Groups.

To find a venue, use the search options on the left hand side or navigate using the map view below. Don't forget to share your experiences when visiting these venues by rating them and leaving a review.

Find a Venue

Keyword
eg pizza

Location
eg postcode/town

[Search](#)

Filter by

Show Me: -


- ☐ GF accredited by Coeliac UK
- ☐ Local group recommendation
- ☐ Visitor recommendation
- ☐ Independent venues
- ☐ Submitted by venue

Venue type +


Food type +

Additional features +


[Refine Results](#)



Eating out guide



Eat out with confidence in Cardiff



Find a Browns restaurant near you

6795 Venues in this Guide [Map View](#)

Reviews

[Rate us](#)



Eaten here twice now, food is amazing and the staff are really hot on GF. Most of the menu is in fact suitable and gluten containing products are made in a separate area. Being very sensitive no side effects except eating too much of the quality food. OUTSTANDING

Rated on: 03/02/2022

Travelling

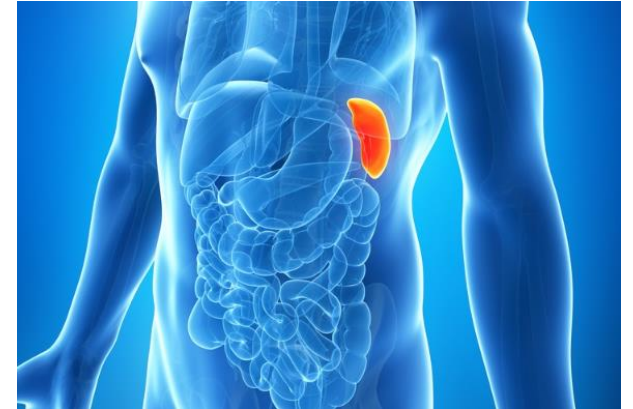
- Over 50 Country Guides with translations
www.coeliac.org.uk/travel
 - Pre-packaged foods in EU are covered by same food labelling laws as the UK
- Plan ahead
 - Discuss gluten free catering before booking
 - Ask in advance about gluten free airplane/Eurostar meals. Not all airlines offer gluten free meals.
 - Take emergency snacks
- Taking food abroad
 - Check guidance before travelling
 - 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
 - Annual flu vaccination
 - Meningococcal A,C,W,Y should be given to anyone born between 1995 and 2014
- Visit coeliac.org.uk/vaccinations for more information



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 March 2023 when it is due for review.**
 - See www.coeliac.org.uk/usefuldownloads for the latest version