

Gluten Free Diets

Patient Information

Gluten is a protein found in some foods, particularly some grains. A gluten free diet is the treatment for coeliac disease. Some people without coeliac disease find a gluten free diet is useful for other symptoms.



Where is Gluten found?

Gluten is a protein found in the cereals **wheat, rye and barley**. Some children react to a similar protein found in oats so initially **Oats** are avoided initially in the diet. Also ordinary Oats are usually contaminated by wheat flour.

Sources of Gluten

The most obvious sources of gluten in the diet are bread, pasta, breakfast cereals, flour, pizza bases, cakes and biscuits. Gluten can also be found in foods such as soups, sauces, stock cubes, instant gravy, ready meals and processed foods such as sausages.

Ingredient Labels

All pre-packaged foods in the UK are covered by a law on allergen labelling, which means that you can tell from an ingredients list whether a product contains gluten. Manufacturers will name the specific grain used as a food ingredient. The following therefore need to be avoided: **wheat, rye, barley, oats, spelt, kamut** or any grain which has been made through breeding these together (Spelt and Kamut are ancient forms of Wheat).

Foods allowed on a Gluten free diet	Foods to check ingredient labels	Foods to avoid on a Gluten free diet
Bread, Cakes and biscuits		
Specially manufactured wheat free breads and bread mixes labelled wheat free. Cakes and biscuits made from gluten-free flours.	Marzipan, cake decorations, meringues, macaroons.	Normal bread, rolls, pizza, chapattis, pitta bread, ciabatta, naan bread, tortillas, croissants, muffins, scones, pancakes, crumpets, croutons.
Pasta		
Specially manufactured wheat free pasta e.g. corn pasta, rice pasta.	Rice noodles	Pasta, including lasagne, and other pasta shapes, fresh dried or canned. Noodles.

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Flours		
Corn flour, rice, cornmeal, polenta, arrowroot, sago, tapioca, chickpea, buckwheat and soya flours.	Bicarbonate of soda, baking powder.	Wheat, wheat germ, wholemeal, plain flour, couscous, modified starch, semolina, spelt flour, rusk, bulgar wheat, Triticale.
Breakfast cereals		
Gluten free Rice Krispies, or specially manufactured gluten free breakfast cereals	Cornflakes, Rice Krispies, Pure Oats (not when newly diagnosed Coeliac)	Weetabix ,Shredded Wheat, Oatibix, Puffed wheat
Meat and Poultry		
Fresh/frozen meat and poultry,	Pâté, burgers, sausages and processed meats e.g. salami, ham. Canned meat products, Quorn, textured vegetable protein (TVP), tofu. smoked or cured meats if have coating	Meat, poultry and game cooked in batter or breadcrumbs. Breaded ham, faggots, rissoles, haggis. Meat pies
Fish		
Most fresh and frozen fish and seafood.	Fish in sauces (if made with flour). Fish pastes and pates.	Fish in batter or breadcrumbs e.g. fishcakes and fish fingers.
Pulses, nuts and seeds		
All pulses, plain nuts, seeds and roasted nuts. Crisps/Snacks Plain potato crisps. Homemade popcorn. Quinoa.	Dry roasted nuts. Flavoured crisps. Flavoured nuts. Corn and maize based snacks e.g. Wotsits, Doritos. Rice cakes,	Pretzels Wheat snacks e.g. wheat crunchies.
Fruit and Vegetables		
All fresh, frozen, canned, stewed and dried fruit, fruit juice, and vegetables.	Vegetables in sauce, baked beans. Ready prepared salads in dressing. Fruit pie fillings and sauces. Instant mashed potato, oven, microwave frozen chips.	Fruit in batter or breadcrumbs, Chips coated with flour, potato croquettes, waffles other potato products. Vegetarian sausages and burgers.
Milk, Milk Products and Eggs		
Milk – fresh, dried, UHT, condensed and evaporated milk. Fresh and soured cream, buttermilk, crème fraiche. Plain cottage cheese. Eggs.	Fromage frais .Yoghurts. Ice cream. Artificial cream. Coffee and tea whiteners. Ready grated cheese, cheese spread and flavoured cheese, coated cheese, processed cheese.	Yoghurts and fromage frais containing cereals e.g. muesli. Cheese covered in breadcrumbs. Scotch eggs, quiches.
Puddings		
Jelly Milk pudding made with wheat free ingredients i.e. homemade rice pudding, tapioca, sago.	Ice cream, mousses. Custard powders and instant desserts, manufactured milk puddings, crème caramel.	Semolina. Trifles, sponge and suet puddings, pastry and crumbles, cakes

Foods allowed on a Gluten free diet	Foods to check ingredient labels	Foods to avoid on a Gluten free diet
Soups, sauces pickles and seasonings		
Soups, sauces and gravy made with wheat free ingredients. Salt, pepper, herbs and spices. Vinegars, Tomato puree, Pickled vegetables.	Canned and packet soups. Packet sauces and mixes. Ketchup and other bottled sauces. Gravy granules, stock cubes. Soy sauce, mustard, curry powder. Mayonnaise and salad cream, dressings. Pickles and chutney, mustard.	Stuffing mixes. Shoyu (Chinese soy sauce).
Preserves and Spreads		
Sugar, jam, marmalade, golden syrup, and honey. Marmite	Lemon curd Chocolate spread	Mincemeat containing suet.
Fats and oils		
Butter, margarine, lard, ghee, vegetable oils, olive oil.	Reduced and low fat spreads. Suet.	
Confectionary		
Boiled sweets, Plain fruit juice ice lollies. Sesame snaps	Chocolate, toffees, Chocolate bars, Ice lollies and Liquorice	Seaside rock .Chocolate Bars, containing biscuit e.g. Kit Kat.
Beverages		
Freshly ground coffee, Tea, fruit juice, squash, milk, cocoa, clear fizzy drinks	Milkshakes, Sport and health drinks, barley waters, Ovaltine. Vending machine hot drinks. Instant coffee mixes.	

Further Information

Further information about gluten free diets and coeliac disease can be found at: www.coeliac.org.uk Helpline 0845 305 2060

NHS choices www.nhs.uk/conditions/coeliac-disease