



GLUTEN FREE

GUIDELINES

Gluten is a type of protein found in wheat, barley, rye, spelt, triticale, kamut and cous cous and all products made from them.

The most obvious sources of gluten include normal bread, biscuits, cakes, pastry, pizza, pasta, batter and breadcrumbs.

Beer also contains gluten (although gluten free beers are now available). Ingredients within packaged foods can also come from a gluten source. It is essential that you check all food labels.

COELIAC DISEASE

Coeliac disease is an autoimmune disease that causes the immune system to react abnormally to gluten.

If you have Coeliac disease, eating or drinking anything containing gluten causes damage to the lining of the small bowel and can cause a variety of symptoms. A gluten-free diet is essential for those with Coeliac disease as it allows bowel healing and symptom improvement.

GLUTEN SENSITIVITY

People who are gluten sensitive find that they feel better when they don't eat gluten containing foods.

People with irritable bowel syndrome (IBS) often feel that gluten is to blame for their symptoms, however research suggests that it is in fact the carbohydrate component Fructan, found in wheat, rye and barley that is more likely to be the culprit. Fructan is part of a group of foods known as FODMAPs.

International
Coeliac
Organisations

UK: <https://www.coeliac.org.uk/home/>
US: <https://celiac.org/>
Canada: <https://www.celiac.ca/>
Australia: <http://www.coeliac.org.au>
New Zealand: <https://coeliac.org.nz/>
South Africa: <https://casa.org.za/>



GLUTEN FREE

FOODS SAFE TO EAT

- Naturally gluten free foods. Fresh fruit and vegetables, nuts and legumes, fresh meats, eggs, milk, fats and oils and gluten free grains e.g. rice and corn.
- Products labelled 'gluten free'. You can be confident that products displaying the 'gluten free' label are safe.
- Products that use the 'Crossed grain logo' are usually endorsed by the Coeliac society
- Products that are gluten free by ingredient. If any ingredient in a product is derived from wheat, rye, barley or oats, then this must be declared

FOODS TO AVOID

GRAINS AND LEGUMES

Wheat including durum, rye, barley, oats*, bulgar, cous cous, semolina, triticale

Flour including wheat flour, wholemeal flour, bakers flour, semolina, barley and rye. Note that these may also be in battered and crumbed foods)

Baked beans unless marked gluten free

*refer to section below regarding oats gluten free status

ALTERNATIVES

GRAINS AND LEGUMES

Amaranth
Basmati rice
Brown rice
Wild rice
Quinoa
Buckwheat
Chickpeas
Lentils,
Beans
Millet
Peas
Corn
Arrowroot
Potato

Any flour made from the above sources

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overwhelmed?

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GLUTEN FREE

FOODS SAFE TO EAT

WHAT'S THE DEAL WITH OATS?

In Europe and the USA oats are considered gluten free, however in Australia and New Zealand they are not and products cannot be labelled gluten free if they contain oats.

So, why is there a difference in recommendations between countries?

The current tests for gluten in food can measure the gluten in wheat (gliadin), barley (hordein), and rye (secalin) but not oats (avenin), as it is a slightly different protein. Therefore, the Australian and New Zealand Food Standards Code prohibits the use of a 'gluten free' claim on oat-containing products.

If you are Coeliac I would advise avoiding oats.

FOODS TO AVOID

PASTA AND NOODLES

- Durum wheat pasta
- Egg noodles
- Hokkein noodles
- Barley pasta
- Spelt pasta

BREADS AND CEREALS

- Wheat breads including wholegrain, white bread, rye bread, oat bread, barley bread, pumpernickel bread.
- Cereals containing sugar
- Breakfast bars
- Burritos

ALTERNATIVES

PASTA AND NOODLES

- Buckwheat noodles
- Rice noodles
- Pasta made from vegetables, corn, spinach or quinoa

BREADS AND CEREALS

- Gluten free breads made with buckwheat, corn, rice or chickpea flour
- Gluten free museli
- Brown rice flakes, quinoa flakes, millet flakes, organic cornflakes, puffed corn, puffed rice, puffed kamut, puffed quinoa

Need help
planning your
gluten free diet?

FREE GLUTEN FREE MEAL PLAN

[HTTPS://WWW.GRACEHAMILTONNATURALHEALTH.COM/RESOURCES](https://www.gracehamiltonnaturalhealth.com/resources)



GLUTEN FREE

FOODS SAFE TO EAT

MAKE YOUR OWN GF FLOUR

Gluten-free plain flour:

- 6 cups rice flour
- 2 cups potato starch
- 1 cup gluten-free cornflour.

Gluten-free self-raising flour: add gluten-free baking powder to the above mix.

Gluten Free shortcrust pastry:

- 280g (10oz) plain gluten free flour
- 1 tsp xanthan gum
- 140g (5oz) unsalted butter
- 1 large egg or egg replacement
- 2-3 tbsp water
- 0.5 tsp salt (for savoury) OR 1 tbsp caster sugar (for sweet)

FOODS TO AVOID

CRACKERS

Wheat crackers
Bran crackers
Ryvita
Oatcakes

CONDIMENTS

Gravy mixes, seasonings and rubs
Hydrolyzed vegetable protein
Malt
Malt vinegar
Modified Starch
Mustard Pickles
Soy sauce
Texturized vegetable protein
Vegemite

ALTERNATIVES

CRACKERS

Rice cakes
Corn cakes
Any cracker marked gluten free

CONDIMENTS

Boullion stock powder
Sesame salt
Tamari (check the label)
Mustard seeds
Fresh or dried herbs and spices
Apple cider vinegar

Need some
recipes?

GRAB A FREE GLUTEN FREE RECIPE BOOK

[HTTPS://WWW.GRACEHILTONNATURALHEALTH.COM/RESOURCES](https://www.gracehiltonnaturalhealth.com/resources)



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FOODS SAFE TO EAT

AVOID CONTAMINATION

- Clean out your toaster regularly (including the crumb tray) or use a separate toaster or toaster bags for gluten free bread.
- Thoroughly clean all kitchen utensils, chopping boards and appliances that have been used for gluten-containing foods.
- Have separate condiments for gluten free foods if they are to be used for dipping
- Use a clean pot with clean water to cook gluten-free pasta, and strain it with a clean strainer.
- Use clean oil when deep frying.
- Wash your hands after handling gluten-containing food

FOODS TO AVOID

SNACKS AND DESSERTS

Cakes
Chocolate
Commercial biscuits, cookies, cakes, scones
Pastries
Flavoured or frozen yogurts
Fried foods
Fruit juices
Ice cream
Liquorice
Flavoured potato crisps
Processed cheeses and creams
Lollies
Soft Drinks

ALTERNATIVES

SNACKS AND DESSERTS

Fruit
Nuts
Dried fruits
Plain potato crisps
Plain yogurt
Real cheeses
Premade cakes, biscuits and desserts marked 'gluten free'
Fresh squeezed juices

Work with me to
improve your
health

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