

THE GLUTEN FREE DIET

Gluten is a protein found in:

- Wheat
- Rye
- Barley
- Triticale(a cross between wheat & rye)
- Oats

A gluten free diet omits all products made with these cereals. Other varieties of wheat: kumat, spelt (dinkel or german wheat), bulgar (burghul), durum, couscous etc. must also be excluded.

There are many obvious foods that contain gluten such as breads, cakes, cereals etc. but there are also a whole range of foods that are not obvious sources of gluten, such as sausages, processed meats, soups, stock cubes, sauces, malt etc. However do not be discouraged as there are also a lot of products that are gluten free – either naturally gluten free, substitute products or also commercial products.

SHOPPING FOR THE GLUTEN FREE DIET

The first and most important point when shopping for gluten free food is to become a “LABEL READER”, if you have any doubt about the ingredients printed on the labels don't buy the product.

Food labels are required to state:

- The common name of the product
- The name and address of the manufacturer, packer, importer or vendor
- The ingredients listed in descending order of their relative proportion by weight

SAFE FOODS	FOODS TO AVOID
HERBS, SPICES & CONDIMENTS	
Pepper, salt, herbs, spices, curry powder, mustard powder (check these for an anti-caking agent which may contain gluten). Tomato sauce.	All commercial sauces, pickles, relishes, chutneys, compound mustard, prepared mustard, mustard paste*. Soya sauce*, tomato puree*.
BEVERAGES	
Water, mineral water – plain & flavoured, still or carbonated. Soft drink – sweetened or diet type, fruit & vegetable juice, cordials without barley, soda & tonic water, sports electrolyte type drinks, tea, herb tea, coffee (pure, instant & decaffeinated)	Barley drinks i.e. barley water, lemon barley. Caro & cereal tea, coffee substitutes. Drinking chocolate & similar flavourings for milk

Many manufacturers also provide a panel of nutritional information. Foods sold as **gluten free** will state on the nutrition panel “no detectable gluten”.

Many products are gluten free but make no claim to be so. You will have to scrutinise the ingredients list to determine whether they are suitable. Avoid any manufactured food which has no ingredients list. Avoid any product if the ingredients list contains any of the following:

- Wheat, rye, barley, triticale, oats
- Flour, all types unless a gluten free source is specified,
- Pasta, semolina,
- Farina or thickeners,
- Wheatstarch, starch or thickener (unspecified),
- Cereal, bread, biscuit, batter, crumbs,
- Cornflour (unspecified or wheat based)
- Malt

Be aware that there may be small traces of gluten in any of the following additives:

- Modified starch or thickening agent
- Additive numbers 1400-1450 (of wheat origin or unspecified)
- Malt flavouring and malt extract
- Maltodextrin (of wheat origin)
- Hydrolysed protein (of wheat origin)

WHEN IN DOUBT – LEAVE IT OUT

SAFE FOODS	FOODS TO AVOID
ALCOHOL	
Wine, cider, liqueurs, spirits, champagne, sherry, port, brandy, whisky, gin & vodka	Beer, ale, lager, porter, stout.
MISCELLANEOUS	
Sugar – white, brown, castor. Pure icing sugar, jelly, gelatine. Popcorn, plain potato crisps*. Plain corn chips & taco shells* Candy floss & fairy floss. Plain dark & milk chocolate (no fillings).	Icing sugar mixture. Vanilla & flavouring essences*. Flavoured crisps & packet snack foods*. Stock cubes & gravy mixes*. Sweets, lollies & filled chocolates & chocolate snack foods*.

SAFE FOODS	FOODS TO AVOID
Arrowroot, Maize (corn), polenta, maize cornflour, cornmeal, buckwheat & pure buckwheat flour, quinoa, sorghum, sago tapioca, rice (white & brown), wild rice, rice flour, ground rice, rice bran, glutinous rice. Pea, gram, lupin, potato, lentil & soya flours	All varieties of wheat including kumat, spelt (dinkel or german wheat), bulgar (burghul), durum, couscous. Wheat starch, wheaten cornflour, wheat & multigrain flour, wheat germ, wheatmeal, wheat bran, semolina, triticale, rye, barley, pearl barley, oats, oatmeal (there are several varieties of millet some of which appear to affect coeliacs)
CEREALS & FARINACEOUS PRODUCTS	
Plain non malted rice or maize (corn) breakfast cereal ie. Puffed rice or corn, cornflakes (not malted type), glutted free muesli, infant rice cereal. Gluten free pasta, rice noodles & vermicelli, taco shells made from pure maize flour.	Wheat based & mixed grain breakfast foods, muesli, oat porridge, infant cereal (except rice). Pasta, spaghetti, macaroni, noodles, lasagne, ravioli, etc. Gluten & gluten steaks
BREADS, BISCUITS, CAKES, PASTRIES ETC.	
Gluten free bread, biscuits, cakes & pastries. Gluten free bread, biscuits, cake & pastry mixes Rice bread* Rice cakes (plain) Rice crackers (plain)	All regular bread & rolls (including multi-grain), rye bread, wuppertaler, wuppabrot, pumpernickel breads, barley bread. Sour dough, commercial breads even if made from non gluten grains & flours if the sour dough itself contains a cereal, soya commercial breads containing wheat or gluten. Biscuits, cakes, slices, crispbreads, pastry, pizza bases, pancakes, waffles, doughnuts, oat cakes etc. Ice cream wafers & cones. Rusks
VEGETABLES	
All types of fresh, frozen & canned vegetables so long as no thickener is added. Potatoes, sweet potatoes, yams home prepared chips & oven chips. Fresh herbs. Pulses, legumes & lentils. Dried peas, split peas, gram peas. Soya, borlotti, cannelloni & garbanzo beans. Dried beans ie. kidney. Olives, gherkins, cocktail onions.	Commercial vegetables in a sauce ie. baked beans*. Hot chips & potato wedges coated with flour. Vegetable or potato salads*. Processed or canned varieties of legumes*. Peas pudding, mush peas containing thickener.

* = CHECK INGREDIENTS

SAFE FOODS	FOODS TO AVOID
FRUIT, SEEDS & NUTS	
All types of fresh, dried, canned, stewed & preserved fruits so long as no thickening is added. Nuts & seeds in shells, shelled or roasted provided only salt &/or oil is added.	Fruit mince & Christmas mince* Pie fillings & commercial thickened fruit products*. Dry roasted nuts.
DAIRY FOODS & EGGS	
Milk – fresh & long life, plain powdered, canned evaporated & condensed. Buttermilk, goats milk, infant formulae, soy beverages & infant formulae*. Cream – fresh & canned. Cheeses – plain, block, sliced & sticks. Processed cheeses*. Plain yoghurt & fruche. Plain ice-creams & confectionary*. Eggs – all types	Malted milks. Flavoured milks*. Artificial cream. Ice-cream & ice confectionary containing thickeners & cereal components, especially flavoured & gourmet types. Custard powders & ready made custards*. Fruit flavoured yoghurt & fruche in which the fruit component contains a thickener*. Non dairy whiteners & creamers*. Cheese mixtures, pastes, spreads*. Cheese dips & gourmet or fruit cheeses*.
MEAT, FISH & POULTRY	
Fresh, smoked, corned, pickled & salted. Canned without sauce or cereal. Ham on the bone.	Sausages, burger, rissoles*. Crumbed or battered. Frozen dinners. Processed meats & poultry*. Imitation seafoods. Haggis.
SOUPS	
Clear soups & soups thickened with allowed flours*	Soups containing thickeners, cereals or grains ie. barley, noodles, macaroni. Commercial soups.
FATS & OILS	
Oils – vegetable & seed Cream & butter. Margarine both poly & mono unsaturated types	None except wheat germ oil
SALAD DRESSINGS	
Pure cider vinegar. White vinegar*.	Malt vinegar. Salad dressings & mayonnaises*.
JAMS & SPREADS	
All jams, marmalade, honey, golden syrup, treacle, maple syrup, molasses. Peanut butter*.	Vegemite, Marmite & Promite. Meat & fish pastes*.

* = CHECK INGREDIENTS