



OATS

Oats do not contain gluten. They contain a similar protein to gluten called avenin which some people with coeliac disease are unable to tolerate. They can also sometimes be contaminated by gluten.

The benefits of oats in the gluten free diet

Oats are a good source of soluble fibre which helps to keep a healthy gut. They can also help to lower cholesterol and can keep blood sugar levels stable. Oats can also add variety to your gluten free diet.

What's the issue with oats?

Oats can sometimes be contaminated with gluten from wheat, barley and rye.

This is because they are often grown or milled in the same environment. Oats and oat products that are NOT labelled as gluten free should always be avoided.

What about oats that are labelled as gluten free?

Many specialist manufacturers produce gluten free oats. These are oats that are grown and milled in a dedicated environment where there is no risk of contamination with gluten from wheat, barley and rye. They are then tested to make sure they contain 20 parts per million or less of gluten and comply with the law on gluten free labelling.

Gluten free oats may be introduced to the diet at **any stage**. However, a small percentage of people with coeliac disease are sensitive to the gluten like protein, **avenin**, found in oats.



diarrhoea, constipation and mouth ulcers. Increase the amount of oats you eat gradually and make sure you drink plenty of fluids at the same time.

- If you are someone whose coeliac disease does not cause symptoms, you should make sure you receive follow up by your healthcare team.
- If you have ongoing symptoms you should refer to your healthcare team for advice.

Should I avoid oats?

Gluten free oats may be introduced to the diet at diagnosis. However, a small percentage of people with coeliac disease are sensitive to the gluten like protein, avenin, found in oats. If you have ongoing symptoms whilst including gluten free oats on your diet, please review their use with your healthcare professional.

What should I do if I want to try gluten free oats?

If your healthcare professional is happy for you to try oats, then make sure you choose oats and oat products that are labelled gluten free.

Where can I find uncontaminated gluten free oats?

- Gluten free oats and oat products that are free from contamination with gluten, are listed in our Food and Drink Guide under the Oats chapter.
- Gluten free oats are often found in the free from section at your local supermarket, in health food shops or they can be ordered on the internet.

How do I know if I'm one of those people who are sensitive to avenin?

- The only way to know is by trying gluten free oats. Introduce them gradually and look out for any symptoms that may start, such as wind, bloating,

Visit www.coeliac.org.uk or call us on **0333 332 2033** for more information.

Whether you're eating out on the move, in restaurants, or shopping for gluten free food for you and your family, look out for our trusted symbols which mean we're working for you to make things better.



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