

YOUR GLUTEN FREE LIFE

coeliac uk
live well **gluten free**





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MANAGING YOUR GLUTEN FREE LIFE

Welcome to Coeliac UK. Our community gives you access to over 50 years of trustworthy, proven expertise on every aspect of living gluten free because we know what it takes to live gluten free every day.

Changing to a gluten free diet can feel daunting at first but with our help you will soon get your life back on track and be on the way to a happier and healthier you.

You have access to the following services to give you confidence to shop, cook, eat out and live well:

- Your own copy of our Food and Drink Guide, plus online updates and food alerts
- Our Live Well Gluten Free app to help make shopping and eating out easier.
- An extensive recipe database on our website.
- Events, meet ups and peer support from our experienced community.

We also keep you up to date with the latest products and offers, and how you can support our campaigning and research efforts.

With your own personalised online account on our website and other useful information at your fingertips, we can help you get the most out of being part of our community. The rest of this booklet will help get you started on managing your gluten free life.





THE GLUTEN FREE DIET

Living gluten free means changing the way you shop, cook and eat out. We will guide you through the changes you need to make and our resources will help you live gluten free day to day.

What is gluten?

Gluten is a protein in the grains wheat, barley and rye. For people with coeliac disease most are able to have gluten free oats, however some people may be sensitive to avenin, the protein in oats – see our [Managing coeliac disease fact sheet](#) for more information or visit www.coeliac.org.uk/oats.

Gluten is commonly found in foods such as bread, biscuits, pasta and cakes but it is also in foods that you may not expect, such as some sauces, ready meals and sausages. Our [Gluten Free Checklist](#), included in your welcome pack and available on our website, is a guide to the

types of foods that can be eaten, those that can't and those that need to be checked.

So, what can I eat?

There are many foods that by their nature do not contain gluten such as meat, poultry, fish, cheese, milk, fruit, potatoes, vegetables, pulses, rice and corn. Gluten free 'substitute' foods including bread and pasta are also available:

- in the Free From range in supermarkets
- from health food shops
- by mail order via the internet
- on prescription in Wales, Scotland and Northern Ireland for people diagnosed with coeliac disease. For more information on recent changes to prescription policy in England visit www.coeliac.org.uk/prescriptions

SHOPPING

Shopping for gluten free food is made easy with Coeliac UK's **Food Information Service** which gives you reliable, independent and timely information to live well gluten free.

The online Food and Drink Information, available both on our website and via our Live Well Gluten Free app, is updated in real time to give you the most up to date information at your fingertips and makes shopping easier. What's more, our app offers a handy barcode scanner so you can simply scan the item to see if it's suitable for a gluten free diet and any other dietary preference you may have.

We also have a printed Food and Drink Guide that is published every January and is sent to all members (unless you opt out of receiving one or have our Digital only package).

You will need to make sure you keep your printed Guide up to date as products can change and new ones are added each month. Monthly updates are available on our website at www.coeliac.org.uk/food-updates and in our monthly email newsletter.



Reading labels

If you see any of the following on a food label you know that the food can be included in a gluten free diet:

- gluten free
- suitable for coeliacs
- our Crossed Grain Trademark

Gluten free

Only foods that contain 20 parts per million (ppm) or less of gluten can be labelled gluten free. Foods labelled with this term can be eaten by everyone with coeliac disease.

Suitable for coeliacs

This term can only be used when a food is labelled gluten free and contains 20 ppm or less of gluten.

Crossed Grain symbol

The Trademark can only be used on food that is gluten free. It is a quick and easy way to help you identify suitable food and drink and is used on a wide variety of gluten free brands.

The Food and Drink Guide lists all products that are licensed with our Crossed Grain Trademark. New companies are licensed regularly, so don't forget to check the online updates for any additions for your paper copy.



The Crossed Grain Trademark is licensed by Coeliac UK and can only be used on food and drink that is gluten free. It's a quick and easy reference for you to find food and drink that is suitable for you.

CHECKING INGREDIENTS

Look out for the words wheat, barley, rye or oats in the ingredients list. If they have been used as an ingredient, they must be listed.

Using the ingredients list

Cereals containing gluten are allergens and so must, by law, always be listed in the ingredients list of a prepackaged product. If there is no mention of any grains that contain gluten, such as wheat, barley, rye or oats in the ingredients list, then this means that gluten has not been used.

All ingredients used in a food have to be listed in the ingredients list by law regardless of the amount used. Ingredients are listed in order of weight starting with the biggest ingredient first. Legislation that applies to manufactured foods means that allergens have to be emphasised in the ingredients list, for example, by using bold lettering.

When checking lists of ingredients it's important to know which ingredients are suitable for a gluten free diet and which contain gluten. A comprehensive ingredients checklist

can be found in your Food and Drink Guide and your Gluten free Checklist.

May contain statements

The Food Standards Agency provides voluntary guidance to manufacturers on when to label a product with a 'may contain' statement, such as:

- may contain traces of gluten
- made on a line handling wheat
- made in a factory also handling wheat.

When you see one of these statements on a product, the manufacturer has decided that there is a risk that the product could be contaminated with gluten.

Read more about food labelling and view our labelling video on our website at www.coeliac.org.uk/labels.



COOKING

Most everyday meals and snacks can be prepared with gluten free ingredients and Coeliac UK's Home of gluten free recipes at

www.coeliac.org.uk/recipes has over 1,200 delicious gluten free recipes for all occasions plus lots of hints, tips and information about cooking and baking gluten free.

Simple suggestions to get you started

Use a variety of foods that by their nature don't contain gluten and plan meals around them, including:

- fresh, frozen, canned or juiced fruit and vegetables
- dried or canned pulses
- dairy products
- rice or potatoes (any type)
- meat, poultry, fish, eggs.

Ingredients that contain gluten can usually be exchanged for gluten free alternatives. Use your Food and Drink Information to find suitable options.

Use gluten free flours including:

- rice
- corn (maize)
- tapioca (cassava)
- chickpea (besan, channa, gram flour)
- buckwheat
- potato
- soya
- millet
- gluten free flour mixes.

Since the baking qualities of gluten free flours are different from wheat flour, there may be a period of trial and error - don't worry you will get it right.

Tip

You can use Xanthan gum in baking. This helps gluten free flours to behave more like wheat flour. You can find this in some supermarkets.

Our Home Economist has developed a delicious range of gluten free recipes. Find them online at www.coeliac.org.uk/recipes

CROSS CONTAMINATION

Maintaining a strict gluten free diet means you have to make sure you don't contaminate gluten free food with any crumbs of food that contain gluten. Be careful to avoid cross contamination by:

- washing down surfaces before preparing food
- using separate toasters or toaster bags for gluten free bread
- cooking gluten free foods and foods that contain gluten in separate pans and with separate utensils or washing thoroughly before using.





EATING OUT

We want you to be able to enjoy eating out gluten free. Follow these tips for a more relaxed experience.

Ask to see allergen information

The **Food Information for Consumers Regulation** means caterers have to provide you with information on any allergens in all the dishes they serve. This means that if a recipe uses cereals containing gluten in the ingredients, they have to tell you

Caterers can provide allergen information in written formats or verbally. Where the information is not provided written and upfront, there must be clear signposting to where the information can be found.

Businesses choosing to provide

information orally must ensure there is a written notice, menu, ticket or label that is clearly visible, at the point that you choose your food, to indicate that allergen information is available from a member of staff.

Check ahead when booking a venue

Although caterers have to provide allergen information for dishes they serve, they don't have to offer a gluten free meal so it is best to call ahead or check their website to see if they offer gluten free options. If you speak to restaurant staff, explain why you need a gluten free diet to ensure you don't receive food that contains gluten.

Planning overnight breaks

Before booking, ring the venue to

check that they can provide gluten free food and explain your condition.

You may need to take your own bread and cereal. If you want your bread toasted, ensure they can use a clean grill or a toaster bag as the toaster will also be used for breads that contain gluten.

Taking your own supplies such as gluten free bread and crackers means you will not go hungry if the venue's choice is limited.

We are working to make things easier for you

We provide training to food venues to adhere to our Gluten free Standard, which ensures that gluten free food is prepared and delivered safely. Venues that meet this standard are awarded GF accreditation and can carry our GF symbol.

Visit www.coeliac.org.uk/gfvenues for the latest venues we have accredited.

Our Venue Guide has thousands of community recommended venues and places we have accredited where you can stay, eat out or take away food that is right for your diet.

You can access this online at:
www.coeliac.org.uk/venueguide

Tip

Don't forget to download our Live Well Gluten Free app for when you're out and about!

When you see the **Coeliac UK GF logo** you know that the restaurant is adhering to the Gluten free Standard.

The Standard covers all aspects of gluten free preparation as well as ensuring training is in place. Find out more at: www.coeliac.org.uk/eatingout



Look out for the GF accredited by Coeliac UK logo in eateries and on menus



BALANCED EATING

It is important to eat a healthy, balanced diet to provide all the energy and nutrients your body needs. This will help to maintain health and wellbeing throughout life and help reduce the risk of other diseases.

Healthy eating for adults

After starting a gluten free diet, you may find that you put on weight because the lining of the gut heals and absorption of nutrients from food starts to improve. Your appetite may also increase because you are feeling better.

Eating a balanced diet and maintaining a healthy weight helps reduce the risk of diseases such as heart disease and Type 2 diabetes. Healthy eating recommendations on a gluten free diet are no different to those for people without the condition. It is important

that you eat a calcium rich diet to maintain healthy bones and reduce the risk of osteoporosis.

Finding inspiration for gluten free food can sometimes be a challenge. Our [Home of Gluten Free Recipes](#) can help you. Simply log on to our website and search a range of delicious dishes and varied cuisines. Visit www.coeliac.org.uk/recipes where you can also try our seven day meal plan to get you started.

Nine simple steps towards a healthy gluten free diet:

- **eat regular meals based on starchy carbohydrates** such as rice, potatoes, yams, millet, quinoa and teff, and gluten free breads, breakfast cereals, oats and pastas. Try to choose higher fibre and wholegrain options when you can
- **aim to eat at least five portions of fruit and vegetables a day.** Include a variety as they all contain different nutrients and can have different benefits



- **cut down on foods that are high in fat, particularly saturated fat** which is found in animal products including butter, fatty cuts of meat and full fat dairy foods
- **limit your intake of sugary foods and drinks.** Sugar is a main ingredient in sweets, cakes, sweet biscuits and some soft drinks
- **eat plenty of fibre.** Sources include brown rice, high fibre/multigrain gluten free breads, pulses, nuts and seeds, fruit and vegetables, and potatoes in their skins
- **cut down on salt.** Use less in cooking and read the label of ready made foods to help you choose lower salt versions
- **avoid drinking too much alcohol.** Men and women are advised not to regularly drink more than 14 units per week

For more information about units of alcohol visit www.drinkaware.co.uk

- **make sure you get enough vitamin D.** 10 micrograms per day is the recommended amount, but a supplement may be necessary in the winter months
- **aim to eat at least two portions of fish a week.** Try to include one portion of oily fish such as salmon, mackerel, sardines or fresh tuna. The other portion can be white fish such as cod, haddock or pollock

For more information about sticking to a healthy gluten free diet visit www.coeliac.org.uk/keepinghealthy or call **0333 332 2033** to speak to one of our Helpline dietitians.

Tip

Most of the products listed on our Live Well Gluten Free app show ingredients and nutritional information to help you choose suitable foods.



HEALTHY EATING FOR CHILDREN

A child's diet is not simply about being gluten free. Childhood is an important time for growth and development and children need a good supply of energy, protein and other nutrients including calcium, iron and vitamins A and D.

Calcium intake is particularly important because it is needed for strong bones and healthy teeth.

Iron is essential for growth and development. Good sources are red meat, green leafy vegetables, pulses (beans, peas, lentils), fortified breakfast cereals and dried fruit. Iron is absorbed better from animal sources.

Children's nutritional requirements vary according to their age. For specific advice speak to your dietitian.

Seven simple steps towards a healthy gluten free diet for children:

- **base your child's meals on starchy carbohydrates** such as rice, potatoes, yams, millet, quinoa and teff, and gluten free breads, breakfast cereals, oats and pastas
- **encourage your child to try lots of different types of fruits and vegetables** and aim for at least five portions a day

- **include plenty of milk and dairy foods** such as cheese, yoghurt and fromage frais as these are a good source of calcium and protein. Provide full fat dairy foods for the under fives, but lower fat versions can be provided for older children
- **aim to give your child one to two portions of meat and fish, or two to three portions of eggs, nuts and pulses, a day.** These foods provide protein and iron. Whole nuts shouldn't be given to under fives due to the choking risk – try other proteins like tofu instead
- **limit the amount of sugary foods and drinks** to encourage healthy eating from a young age
- **there is no need to add salt to your child's food.** If you are buying ready made foods always read the label to check how much salt it contains and choose lower salt versions
- **make sure that your child gets enough vitamin D.** Infants should have 8.5-10 micrograms per day, whilst children between one and four should have a daily 10 micrograms supplement. Children aged four and over should get 10 micrograms per day, through diet or supplements in the winter months

MORE INFORMATION

Our information leaflets are designed to help you manage your gluten free diet at all stages of your life, while providing additional information about your diet and health.

Please visit our website for a full list and to download your copies. A selection of the leaflets we provide includes:

- Managing coeliac disease
- Supporting a child with coeliac disease
- Dermatitis herpetiformis
- Osteoporosis
- Lactose intolerance
- Coeliac disease and Type 1 diabetes
- Coeliac disease and Type 2 diabetes

We also have a range of services on our website to help support your gluten free lifestyle. Log on to the website and take a look at the:

- Food and Drink Information
- Home of gluten free recipes
- Venue guide
- Travel Information for over 50 countries
- Community networks with people just like you
- Online account, which you can personalise



Don't forget our app **Live Well Gluten Free** is part of your membership at no extra cost to you. Download today from the **Apple or Google Play** store to double check food and drink products or find venues to enjoy while out and about.

Members receive 20% off our expert dietician led online workshops. Find out more at www.coeliac.org.uk/workshops

KEEP IN TOUGH

Call us: 0333 332 2033

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Registered Charity Number in England and Wales 1048167.
Registered Charity Number in Scotland SC039804.

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