

Press release: 20 February 2017

## **MAKE IT GLUTEN FREE THIS SHROVE TUESDAY**

Coeliac UK, an independent charity and the expert on coeliac disease and the gluten free diet is sharing tried and tested gluten free pancake recipes which everyone can enjoy this coming pancake day, 28 February 2017.

The recipes can be found on the charity's recently launched [Home of Gluten Free Recipes](#) which includes over 800 recipes for all occasions.

There are pancake recipes using alternative flours such as [buckwheat](#) or [chickpea](#) for delicious savoury pancakes or for something sweet, check out [lemon syrup pancakes](#). All use gluten free flour so perfect if you have coeliac disease and have to keep to a strict gluten free diet for life, or if you are choosing a gluten free diet.

For more information on coeliac disease and how to live well, gluten free go to [www.coeliac.org.uk](http://www.coeliac.org.uk).

**Save the date:** 8 - 14 May 2017 the Gluten Freevolution is coming!

Coeliac UK's campaign for increased understanding and better availability of safe gluten free food when eating away from home is coming this May.

The 'Gluten Freevolution' will highlight the growing demand across the country for improved choice and availability when eating out gluten free and to encourage both private and public sector catering establishments to provide great gluten free food that is safe from cross contamination.

The campaign aims to encourage all caterers to offer gluten free menu options to remove the daily frustrations experienced by so many when eating out. It will be focusing on increasing the skills and knowledge of both front and back of house staff when dealing with gluten free dishes as well as looking at the gaps in cuisine and venues so that that one day, whether you are eating gluten free at school, in hospital, on an aeroplane, having a meal with friends or grabbing a snack for lunch, no one's life will be limited by gluten.

Further details Coeliac UK's Gluten Freevolution will be available shortly and there are a range of opportunities for people to get involved.

Ends



### Notes to editor

- Coeliac disease is a serious illness where the body's immune system reacts to gluten found in food, making the body attack itself.
- The only treatment is a lifelong, strict gluten-free diet. If someone with coeliac disease doesn't stick to a gluten-free diet, the disease can lead to other conditions such as malnutrition, osteoporosis and small bowel cancer
- 1 in 100 people in the UK has coeliac disease
- Average time to diagnosis is 13 years - you cannot be tested for coeliac disease if you have already removed gluten from your diet see [www.isitcoeliacdisease.org.uk](http://www.isitcoeliacdisease.org.uk)
- 1 in 4 people diagnosed with coeliac disease had previously been diagnosed with IBS.
- Gluten is a protein found in wheat (including spelt), rye and barley. Some people are also sensitive to oats. Sources of gluten include breads, pastas, flours, cereals, cakes and biscuits. It is often used as an ingredient in many favourite foods such as fish fingers, sausages, gravies and soy sauce.
- 90% of those on a gluten free diet eat out at least once a month.
- It is estimated that there are now over 1.3 million Britons or 3% of British adults following a gluten free diet.
- According to Mintel\*, the UK free from market is valued at £470 million and forecast to grow by over 40% to £673 million by 2020. The gluten free market is now worth an estimated £247 million.
- Businesses and services that would like to get involved with the Gluten Freevolution information can be found at [www.coeliac.org.uk/glutenfreevolution](http://www.coeliac.org.uk/glutenfreevolution)
- Coeliac UK has a Helpline on 0333 332 2033 and further information can be found at [www.coeliac.org.uk](http://www.coeliac.org.uk)

\* Mintel, Free-from Foods, UK Market Report, November 2016.